

Lenten Mission Prayer Anchored in Christ

“We have this hope as an anchor for the soul, firm and secure.” — Hebrews 6:19

Good and Gracious God, as I journey through this Lenten season,
I cast my anchor into the depths of your love.
When the waves of worry crash and my own strength feels like shifting sand,
remind me that you are the Rock beneath my feet.

Christ Jesus, though at times it feels like you are silent,
I trust in your abiding presence.
I ask today for the grace of unshakable courage—
to stay anchored in your presence while the winds still howl,
knowing you are the peace within my storm.

O Holy Spirit, use this time of fasting and prayer to breathe life into my weary spirit.
Transform my simple survival into a sacred resilience.
Rebuild my heart to be humbler and stronger,
turning my struggles into a story of hope.

May this Lenten journey lead me from the crashing waves
to the calm of Your Resurrection.
Grounded in your grace and scarred by the struggle,
let my life be so transformed by hope
that I become a beacon of light for others. Amen.

Sr. Theresa Rickard, OP



Anchored in Christ Resilience in the Storm

LENTEN PARISH MISSION SCHEDULE

SUNDAY, MARCH 1

7:30pm | Mission Evening 1: Hope Anchored in Christ

MONDAY, MARCH 2

9:00am | Mission Mass with reflection by Sr. Terry

Immediately following Mass | Group faith sharing with Sr. Terry

7:30pm | Mission Evening 2: Resilient in Christ

Building on the Rock: A Spiritual Resilience Checklist

“Everyone who hears these words of mine and acts on them will be like a wise person who built his house on rock.” — Matthew 7:24

DEEPENING THE FOOTINGS (Daily Habits)

Resilience is built in the calm, not just the storm. Check off these practices to strengthen your daily connection to the Rock:

- The Morning Offering: Surrender your day to God before checking your phone. Acknowledge God as your rock and refuge.
- Scripture Immersion: Spend 10 minutes with the Word. Let the promises of Isaiah 43 (“Do not fear, for I have redeemed you”) be louder than the news of the day.
- The Ignatian Examen: At the end of each day, review where you felt God’s presence and where you felt the “sand” shifting. Ask for grace to rebuild tomorrow.
- Gratitude Journaling: List three “joy spots” or things you are grateful for. Gratitude is the mortar that holds our spiritual house together.

REINFORCING THE STRUCTURE (Mental Discipline)

Use these “VUCA (Volatility, Uncertainty, Complexity, Ambiguity) antidotes” to keep your mind steady when the winds blow:

- Identify Your “Sand”: Be honest—what temporary thing am I leaning on for security right now? (Bank account, health, reputation?).
- Focus on Control: Stop worrying about the 85% of things you cannot change. Redirect your energy toward your own response and your trust in God.
- The “Narrow Path” Test: When faced with complexity, ask: What is the most loving thing I can do in this moment?
- Reframe the Trial: Instead of seeing a “ruin,” see an opportunity for growth. Like Tony at the cleaners, declare: “I will rebuild”.

STRENGTHENING THE SUPPORT BEAMS (Community)

A house standing alone is vulnerable. Resilience is a “team sport.”

- Commit to keeping the Sabbath Holy: Make the Sunday Eucharist your non-negotiable anchor. You need the community’s prayer to sustain your own.
- Vulnerability with Others: Do you have one “anchor friend” you can call when you feel like you’re “dead in the water”?
- Intentional Kindness: Resilience grows when we look outside ourselves. Perform one “Good Turn” today to shift your focus from your storm to someone else’s need.

Reflections of the day

Lined writing area for reflections.

Evening One: Hope Anchored in Christ

Procession

Opening Hymn

How Can I Keep from Singing by Robert Lowry

My life flows on in endless song
Above earth's lamentation
I hear the sweet, though far-off hymn
That hails a new creation

REFRAIN: No storm can shake my inmost calm
While to that refuge, clinging
Since Christ is Lord of Heaven and earth
How can I keep from singing?

Through all the tumult and the strife
I hear that music ringing
It finds an echo in my soul
How can I keep from singing? (refrain)

Greeting

Opening Prayer

Good and gracious God, we place our hope in you.
Be our anchor when the storms of life come our way.
Tonight, we ask for the gift of the Holy Spirit to clear away our distractions and steady our hearts.
We thank you that our soul's anchor is Christ.
As the world's winds blow, stand by us and calm us with Your unwavering presence.
We ask this in the name of God, who is Creator, Redeemer, and Sanctifier. Amen.

