
SPIRITUAL RETREAT

MARCH
2025



Orden de la Compañía de María Nuestra Señora
PROVINCIA DEL PACÍFICO
| *Order of the Company of Mary Our Lady*



Hope

Pilgrims of



March 2025

RETREAT FOR THE MONTH OF MARCH 2025

Begin your encounter with the Lord by reading Psalm 139; "Lord, you have searched me, and known me..."

Ask the Lord to grant you a deep desire for Him and a greater impulse of love and trust in His presence.

Pope Francis' message for this Lent begins by noting that "we lack hope, and we wander through life as in a desolate wasteland, without a promised land towards which to move together." To recover this hope and for Lent to be concrete, the Pope says, the first step is to want to see reality. And for this, it is necessary to "listen to the cry of so many oppressed brothers and sisters... Many factors distance us from each other, denying the fraternity that unites us from the beginning."

For the sake of being practical, Pope Francis recalls the two questions that Yahweh asked Cain after he killed his brother Abel, questions that each of us must also ask ourselves: **"Where are you"** (Genesis 3:9) and **"Where is your brother"** (Genesis 4:9). Yes, because too often we are far from our brothers and sisters, we do not want to see their sorrows, their needs and their weaknesses.

This Lent is a time to act. And to act, says Pope Francis, is to pause: "to pause in prayer, to receive the Word of God, and to stop like the Samaritan, before the wounded brother." A good prayer always ends up leading us to our brothers and sisters, because in it, God entrusts to us our brothers and sisters and makes us realize how much we can do for them. One way or another, in a good prayer we always say, **"Thy will be done."** And God's will is that we become sisters and brothers and that, instead of threats and enemies, we find fellow travelers. "That is God's dream, says the Pope, the promised land towards which we journey when we come out of slavery."

**A path of hope and conversion awaits you, this Lent,
take heart!**



PRAYER

Merciful Lord, in this season of Lent we ask you to renew our hearts.
Through fasting, prayer, and almsgiving, help us to walk in hope and conversion.
May the forgiveness and mercy you offer us in this Jubilee transform our lives,
bringing us closer to you.
Light our way with your Word and give us the strength to live according to your
will.
May we become more aware of your love every day and commit ourselves to be
pilgrims of hope. Amen.



As we walk the Lenten journey that will lead us to the Easter celebrations, let us remember the One who "humbled himself, became obedient to the point of death, and died on a cross" (*Philippians 2:8*). In this time of conversion, let us renew *our faith*, quench our thirst with the "living water" of hope, and receive with open hearts *the love of God* that makes us brothers and sisters in Christ.

Fasting, prayer and almsgiving, as Jesus presents them in his preaching (Matthew 6:1-18), are the conditions and expression of our conversion. The path of poverty and deprivation (*fasting*), the gaze and gestures of love towards wounded people (*almsgiving*) and filial dialogue with the Father (*prayer*) allow us to incarnate a sincere faith, a living hope and an active charity.

Read and reflect: MATTHEW 6:1-6, 16-18





In Lent, let us be more attentive to "speaking words of encouragement, that comfort, that strengthen, that console, that encourage", rather than "words that humiliate, that sadden, that irritate, that disparage" (Encyclical Letter [Fratelli tutti](#) 223). Sometimes, to **give hope**, it is enough to be "a kind person, who puts aside their anxieties and urgencies to pay attention, to give a smile, to say a word that stimulates, to enable a space for listening in the midst of so much indifference."

• **How does my faith respond to this sick world, full of injustices, natural disasters, wars, selfishness...?** • **What fears are keeping me from growing in**

my faith and following Jesus more closely? • **How can I be an instrument of hope and transformation in the lives of others?**

In the middle of Lent the sensitive person of Joseph appears. We can all find in Saint Joseph, the man who goes unnoticed, the man of daily, discreet and hidden presence, an intercessor, a support, and a guide in times of difficulty. Saint Joseph reminds us that all those who are apparently hidden have a leading role in the history of salvation.

The greatness of St. Joseph consists in the fact that he was the husband of Mary and the father of Jesus. As such, he "entered into the service of the whole economy of the incarnation," as Saint John Chrysostom says.

Jesus saw God's tenderness in Joseph: "As a father has tenderness for his children, so the Lord has tenderness for those who fear him" (Ps. 103:13).

To Jesus, Joseph is the Heavenly Father's shadow on earth. he helps his child, protects him, never leaves his side to follow in his footsteps.

Being a parent means introducing the children to the experience of life, to reality. Not to possess them, but to make them capable of choosing, of being free, of going forth in life.



Joseph was able to love in a kind and unselfish way. He never put himself in the center. He knew how to put Mary and Jesus at the center of his life.



His persistent silence does not reflect complaints, but concrete gestures of trust.

Let us think about Joseph, the silent saint, and Mary, who treasured everything in her heart.

See if you, too, offer services that don't put you in the limelight, even that go unnoticed.

Are you sure that everything you do is in accordance with God's will?

Ask for the grace to be sensitive to all those people who go unnoticed in spite of all the good they do.

Read and reflect: Psalm 121 and 122 the pilgrims on the way.

The first attitude that is needed to live Lent is to LISTEN to the Word of God.

What path do I need to walk with Jesus in this season of Lent?

What message of Jesus is revealed in the way I relate to others?

How can we act as pilgrims of hope this Lent?

Pray with Psalm 50, our sin in the framework of God's mercy.

SPIRITUAL CONVERSATION

Prepared by the Community according to its needs.

SONG: At the foot of the Cross. (Youtube) Blessed Saint Joseph. (Youtube)

BIBLIOGRAPHY

BIBLE

Pope Francis' Message for Lent 2025

WALK IN HOPE. Workshops for the Ordinary Jubilee 2025. Episcopal Conference of Colombia.



