

Lent~Easter Season, 2026

Christ-Bearer of Love

Lenten Journey



The Lenten Season arrives once again, and we are called forth to repent, sacrifice, and do good works.

Whatever you decide to sacrifice or give up~ do it for a holy reason.

Also, take time during this 2026 Lenten sojourn to journey with a heart-to-heart prayer-thought each day.

Let's be pilgrim companions carrying our crosses and bearing with dignity and compassion each other's trials and burdens that cause suffering.

Let us be faithful disciples following Jesus to Calvary and to the foot of the cross and remain steadfast "together" on our journey...to resurrect with joy and become Jesus' love anew.



Heart to Heart Ministry
An Extra Tablespoon of Love!

Ash Wednesday~~Lent Begins with Prayer- Thoughts to Share

Feb. 18 Do a hidden, kind deed today.

Feb. 19 Always care and speak ...with respect.

Feb. 20 Be humble in sharing your good deeds.

Feb. 21 Abound in kindness.



First Week in Lent~~Hold Unto Love

Feb. 22 Open your heart to graces that refine you.

Feb. 23 Be patient with yourself... and others, too.

Feb. 24 Pray with an open heart the Our Father.

Feb. 25 Find 10 minutes of solitude today and pray to be a Peace-giver.

Feb. 26 Be the hands and heart of Jesus' love today for someone in need.

Feb. 27 Seek forgiveness and also give it with a sincere heart.

Feb. 28 Sacrifice something today that you like to eat and offer it up for those who hunger and thirst for justice.

Hold onto Love...Holding Grace.

Is just so wonderful~~it feels full of peace.

It makes you want~~to share lots of love.

Is a sacred space.

It teaches us to be...

...peace-givers

...reconcilers with comfort

...healers with great kindness

During this Lenten Season,~~Hold onto Love.

It is a call to be~~Jesus' love every day, with everyone and everywhere.

Let's Hold Grace together.

And then Easter will arrive one more time.



Second Week of Lent~~Come, Follow Me

- March 1** Love those people with a merciful heart that you disagree with or find difficult to engage.
- March 2** Let your words and actions today offer healing.
- March 3** Share a kind act of charity today in a humble way.
- March 4** Carry the “chalice of suffering” with/for someone today with a compassionate heart.
- March 5** Trust in the Lord amidst any difficulty.
- March 6** Make straight the path with justice, hope, and mercy.
- March 7** Be gentle of heart and believe the Lord’s Love is steadfast and consoling.



Third Week of Lent~~Humble and Holy



- March 8** If today, you truly hear the Lord’s voice...let your heart not be hardened or judgmental.
- March 9** Follow the prophets of the Lord. Name a few modern-day prophets who inspire you to live the Gospel more deeply in your daily life.
- March 10** Grow in virtues by sharing mercy with the graciousness of Jesus’ love. (Psalm 103:8)

March 11 Do not judge. Do not condemn. (Luke6:37-38)

March 12 Be the voice of Jesus' love when you disagree or offer a suggestion in a kindly manner.

March 13 Believe.... "My grace is sufficient for thee..."
(2 Corinthians 12:9)

March 14 Come back to the Lord with all your heart. (Hosea 6:1-6). Listen to the song Hosea on YouTube. How will you return to the Lord today in a deeper way?

Fourth Week of Lent~~Love's Journey

March 15 The Lord is my shepherd. How are you a loyal sheep in the pasture of life?

March 16 Don't hold a grudge. Let it go. Let your light shine with reconciliation.

March 17 Make room in your heart. Create a space for...
...a welcome for all
...respectful acceptance of differences



***St. Patrick, pray for us**

March 18 Restore the tranquility of spirit wherever you are/go today. (Psalm 145: 8-9. 13-14, 17-18)

March 19 Do what God calls you to do ~~
“...love one another...” into life again and again.
***St. Joseph, pray for us.**

March 20 Magnify the Lord in your life today in some unassuming and very thoughtful way.

March 21 Dying to selfish ways (we all have them).
Let go of the need to control or of having my way, and only one way. Take up your cross ...follow the Lord’s way. (Luke 9:23)

Fifth Week of Lent~~Forgiven to Forgive



March 22 Be filled with the Spirit of Gospel-living.
Grow through what you go through when you trust the Lord. (2 Corinthians 5:17)

March 23 Be the light that holds mercy with great love.
***Listen to Song on YouTube: All I Ask of You, Jesus by Josh Groban*

March 24 Show me, Lord, how to walk with faith in my heart and not by fears that hold me back.

March 25 O Lord, let my life today become a witness of your healing love. Let me say “Yes” to the Lord today in some ordinary and perhaps extraordinary way. Help me to be a blessing of reconciliation, caring, and understanding right where I am. (Feast of Annunciation of Mary’s Yes)

March 26 Sacrifice some time today for someone in need and become a “presence” of comfort and compassion for them.

