

## Weekly Lenten Prayers for a Just World



The Dominican Sisters ~ Grand Rapids invite you to join us in a weekly rhythm of prayer and fasting during Lent. Each week, we will focus on a particular issue—offering our prayers and sacrifices for healing, peace, and justice. As we journey through this season, these practices help us reflect, grow, and deepen our commitment to living discipleship in the mission of Christ.

### Week of Ash Wednesday: Feb 18–21

Fast and pray for an end to violence — especially gun violence, the threat of nuclear armament, and the harm of microaggressions — and for a new way of seeking peace.

### First week of Lent: Feb 22–28

Fast and pray for the humane and dignified treatment of immigrants and refugees.

### Second week of Lent: March 1–7

Fast and pray for racial justice, healing, and reconciliation in our communities.

### Third week of Lent: March 8–13

Fast and pray for generosity to eliminate food scarcity.

### Fourth week of Lent: March 15–21

Fast and pray for fair and affordable housing.

### Fifth week of Lent: March 22–28

Fast and pray for care of our common home, climate justice, and land justice for future generations.

### Holy Week: March 29–April 4

Fast and pray for peace, mercy, and the courage to love as Christ loves.



~ Original Cross ~  
1883  
Our first Motherhouse

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Call us at 616-514-3365 or visit our website at [grdominicans.org](http://grdominicans.org) for chapel calendar schedule, ministries, scripture readings of the day, Liturgy of the Hours, and much more.

### About Us

The Dominican Sisters ~ Grand Rapids are a community of vowed women religious and Associates who follow the Catholic traditions of St. Dominic and St. Catherine of Siena. Since 1877, we have been leading efforts to educate children and adults, care for people who are sick, and advocate for vulnerable populations. We have established and staffed schools, a college, and missions in Michigan, New Mexico, and Peru. Today we are teachers, caregivers, spiritual companions, advocates for peace and justice, artists, musicians, authors, and poets. Together we praise, bless, and preach God's love through all we do. Visit [grdominicans.org](http://grdominicans.org) to learn more about Dominican Sisters ~ Grand Rapids.



Dominican Sisters  
Grand Rapids, Michigan

Emboldened by faith, serving with joy



# Lent & Easter 2026

*From Ashes  
to the  
Living Font*

## WELCOME

The Dominican Sisters invite you to pray with us this Lent and Easter Season at Marywood Chapel of the Word.



Dominican Sisters  
Grand Rapids, Michigan

# Lenten Liturgies

## Ash Wednesday | February 18 Marywood Chapel

9:30 am Mass & Distribution of Ashes

\*\*Ashes will be available in the Marywood Chapel until 4 pm

## Lent Weekday Liturgies

Wednesdays 9:30 am Mass  
Fridays 9:30 am Mass

## Stations of the Cross

Fridays 1:00 pm

## Lent Weekend Liturgies

### • First Sunday of Lent

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

Mass

## Aquinata Chapel

## Marywood Chapel

### • Second Sunday of Lent

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

## Marywood Chapel

### • Third Sunday of Lent

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

## Marywood Chapel

### • Fourth Sunday of Lent

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

## Marywood Chapel

### • Fifth Sunday of Lent

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

## Marywood Chapel

### • Palm Sunday

Sat, Feb 21, 4 pm  
Sun, Feb 22, 10 am

## Aquinata Chapel

## Marywood Chapel

## Communal Reconciliation Service

March 15 | 3:00 pm | Marywood Chapel

# Triduum

## Holy Thursday | April 2 Marywood Chapel

7:00 pm Liturgy of the Lord's Supper  
Washing of the Feet  
Adoration

## Good Friday | April 3 Marywood Chapel

3:00 pm Celebration of the Lord's Passion

## Easter Vigil | April 4

7:00 pm Easter Vigil Marywood Chapel  
Liturgy of the Light  
Liturgy of the Word  
Liturgy of Baptism  
Liturgy of Eucharist

## Easter Sunday | April 5 Aquinata Chapel

10:00 am Eucharist

**Lent is a time...  
of grace, renewal, and conversion.**

## Prayer

- **Stations of the Cross** Aquinata Chapel  
Fridays | 1:00 pm
- **Contemplative Holy Hour** Marywood Chapel  
Wednesday, February 25 | 7:00 pm  
Wednesday, March 25 | 7:00 pm

## Fasting

Catholics in the United States abstain from meat on Ash Wednesday and on all the Fridays of Lent. In addition, we fast on Ash Wednesday and Good Friday.

## Almsgiving

As we reflect on and practice giving, we will take up three collections during the Holy Triduum:

- **Holy Thursday Mass of the Lord's Supper** – for ACCESS
- **Good Friday Service** – for Dominicans of Cameroon
- **Easter Vigil** – for CRS Rice Bowl

## Dominican Center Lenten Offerings



To register for programs visit [dominicancenter.com](http://dominicancenter.com) or call 616-514-3325.



### Lengthen the Light

Thursday, Feb 26

6:30—8:30 pm

Using image and poetry, engage in the ancient practices of visio and lectio divina as we pay attention to the Light of Christ, noticing how Scripture, poetry, and visual art invite us to sacred awe.



### Busy Person's Lenten Retreat: Rooted in the Holy

Thursdays: March 5, 12, 19

6:30—8:00 pm

"Come away for a while" (Mk 6:31) – away from the busy and join Jesus in the desert where he roots into his relationship with the Father.



### Write Your Heart Out: A Gentle Path to Forgiveness

Wednesdays: March 18, 25

6:30—8:30 pm

When we set our hearts on forgiveness, it clears a path back to love. In the safety and quiet of this writing circle, contemplate how forgiveness may free you.



### Journey into Silence Retreat

Thursday, March 26 –

Sunday, March 29

Join us for a directed retreat and spend the days in silence and communion with God.



### SoulCollage®: Visualizing Your Parade Route for Hope

Saturday, March 28

10:00 am—12:30 pm

Palm Sunday finds us leaning toward liberation. We line the parade route of hope, and lay our cloaks down so hope can enter. SoulCollage® will give us a creative way to visualize our intentions as well as our barriers.