

# REFLECTION FOR ASH WEDNESDAY

"I eat ashes like bread, mingle my drink  
with tears." PSALM 102:10

*What sorrows haunt you, bringing you ashes  
and tears? Make an effort to stay attuned to the  
pain in your life and the woundedness of our  
world. Only then can compassion grow in you.*

"Therefore I... repent in dust  
and ashes." JOB 42:6

*In being publically marked  
with ashes, we acknowledge  
the damage we do to others and  
ourselves. What repentance will  
you take on this Lent so as to  
rise out of the dust and ashes of  
regret and despair?*

"The Spirit of the LORD GOD is  
upon me... to place on those  
who mourn in Zion a diadem  
instead of ashes. To give them oil  
of gladness instead of mourning,  
a glorious mantle instead of a  
faint spirit." ISAIAH 61:1;3

*The movement from Ash Wednesday  
to Easter Sunday is one of ashes to  
oil, symbol of healing and gladness.  
This Lent, how will you assume the  
healing vocation of all humans,  
in concert with the Holy Spirit, in  
order to bring restoration to our  
wounded world?*

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