



40 reflections

**on need and abundance in light
of God's creation.**

LENT COMPANION

Fr. Pat Cosgrove, Founder and President, Chalice

As Ash Wednesday approaches every year, we Catholics start thinking about sacrifices. How will we offer our time, our alms, our hearts this year?

Why do we buck our gain-centred society this way? What do we 'gain' from giving away money, making an uncomfortable visit, or denying ourselves?

We do it because Jesus did it first, once, and for all. Each Lent, we are marching towards Easter when Christ made the ultimate, Paschal sacrifice. We know that through the power of the Eucharist, Catholics are one body – with each other, and with Jesus. Our 'gain' is that now our sacrifices, no matter how small, are joined to Christ's unsurpassable one. And together, we change the world.

In a way, Chalice's gift catalogue captures this idea. A sacrifice offered in love, in form of a donation, makes a tangible difference to someone in need, whom the 'sacrificer' doesn't know! That's how we hit on the idea to collect reflections (lightly) inspired by gifts in the catalogue.

We entitled our first Lenten Companion *40 reflections on need and abundance in light of God's creation* from a line in the reflection written by Wendell, our St. Dominique site director in Haiti.

Each day at Chalice, both in our sites and in Canada, we encounter need and abundance. Our need, material need, spiritual need; financial abundance, familial abundance, God's abundance.

I hope that as you journey with us through Lent, you will see how small sacrifices, given joyfully to God through Christ, have a profound impact. Some may surprise you, all will delight you.

Ash Wednesday

Wednesday, March 5, 2025

1st day - Sr. Amala, Madurai site director, India

Lent offers a profound opportunity to delve into themes of sacrifice, atonement, and generosity.

This Lenten lens serves to draw closer to God by focusing on spiritual renewal, repentance, and selflessness. Lent encourages acts of charity and generosity, reminding us of the call to serve others and share blessings with those in need, especially the marginalized.

The gift of goats is a reminder that sharing life's abundance isn't just about giving, it's about empowering others to create their own future.

Giving a goat as a gift [through the Chalice gift catalogue] can be deeply symbolic and meaningful in this season. In many cultures, a goat represents sustenance, livelihood, and survival. So, by gifting a goat to a family, you are not only offering a source of nourishment through milk or meat but also enabling long-term economic benefit, such as breeding or farming. This act embodies the Lenten call to give selflessly and make sacrifices for the welfare of others.

This act reflects the true spirit of Lent — going beyond material possessions and extending love, hope, and care to others, especially the marginalized. It transforms faith into action, echoing Christ's message of compassion and generosity.

Let us be the goat to serve others with all our abilities.



“Jesus invites to selfless generosity, to open the way for a much greater joy, the joy of being part of the very love of God that awaits us.”

Pope Francis

(211) Goat

Thursday, March 6, 2025

2nd day - Eileen, Chalice Champion, Canada

I never cook chicken without thinking about Martha.

Martha is a regional leader in Chalice's programs in Africa. I had many wonderful chats with her when I visited Tanzania on a Chalice mission trip in 2019. But the conversation that I return to most often is about, of all things, chicken.

We had some down time one day, so Martha suggested we help prepare the chicken for dinner – that is, prepare the bird, not the meal.

As we plucked (post decapitation...) we talked about chicken as a universal food. Martha told me a great anecdote about her first time traveling to Europe from Kenya. She visited a grocery store and was flabbergasted when she saw skinless, boneless chicken breast. "Why would anyone take out the bones?" she asked. "They're the best part!"

That day stuck with me for two reasons. First, it was the immediate common ground of women talking about preparing food. For all the differences of culture, economics, and language, we still must get supper on the table. Secondly, it continues to remind me that boneless, skinless chicken breasts represent a certain privilege. I don't need the fat of the skin in my diet, or the nutrition from the bones. And I definitely don't need to kill and pluck the bird.

In a strange way, I travel to Tanzania every time I walk into the poultry aisle. It always makes me smile, and it always makes me grateful.



"How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing!"

Matthew 23:37

(103) Rooster and Two Hens

Friday, March 7, 2025

3rd day - Khrystyna, Ternopil site director, Ukraine

A small library has been a meeting place for fieldworkers and sponsored children for years. The children were more interested in free internet access than library books, though. They didn't enjoy that dusty old place with the scent of aged paper.

Mariya, a child of 11 with a disability, liked cell phones more than books. She was usually silent and closed off, not willing to communicate.