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Reading

Jeremiah 29:11-14a

A Reading from the Prophet Jeremiah:

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord.

Psalms 75 (sung response)

If today, if today you hear His voice, harden not your hearts.

Gospel

Luke 8:22-25

One day Jesus got into a boat with his disciples, and he said to them, "Let us go across to the other side of the lake." So they put out, and while they were sailing he fell asleep. A windstorm swept down on the lake, and the boat was filling with water, and they were in danger. They went to him and woke him up, shouting, "Master, Master, we are perishing!" And waking up, he rebuked the wind and the raging waves; they ceased, and there was a calm. Then he said to them, "Where is your faith?" They were terrified and amazed and said to one another, "Who then is this, that he commands even the winds and the water and they obey him?"

Mission Preaching Sr. Terry Rickard, OP

Quiet Reflection

What specific word or image from this reflection—perhaps a phrase like "the anchor," "silent presence," or "the boat"—is God using right now to speak hope into a present situation you are facing?

In this moment of your life, what specific gift do you want to ask God for?

Whether it is the gift of patience to wait for the calm, the courage to trust while the waves still crash, or the peace of knowing Christ is in your boat, name that need and offer it to God.

Closing Prayer

Loving God,

You have reminded us that while the storm is certain, our collapse is not.

We thank You for the bedrock of your Word and the strength of this community.

As we return to a VUCA world, keep these truths deep within us.

When we encounter volatility, give us Your peace;

when we face uncertainty, give us Your vision.

Help us labor this Lent not in our own strength,

but by anchoring every thought and deed in the solid rock of Jesus Christ.

May we go forth as a resilient people—

built to last and ready to serve.

We ask this through Christ our Lord. Amen.

Announcements

Blessing

May Christ our anchor, bless you with a renewed hope. Amen.

May the Christ who stilled the sea now still the storm within you. Amen.

May Christ our rock and refuge, bless you with resilience and courage. Amen.

Closing Hymn

How Can I Keep from Singing by Robert Lowry

What though the tempest loudly roars,

I hear the truth, it liveth.

What though the darkness round me close,

Songs in the nights it giveth.

The peace of Christ makes fresh my heart,

A fountain ever springing!

All things are mine since I am His—

How can I keep from singing? (refrain)

Refrain:

No storm can shake my inmost calm

While to that refuge, clinging

Since Christ is Lord of Heaven and earth

How can I keep from singing?

A Litany of Resilience

Based on imagery of Jan Richardson

Leader: For the strength that does not come from ourselves, but from the Deep beneath us..
All: Lord, be my Rock and my strength.
Leader: For the grace to see the “shifting sand” of our own control, and the courage to let it go..
All: Lord, be my Rock and my strength.
Leader: When the rains fall and the floods come, and our hearts feel swamped by the waves..
All: Lord, be my Rock and my strength.

Taize Chant Nada te turbe, nada te espante
Quien a Dios tiene, nada le falta
Nada te turbe, nada te espante
Solo Dios basta

Leader: For the resilience that is not just surviving, but being rebuilt by Your hand..
All: Lord, be my Rock and my salvation.
Leader: That we may become a foundation for others who are caught in the storm..
All: Lord, be my Rock and my salvation.

Taize Chant Nada te turbe, nada te espante
Quien a Dios tiene, nada le falta
Nada te turbe, nada te espante
Solo Dios basta

Ritual of Resilience

Each person comes forward receives a rock and a blessing.
Leader prays: May Christ, our rock and strength, bless you with resilience.

Meditation Song

Stand By Me by Tom Kendzia

When the storms of life are raging,
Lord, stand by me.
When the current pulls me under,
Lord, stand by me.
When the rising waters toss me
like a ship upon the sea,
You who rule the wind and water,
Lord, stand by me.

Refrain: Stand by me, stand by me.
Lift me up from the restless sea.
When I am lost, when love can't be found,
when no one cares, Lord, stand by me.

In the midst of persecution,
Lord, stand by me.
When my enemies surround me,
Lord, stand by me.
When the tyrant wields his terror
and the armies wage their might,
When the darkness overwhelms me,
Lord, stand by me.

Witness Speaker Beth Whittam

Meditation Song Calm Me, Lord
Calm me, Lord, as you calmed the storm;
Still me, Lord, keep me from harm.
Let all the tumult within me cease;
Enfold me, Lord, in your peace.

