

St. Mary's Church Lent Reflections
18th February-4th April 2026

A reflection for every day of Lent, chosen for you by members of our congregation.



**Holy God,
Our lives are laid open before you: rescue us from the
chaos of sin and through the
death of your Son bring us healing and make us whole
in Jesus Christ our Lord.**

Amen

Ash Wednesday: *Chosen by Susie Reilly*

We must be ready to allow ourselves to be interrupted by God.

Dietrich Bonhoeffer

Friday 20th February: *Chosen by Judi Higton*

Love divine, all loves excelling, joy of Heav'n to Earth come down, fix in us thy humble dwelling, all thy faithful mercies crown; Jesus, thou art all compassion, pure, unbounded love thou art; visit us with thy salvation, enter ev'ry trembling heart.

Charles Wesley

Saturday 21st February: *Chosen by James Raynard*

Rejoice in the Lord always; again, I will say, rejoice. Let your gentleness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication and with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7

Monday 23rd February: *Chosen by Tony Hancock*

Therefore I will look unto the Lord; I will wait for the God of my salvation; my God will hear me.

Micah 7:7

Tuesday 24th February: *Chosen by Alyson Heath*

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more

valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes?”

See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
Matthew 6:25-34

Wednesday 25th February: *Chosen by Frances Hancock*

Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him.

Isaiah 30:18

Thursday 26th February: *Chosen by Bren Marks*

You are my hiding place
You always fill my heart
With songs of deliverance
Whenever I am afraid (or alone)
I will trust in You
I will trust in You
Let the weak say I am strong
In the strength of the Lord
Michael Ledner

Friday 27th February: *Chosen by Ann Kaiser*

We will sit at His feet,
Or we'll walk by His side in the way;
What He says we will do,
Where He sends we will go —
Never fear, only trust and obey.
Trust and obey, for there's no other way
To be happy in Jesus,
But to trust and obey.

John H Sammis

Saturday 28th February: *Chosen by Susie Reilly*

All my hope on God is founded;
He doth still my trust renew.
Me through change and chance he guideth,
Only good and only true.
God unknown, He alone
Calls my heart to be His own.

Robert Bridges

Monday 2nd March: *Chosen by James Raynard*

And He said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbour as yourself. On these two commandments hang all the Law and the Prophets."

Matthew 22:36-40

Tuesday 3rd March: *Chosen by Judi Higton*

Colours of day dawn into the mind, the sun has come up, the night is behind, go down in the city, into the street, and let's give the message to

the people we meet. So light up the fire and let the flame burn, open the door, let Jesus return, take seeds of His Spirit, let the fruit grow, tell the people of Jesus, let His love show.

Go through the park, on into the town, the sun still shines on, it never goes down, the Light of the world is risen again, the people of darkness are needing a friend. Open your eyes, look into the skies, the darkness has gone, the Son came to die, the evening draws on, the sun disappears, but Jesus is living, His Spirit is near.

So light up the fire and let the flame burn, open the door, let Jesus return, take seeds of His Spirit, let the fruit grow, tell the people of Jesus, let His love show.

Sue McClellan, John Paculabo, Keith Rycroft

Wednesday 4th March: *Chosen by Sally-Ann Bowen Davies*

He who is really kind can never be unhappy; He who is really wise can never be refused; He who is really brave is never afraid.

Thursday 5th March: *Chosen by Dorothy Hubert*

The life that I have
Is all that I have
And the life that I have
Is yours
The love that I have
Of the life that I have
Is yours and yours and yours.
A sleep I shall have
A rest I shall have
Yet death will be but a pause
For the peace of my years
In the long green grass
Will be yours and yours and yours.

Leo Marks

Friday 6th March: Chosen by Sally-Ann Bowen Davies

You can't light a candle to show others the way without feeling the warmth of that bright little ray.

Saturday 7th March: Chosen by Howard White

...we bear within us the living GOD, heaven itself, the unique desire of all; the Supreme Reality: and we give it not so much as a thought!....we forget all about the Holy of Holies that we carry within us. We are 'other Christophers': Christ-bearers in the strictest sense of the word.

A Carthusian reflection

Monday 9th March: Chosen by Pauline Adsett

Drop thy still dews of quietness, till all our strivings cease; take from our souls the strain and stress, and let our ordered lives confess the beauty of thy peace

Dear Lord and Father of Mankind

Tuesday 10th March: Chosen by Judi Higton

I heard the voice of Jesus say, "Come unto Me and rest;
Lay down, O weary one, lay down, your head upon My chest."

I came to Jesus as I was, so weary, worn, and sad;

I found in Him a resting place, and He has made me glad.

I heard the voice of Jesus say, "I am this dark world's Light.

Look unto Me; your morn shall rise and all thy day be bright."

I looked to Jesus, and I found In Him my Star, my Sun;

and in that Light of Life I'll walk till trav'ling days are done.

Horatius Bonar

Wednesday 11th March: Chosen by Sally Ann Bowen Davies

The greatest revelation is stillness.

Lao Tzu

Thursday 12th March: *Chosen by Judi Higton*

O love that will not let me go,
I rest my weary soul in thee;
I give thee back the life I owe,
That in thine ocean depths its flow
may richer, fuller be.