One sunny day, new books from the Chalice gift catalogue arrived at the library. There were large stacks of books on the tables. Mariya came by while waiting for the bus, which was running late. The fieldworker invited her to help unpack the books. There was no excitement on Mariya's face, but she agreed. The books were colourful and shiny. Without much enthusiasm she opened a book. The smell of fresh paints and the sound of still glued pages was mesmerizing...

That evening, Mariya read that book.

And then the next one...

Mariya started visiting the library to share her thoughts on books with the fieldworker. She opened her heart to books, and they opened the world to her – one day Mariya started to write her own poems.

In the Gospel we find, "In the beginning was the Word, and the Word was with God, and the Word was God." Initially there was the Word. We never know what it can do: cure, injure, or kill. But the right Word in the wise human hands can become an instrument of God's Providence.



*"In the beginning was the Word,
and the Word was with God, and the
Word was God."*

John 1:1

(211) Children's Books

Saturday, March 8, 2025

4th day - Fr. Yuda, CM, Mbinga site director, Tanzania

“I was sick, and you took care of me.” (Mathew 25:36)

The power to choose good and evil is within the reach of all of us. To provide care only when asked is to wait too long. Our hearts and hands have to be ardent to care for others.

It is contrary to human wisdom to wait for a sick person to heal by their own struggle and then come tell you “I fell sick, but now I am well after a lonely fight for my life.” Rather, when we fall sick, the very poor come to wish us well and pray for us.

During this Lenten season, with love at the centre, let us be in community with others who share a thirst for love and care. With Jesus as our model, may he encourage us in our mission of uplifting our marginalized children and local communities.

“Labour without stopping, do all the good works you can, while you still have the time.”
St. John of God



(301) Visit to a Doctor



Sunday, March 9, 2025

5th day - Pope Francis (2024, 12 February)

Aware of the complex challenges they face on a daily basis, I would like to address to the families of small farmers a word of encouragement and make them feel the Church's closeness to them, reiterating the call to pay attention to their human, spiritual and social needs, in addition to their technical needs.

The family business, beyond being a productive entity, is the place where people belong, the place where they feel understood and valued in themselves for their dignity, and not only for what they produce or for the results they achieve. Hence the importance of strengthening the ties that bind its members together, of respecting their religious traditions, cultural traditions and agricultural practices.

I would also like to highlight the irreplaceable role of women in this context. Rural women represent a sure compass for their families, a firm fulcrum for the progress of the economy, especially in developing countries, where they are not only beneficiaries but real drivers of the progress of the societies in which they live.

Nor can I forget the place of young people in agriculture. The real revolution for a food future starts with training and empowering new generations. The gift that young people give us "consists of bringing innovative solutions to face old problems, and the courage of not letting themselves be limited by a short-sighted way of thinking that refuses to change."

Pope Francis (2024, 12 February). Message of the Holy Father on the occasion of the Eighth Global Conference of the World Rural Forum. Vatican City.

<https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2024/03/19/240319a.html>



*"Ask Jesus to make you a saint.
After all, only He can do that."
St. Dominic Savio*

(535) Support a School Farm

Monday, March 10, 2025

6th day - Fr. Varghese, Baraka site director, Kenya

About 71% of the Earth's surface is water covered, but fresh water is only 2.5%. Just 1.2% is surface water, which serves most of life's needs.

In recent years, large parts of Africa have faced the longest drought in 40 years. It affects 36 million people, and other living beings. For families in these regions, it is essential to save and replenish water. Chalice's support with water tanks through the gift catalogue water tanks make a great impact on people's lives.

"I am thirsty" is one of Christ's last utterances before his death on the cross. It is not only the physical need to drink, but also his thirst for souls to be saved from death of sin and come to life.

Christ came so we may have life, life in abundance (Jn. 10:10). As we too are his disciples, we must carry out this mission. Answering Christ's call of "I am thirsty and you gave me a drink" (Mt. 25:35), Chalice has embraced fully Christ's vision and mission - quenching the thirst.

We are very much convinced that God is pleased with your sacrifice; for 'God loves a cheerful giver' (2 Cor. 9:7). We learn that, not out of abundance you give, but out of your love and generosity.

Chalice and its sponsors have become a blessing to the less privileged people around the world. May you all be blessed.



"I was thirsty, and you gave me drink."

Matthew 25:35

(607) Water Storage Tank

Tuesday, March 11, 2025

7th day - Deacon Ron, Chalice Champion, Canada

In my journeys through Chalice sites in Bolivia, I was taken to see a local hotel in a large city. The Franciscan priest (my guide) brought me to a rundown building, and we descended a steep staircase into a dark windowless basement.

My eyes slowly accepted the darkness as my flashlight scanned the area. There were three rooms just large enough to hold 12 thin mattresses, bundles of clothes and bags on each. One toilet and no shower provided for the 36 families that called this home. The priest told me each family consisted of around four people, and at night, they gathered on their one small sleeping mat huddled together.