A Litany of Stubborn Hope

Based on poem Stubborn Blessing by Jan Richardson

Leader: In the beginning, when the world was formless and void, You spoke light into the dark.
All: We choose to see that light today.
Leader: When the path is obscured and the map is torn, hope is not a distant star, but the ground beneath our feet.
All: It is the breath that sustains us when we are weary.
Leader: We acknowledge the shadows—the grief that lingers, the justice delayed, and the exhaustion of the soul.
All: Yet, hope does not wait for the shadows to disappear before it begins its work.

Meditation Song

Calm Me, Lord
Calm me, Lord, as you calmed the storm;
Still me, Lord, keep me from harm.
Let all the tumult within me cease;
Enfold me, Lord, in your peace.

Leader: Hope is the seed that breaks the stone. It is the stubborn grace that refuses to give up on us.
All: We lay claim to this stubbornness.
Leader: It is not a shallow optimism or a hollow promise; it is the quiet, fierce pulse of life that persists through the winter.
All: May it beat steadily within our own hearts.
Leader: Even when we cannot see the end of the road, we trust the One who walks beside us.
All: We will hold to hope, and let hope hold us.
Leader: For hope is the blessing that will not leave us. It is the light that the darkness cannot overcome.
All: Amen.

Meditation Song

Calm Me, Lord
Calm me, Lord, as you calmed the storm;
Still me, Lord, keep me from harm.
Let all the tumult within me cease;
Enfold me, Lord, in your peace.

Ritual of Hope

(Instrumental Music)

Each person comes forward receives a Hope Note small card with a Scripture verse or word of hope
Leader prays: May Christ, our anchor, bless you with renewed hope.

Meditation Song

In the house that Love is building
There is room enough for all,
Endless welcome in her rafters,
Mercy singing through her walls.
Here is refuge for all people
From every tribe and tongue.
In the house that Love is building
There is room for everyone.

In the garden Love is tending
there's a great and boundless feast,
Where the seeds of hope are planted,
And the yield is heaven's peace.
As the field becomes a harvest

Witness Speaker Julia Guarco

Meditation Song

In the soul there are many rooms;
A castle built of precious jewels.
There God dwells and calls your name;
Trust and never be the same.
See the door is open wide;
God is calling you inside.
Fix your eyes upon God's face.
Taste God's love and see God's grace.

Refrain: Nada te Turbe
Nada te turbe, nada te espante
Quien a Dios tiene, nada le falta
Nada te turbe, nada te espante
Solo Dios basta

In the House that Love is Building by Sarah Hart

For the many hungry ones,
In the garden Love is tending
There's enough for everyone.

Oh, the song that Love is raising
Is of pure, unending light
In the voices of her people,
Rising to eternal skies.
Now the darkness shall be swallowed by the Living
Word of God.
Oh, the song that Love is raising
Is a song for everyone.
In the house that Love is building
There is room for everyone.

Castle of the Soul by Tony Alonso

Enter, now, the house of God
Deep within your sacred soul.
Let your prayer like incense rise.
See the truth with open eyes.
(refrain)

Reading

Isaiah 43:1-3a

A Reading from the Prophet Isaiah:

But now thus says the Lord, who created you, who formed you. Do not fear, for I have redeemed you; I have called you by name; you are mine. When you pass through the waters, I will be with you, and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.

Psalm 62 (sung response)

In God alone is my soul at rest, the God who is my help.
The Lord is my rock, my strength and my hope, my fortress, my God.

Gospel

Matthew 7:24-27

Everyone, then, who hears these words of mine and acts on them will be like a wise person who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish person who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!

Mission Preaching Sr. Terry Rickard, OP

Quiet Reflection

Building a life that “shall not be shaken” is not a solo project. It requires a gift from the Holy Spirit and the support of the people around you.

What specific gift do you need to build spiritual resilience? Do you need the courage to trust God more, be grounded more firmly in Christ and/or the humility to lean on your family, friends, parish community for support? Ask God for the gift you need.

Closing Prayer

Lord God, you are the depth that holds us when the surface of life is in turmoil.
We thank You for this first night of our mission and for the hope that does not disappoint.
As we leave this place, may the anchor of Christ hold firm in our hearts.
When the world feels volatile, remind us that we are tethered to your truth.
When we feel drifted or lost, pull us back to the stability of Your love.
Let us rest tonight in the peace of Your presence,
ready to return tomorrow to continue building our lives on You.
We ask this through Christ our Lord. Amen.

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Blessing

May Christ our anchor, bless you with a renewed hope. Amen.
May the Christ who stilled the sea now still the storm within you. Amen.
May Christ our rock and refuge, bless you with resilience and courage. Amen.

Closing Hymn

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Refrain: No storm can shake my inmost calm
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