George Matheson

Friday 13th March: *Chosen by Ros Allwood*

How great a being, Lord, is thine,
which doth all beings keep!
Thy knowledge is the only line
to sound so vast a deep.
Thou art a sea without a shore,
a sun without a sphere;
thy time is now and evermore,
thy place is everywhere.

John Mason

Saturday 14th March: *Chosen by Austen Hindman*

There are nights that are so still
that I can hear the small owl calling
far off and a fox barking
miles away. It is then that I lie
in the lean hours awake listening
to the swell born somewhere in the Atlantic
rising and falling, rising and falling
wave on wave on the long shore
by the village that is without light
and companionless.

And the thought comes of that other being

who is awake, too,
letting our prayers break on him,
not like this for a few hours,
but for days, years, eternity.

R S Thomas

Monday 16th March: *Chosen by Judi Higon*

Beloved is where we begin. "And as he was coming up out of the water, he saw the heavens torn apart and the Spirit, like a dove, descending on him. And a voice came from heaven, "You are my Son, the Beloved, My favour rests on you." If you would enter into the wilderness, do not begin without a blessing. Do not leave without hearing who you are: Beloved, named by the One who has travelled this path before you."

Jan Richardson, The Painted Prayerbook.

Tuesday 17th March: *Chosen by Charlotte Kenyon*

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1

Wednesday 18th March: *Chosen by Charlotte Kenyon*

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

Thursday 19th March: *Chosen by Margaret Hyde Dunn*

O Jesus, I have promised
To serve Thee to the end;
Be Thou forever near me,
My Master and my Friend;
I shall not fear the battle
If Thou art by my side,
Nor wander from the pathway
If Thou wilt be my Guide.

John Ernest Bode

Friday 20th March: *Chosen by Howard White*

The Eucharist isn't theatre. The Eucharist is not a memorial service.....It is a living sacrifice which takes away the sins of the world, for we do not worship a dead Christ, but a living Christ. *Raymond Raynes C.R. Late Superior of the Community of the Resurrection.*

Saturday 21st March: *Chosen by Susie Hindman*

The question is not "How am I to find God?" but "How am I to let myself be found by him?" The question is not "How am I to know God?" but "How am I to let myself be known by God?". And finally, the question is not "How am I to love God?" but "How am I to let myself be loved by God?"

Henri Nouwen

Monday 23rd March: *Chosen by Sally Ann Bowen Davies*

Tomorrow will be a good day. Tomorrow you will maybe find everything will be much better than today, even if today was alright. My today was alright and my tomorrow will certainly be better. That's the way I've always looked at life.

Captain Sir Tom Moore

Tuesday 24th March: *Chosen by Tony Holloway*

Shackled by a heavy burden,
'Neath a load of guilt and shame,
Then the hand of Jesus touched me,
And now I am no longer the same.

Gaither Vocal Band

Wednesday 25th March: *Chosen by Howard White*

Jesus eloquently affirmed from the cross a higher law. He knew that the old eye-for-an-eye philosophy would leave everyone blind. He did not seek to overcome evil for evil. He overcame evil with good. Although crucified by hate, He responded with aggressive love...only goodness can drive out evil and only love can conquer hate.

Martin Luther King.

Thursday 26th March: *Chosen by Stella White*

All shall be well, and all shall be well, and all manner of thing shall be well....for there is a Force of Love moving through the universe that holds us fast and will never let us go.

Mother Julian of Norwich

Friday 27th March: *Chosen by Linda Caldwell*

Though we sin continually he loves us endlessly and so gently does he show us our sin that we repent of it quietly, turning our mind to the contemplation of his mercy, clinging to his love and goodness, knowing that he is our cure, understanding that we do nothing but sin.

Mother Julian of Norwich

Saturday 28th March: *Chosen by Father Paul*

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each

other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:12-17

Monday 30th March: *Chosen by Father Paul*

Brother, sister, let me serve you; let me be as Christ to you; pray that I may have the grace to let you be my servant too.

Richard Gillard

Tuesday 31st March: *Chosen by Sally Ann Bowen Davies*

There is a green hill far away, without a city wall,
Where the Dear Lord was crucified, who dies to save us all

Cecil Frances Alexander

Wednesday 1st April: *Chosen by Charlotte Kenyon*

O enter then his gates with praise,
Approach with joy his courts unto;
Praise, laud, and bless his name always,
For it is seemly so to do.

For why? The Lord our God is good;
His mercy is forever sure;
His truth at all times firmly stood,
And shall from age to age endure.

William Kethe

Thursday 2nd April: *Chosen by Father Keith*

The Kingdom Within Us

Enter eagerly into the treasure-house that lies within you, and so you will see the treasure-house of Heaven: for the two are the same, and there is but one single entry to them both. The ladder that leads to the Kingdom is hidden within you, and is found in your own soul. Dive into yourself and in your soul you will discover the rungs by which to ascend.

Saint Isaac the Syrian

Friday 3rd April: *Chosen by Linda Caldwell*

Enter the secret room of your mind, put out everything except God and whatever helps you to find him. Close the door of your mind and seek God.

Saint Anselm

Saturday 4th April: *Chosen by Judi Higton*

My song is love unknown,
My Saviour's love to me;
love to the loveless shown,
that they might lovely be.
O who am I, that for my sake
my Lord should take frail flesh and die?

Samuel Crossman



Susie Hindman - Lent 2026