My heart was full of questions of 'how could this be?' and a feeling of sadness deepened as I looked around the empty rooms. My flashlight scanned the area, and I realized I wasn't alone. On one of the mats a young girl, around the age of nine, sat alone. She could have been hungry, hurt, or scared; but as my flashlight lit up her face, she gave me the most beautiful smile.... A gift from God.

If only I had the faith the size of a mustard seed for indeed God was here in this hovel again teaching me to see more with the eyes of my heart.



“Very joyfully do we with the eyes of faith behold him rejoicing with them that rejoice, and weeping with them that weep.”

St. Augustine

(530) Crop Seeds

Wednesday, March 12, 2025

8th day - Sr. Bindu, Assam site director, India

Lent is a path on our journey that provides opportunities for renewal and deepening of our faith. It serves as a bridge, reconciling us with the Divine and reaffirming our declaration to walk in the light of Christ. Repentance, reconciliation, and reparation are essential elements of Lent that lead us to new life in Christ.

Psalm 51:2 says: "Wash away all my iniquity and cleanse me from my sin." David acknowledges his sins. Seeking God's forgiveness, he asks God to wash away his iniquities.

Today we are called on a journey, by God's grace, on the road to repentance for a spiritual cleansing. Lent reminds us that no sin is too great for God's mercy, and his grace is always available for those who come to him in humility.

How can I balance my desire for spiritual cleansing with a commitment to addressing physical needs? By providing access to health, hygiene, shelter, and sanitation to those in need, we are not only addressing physical needs but reflecting God's love and compassion in action.

Lord, in your loving compassion and mercy, scrub away my guilt; rinse out my sins in your laundry. Help me to scrub away the dirt in me and help me embrace your Bliss. Cleanse me, refresh and renew me. God, wash away our iniquity by the blood of Jesus. We praise you for your abundant mercy and your steadfast love in our lives; may we share this love and life with the poor and the needy.



"The gospel read and lived; the sacraments...; prayer well used, would be a marvellous soap, capable of making us all saints."

Pope John Paul I

(370) Soap, Toothbrush, Toothpaste

Thursday, March 13, 2025

9th day - Fr. Pat Cosgrove, Founder and President, Chalice

Let us consider the value and impact of your gifts as small sacrifices in Union with Christ's. Small actions of loving kindness make a difference in heaven as it does on earth.

Christ says "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me. (Matt. 25:40) He also prayed to his Father in Heaven, "Your kingdom come. Your will be done," (Matt. 6:10).

They are the same: God's kingdom is where his will done, and vice versa. Are we not doing God's will, then, when we give to the least of our brothers and sisters? When we hear Jesus, we hear the Father, so we know that what we do for one another, we do for God!

It is our right and our duty, always and everywhere, to lift our hearts and minds to the Lord. Our offered deeds of loving kindness are the content of the Kingdom and our 'yes' to actualizing God's will on earth as it is in heaven.

Our good works, our small sacrifices, bring our words into reality. They are the evidence of our love of God, and our desire to be instruments of his peace. Never fail to offer up the fruits of God's grace, they belong to him. It was he who first planted them in our hearts and minds!



Friday, March 14, 2025

10th day - Sr. Amala, Madurai site director, India

During Lent -- a season of reflection, penance, and giving -- we are called to imitate Christ's compassion by reaching out to those in need. One way we can live out Jesus' command to "clothe the naked" is by donating clothes, including uniforms and other necessary garments, to those who lack them.

Clothing is not merely a physical need but also a source of dignity, identity, and comfort. For many, a lack of proper clothing can contribute to feelings of shame and exclusion, but through our generosity, we can restore a sense of worth and hope to others.

Jesus, throughout His ministry, showed deep concern for the marginalized and the vulnerable, whether it was the sick, the poor, or the outcasts. He demonstrated that acts of love—big and small—are not only meaningful but essential to our faith. By donating uniforms, coats, or even everyday clothes, we can provide the basic necessities that allow individuals to thrive, feel seen, and experience God's love through our actions.

This Lent, let us remember that Jesus' teachings call us to do more than observe rituals. We are asked to be his hands and feet in the world, sharing what we have with those who lack. By clothing the naked, we serve not just the person in need, but Christ himself.



Isn't it sharing your bread with the hungry and bringing the homeless poor into your house, covering the naked when you see them?
Isaiah 58:7

(201) School Uniform, Bag, Shoes

Saturday, March 15, 2025

11th day - Sr. Agnes, Kawambwa site director, Zambia

Visiting a small village where children with albinism¹ live with their families was a profound privilege.