March 27 ...like a caterpillar, remind yourself ~~
You, too, can resurrect in new ways and become a butterfly of hope. Just when the caterpillar thought the world was over...it became a butterfly. So can you!

March 28 Follow the Good Shepherd ~~
Be there for someone who might feel lost in someway.
Have you ever felt that way?
(The Lord turns our sorrow and mourning into Joy)
May each one of us, in our own unique way, stir the seeds of inner joy into the soil of life so that Jesus’ Love can bloom gloriously in the world ...
...giving life
...sharing happiness
...being loving



Palm Sunday~~Holy Week. Walk Humbly with the Lord

March 29 Read the Gospel of Matthew

The Passion of the Lord ...pause and pray heart to heart with Jesus by your side.

March 30 Think of a time when it was/is hard to keep loving or being patient. Defer to someone today, perhaps by...
...listening better
...being extra patient and polite

March 31 Be a light of Jesus' love amidst the darkness of discord in our world. Never tire of sharing Jesus' love in life-giving ways.

April 1 The Lord hears the cries of the poor...blessed be the Lord's love when you care to relieve the pain of sorrow or loss in someone's life. ***Listen on YouTube to Song: The Lord Hears the Cries of the Poor

Holy Thursday~~Share the Bread of Compassion

April 2 Give up regular bread today or donate to a good cause.

Be the Bread of life with...
...hope and justice
...peace and consolation
...loving kindness

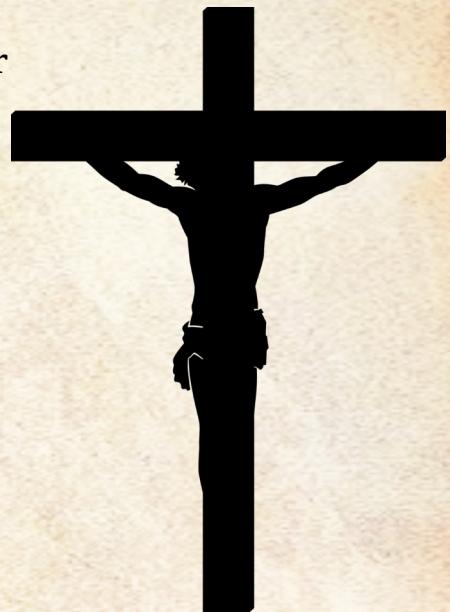
This holy bread of goodness rises to bring Peace to all.

***Listen to YouTube Song: *One Bread, One Body*



*Good Friday~~***Spend time in holy silence today*

April 3 Jesus died for each one of us. Let us pray in the silence of our hearts today to be the transforming love of the Lord in humble and holy ways.



Holy Saturday... Hold onto Grace

April 4 Get up early and look out your window at the early sunset the Lord is sending to you. Sit quietly.
Reflect~~Ponder ~~Pray
(Lamentations 3:25-26)



Wait for the Lord.

Ask for the Lord to give you holy courage ...
...to rest with the Lord on life's path
...hope in the Lord in all ways
...trust in the Lord in all of life's circumstances
...and every day...to believe in small and ordinary resurrection moments.

Easter Sunday~~Alleluia, Alleluia, Alleluia



O Risen Lord, help me to live as an Easter Person in all the events and circumstances of life.
Not just at Easter time but in all the days to come...
...the neat and tidy
...the messy and inconvenient
We will find the resurrected Lord calling us forth to be signs of joy and hope to and for one another.

Easter Sunday~~

April 5 What a joyous day amidst the new signs of springtime starting to bloom. Easter baskets of chocolate bunnies and colored jelly beans adorn tables, providing a joyous moment of new life to be shared.

Signs of New Life arrive on Easter morning.
A New Peace calls us forth to see in one another ~~
a sister, a brother, a friend, a neighbor.
a stranger on the Road to Emmaus blessing us.
The Lord is always with us...Alleluia, Alleluia, Alleluia.



This Easter Season of 2026 is a holy time to “Rejoice” and become more of the Gospel-Word of the Lord lived with Joy. The Glory of the Risen Lord shines out into the universe with the glorious message of “Peace to All”.

1. How will you be an Easter light of Joy?
2. How will you be an “Alleluia.”

Peace-Giver of Love?

May our hearts arise each day to be Jesus' Transforming
Love in some wonderful and holy way, heart to heart,
uniting one another with Easter Hope today and every day.

A great mystery of Love~~

Grace everywhere

Alle... Alle... Alleluia



Sister Ave Clark, O.P.
Heart to Heart Ministry
151-58 17th Road
Whitestone, New York 11357
718-428-2471



www.h2h.nyc