

“Come back to me with all your heart”

St Joseph’s Lenten Reflections - Ash Wednesday 2021

Sadly, we can’t be together in our beloved St Joseph’s Church this year to begin the holy season of Lent. This short Ash Wednesday reflection for home use is for you to help you to find a connection with the season and to our parish community until we can be together.

[click on the links to access music and images as you go]

1. **Sing or Listen** - “Come back to me with all your heart”. The words are taken from the prophet Hosea used in the first reading for Mass today.

<https://www.youtube.com/watch?v=SJ20I-UhTec>

2. **Read** - the Gospel for today’s Mass of Ash Wednesday

Matthew 6:1-6,16-18

Jesus said to his disciples: ‘Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men’s admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

‘And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

‘When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is

done in secret; and your Father who sees all that is done in secret will reward you.'

3. **Watch and Listen** - to this short reflection on the gospel using the power of art and storytelling

<https://youtu.be/2LGQOb10SoU>

4. **Listen** - "Take these Ashes" by Sarah Hart (OCP Music)

<https://www.youtube.com/watch?v=QKQjYYtUZLY>

5. Reflect

which piece spoke to you most?

story, picture, song?

What might it mean for you to observe Lent in the way that Jesus asks his disciples - to give, to pray and to fast?

6. Say the concluding prayer

Glory be to the Father and to the Son and to the Holy Spirit

As it was in the beginning, is now and ever shall be,

world without end

Amen

We hope that this little reflection has given you a time of peace and a prayerful start to your observation of Lent. Have a good week!