I observed them playing outside, shielding their faces from the sun, seeking shade beneath trees, and covering themselves with clothes, even leaves. Some young children nestled in their mothers' bosoms to avoid sunburns. Others were confined indoors by their parents, fearing the sun's scorching rays.

It struck me that something as simple as a hat and sunscreen could significantly improve their daily lives. These small gifts could provide them with the freedom to play outside without fear of sunburn and to walk to school without worrying about the harsh sun.

The impact of sunscreen on these children cannot be overlooked, preventing dryness and the eruption of sores. Sunhats, on the other hand, offer shade for the face and eyes, protecting them from direct sun exposure.

Reflecting on this experience, I was reminded of Matthew 25:40, which says, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." These children with albinism may be vulnerable to the sun's rays, but they are not forgotten by God.

By providing sunscreen and hats, we can show these children that they are seen, loved, and valued. We can help them experience the joy of childhood, free from the worries of protecting themselves.

¹ Albinism is a genetic condition that affects the body's melanin, which is responsible for skin, hair, and eye colour. People with albinism have very sun-sensitive skin and are at an elevated risk of skin cancer and sores.



"Continue to serve our dear masters with great gentleness, respect, and cordiality, always seeing God in them."

St. Louise de Marillac

(363) Sunscreen (365) Sunhat

Sunday, March 16, 2025

12th day - Greta, Chiclayo site director, Peru

This Lent we deepen our understanding of the message Jesus gives us about the call to BE LIGHT.

Jesus trusts us as bearers of his light. He invites us to illuminate the world with our actions and lives. Light allows us to see clearly, to discover what is happening around us, and to recognize what remains to be done. By responding, we become light to others!

In the communities of Portadas de las Américas and Sagrado Corazón de Jesús, the lack of street lighting limited the lives of families and increased insecurity. The mothers of the Chalice family circles came together to install solar panels, a symbol of our faith and commitment to a change that brings life, joy, and unity.

Thank you, Lord, for inspiring us to be light and for guiding us to work as a team with the community. Help us to continue reflecting your love in every action.

Thank you, Jesus, for the joy of sharing your light with others. Thank you for the encouragement and hope we felt as we walked with you, motivating us to light more lamps in other places.

Help us to be messengers of light, to illuminate the world with our works, and to reflect your love every day.

Let's continue to light up the world with your love!



*“Let your light shine before others,
so that they may see your good
works and give glory to your Father
in heaven.”*

Matthew 5:16

(452) Solar Lantern

Monday, March 17, 2025

13th day - St. Augustine

Let no one fear to lay out upon the poor, let no one think that he is the receiver whose hand he sees. He receives it Who bade you give it. And this I say not out of my own heart, or by any human conjecture; hear Him Himself, who at once exhorts you, and gives you a title of security.

"I was an hungred, says He, and you gave Me meat." And when after the enumeration of all their kind offices, they answered, "When saw we You an hungred?" He answered, "Inasmuch as you have done it unto one of the least of these of Mine, you have done it unto Me."

It is the poor man who begs, but He that is Rich receives. You give to one who will make away with it, He receives it Who will restore it. Nor will He restore only what He receives; He is pleased to borrow upon interest, He promises more than you have given...You are willing to lend to a poor man, who whenever he may repay you will do it with grief; but lend now to a debtor who is well able to pay, and who even exhorts you to receive what he promises.

St. Augustine of Hippo. Sermon 36 on the New Testament. New Advent.

<https://www.newadvent.org/fathers/160336.htm>



Tuesday, March 18, 2025

14th day - Fr. Don Bosco, Tamil site director, India

Isaiah 1:19 says, “If you be willing, and will hearken to me, you shall eat the good things of the land.” This verse calls us to approach God with open and obedient hearts, trusting in His promise to provide abundantly for those who align their lives with His will. During Lent, a season of reflection and renewal, we are reminded how acts of compassion and service are tangible expressions of this trust.

Distributing groceries to families in need is a profound example of this verse in action. When we willingly respond to others’ needs, we become channels of God’s provision, sharing the “good things of the land” with those who are struggling. For those families, the impact goes beyond physical nourishment—it also brings hope, reassurance, and reminds them they are valued and cared for. A bag of groceries becomes a message of God’s love, restoring dignity, and alleviating their burdens.

This generosity not only transforms their lives but also blesses the givers’ hearts. It fosters a sense of community, solidarity, and gratitude; we are all interconnected in God’s family. In sharing our blessings, we echo His call to love our neighbors as ourselves, deepening our relationship with Him and with one another.

This Lent, let us reflect on how our willingness to listen and act on God’s call brings nourishment—both physical and spiritual—to others. Through acts of kindness, we fulfill God’s promise of abundance and allow His grace to flow into the lives of everyone involved. Together, we embody His love and justice, reminding the world that no one is beyond the reach of His care.



“Let us then, my brethren, endure in hope. Let us devote ourselves, side-by-side with our hoping.”
St. Cyril of Jerusalem

(352) Feed a Family

Solemnity of Saint Joseph Wednesday, March 19, 2025

15th day - Kate, Chalice staff, Canada

I recently read a paper published by a real estate listings website. It analyzed the most popular words in listings by price segment – under a million, between one and five million, and over five million. For the average homebuyer, the most popular word was ‘beautiful.’ For the middle category, it was ‘pool.’ Tellingly, I think, the most popular word for the highest segment was ‘private.’

For all of us who will never have a million+ mortgage, beauty is our priority. To each one of these people, I want to ask – what is a beautiful home?

We’ll never agree on esthetic beauty – one person’s chic is another’s sterile, one person’s eclectic is another’s messy. But I think we can all agree on what makes a home objectively beautiful. It’s cheesy but it’s true: a home that’s beautiful is one where the people in it live in love, trust, harmony, and ‘peace’ (even if that peace does not equal tranquility!)

I have had the utmost privilege to enter under the roof of sponsored children’s families in nine of Chalice’s 13 partner countries. I have been in homes made of mud, leaves, recycling, and branches. I have been in meticulously clean oases in housing carved out of a garbage dump. And I can say, I have never been in a home that was not absolutely beautiful.

Jesus us tells us that – ever the carpenter – he is building our rooms in his Father’s house (Jn. 14:2-3). I don’t know what my room will be made of, or what paint he’ll choose, and I doubt it would feature in a magazine. But because all my joy, the source of my love and peace will be there, I don’t think I’ll need a pool.



*“St. Joseph, protect our home. Pour forth from heaven blessings on our family... Help us to live in love and harmony, in peace and joy.”
Oblates of St. Joseph*

(604) House Construction/Repair

Thursday, March 20, 2025

16th day - Theodoric, Chalice staff, Canada

Jesus' conversation with the woman at the well can be puzzling to modern readers. When Jesus tells her he could give her 'living water,' she is astounded. She would have immediately understood he meant moving, flowing water. If the woman had been a modern Canadian and not an ancient Samaritan, these words would have seemed very unextraordinary. Each day Canadians turn on a tap, water appears and then pours down the drain.

Canadians take our living waters for granted. The immensity of this gift was not taken for granted by the Samaritan woman, and it is not taken for granted at many of the sites where Chalice works.

Water which is not living becomes stagnant. Rather than sustaining life, it carries disease and parasites, endangering the lives of those who drink or bathe in it.

Living water is also essential to grow food in subsistence farming. Just as the Nile River made otherwise arid and uninhabitable land productive and fertile, farming communities throughout the world rely on the introduction of living waters through basic irrigation systems to combat drought.

Jesus is the true living water. His promise is not of sustenance or subsistence, but abundance! No-one's life is perfect, but God has privileged us with a level of security and comfort unknown to most of the world.

Today, please reflect on those areas of your life where God has been particularly generous. My prayer for you is that thanksgiving for Jesus' goodness will become living waters, transforming the arid areas of your faith.



*“The grace of the Holy Spirit then
He calls living water; i.e. lifegiving,
refreshing, stirring.”
Theophylact*

(603) Water System

Friday, March 21, 2025

17th day - Sr. Amala, Madurai site director, India

In the Madurai site, the Chalice gift catalogue, especially gifts of livestock, has significantly enriched the livelihood of the economically disadvantaged people in three districts of Dindigul, Theni, and Rameshwaram.

When I reflect on Jesus's parable of the talents (Mt. 25:14-25) I realize goats represent a gift from God. The purpose of the gift is to multiply into many folds, in order that the recipients -- and their descendants -- may find economic sustainability, social recognition, eco-friendliness, social justice, and peace in all forum of life (Providence of God).

As staff, we are privileged to act as change agents of Chalice with our unique talents, skills, and aptitudes. Here, we need to ponder three things.

One, how far have we been taking the gift of love and life to the deserving people in bringing change and transformation? Two, how much more can we be active in including underprivileged groups, like those with disabilities, into our society as people who are recognized, accepted, given opportunities, and whose rights are respected?

Finally, are we on the right track to show the seeds of love, kindness, faith, integrity, commitment, compassion in our mission?

We are all called to do the mission to fulfil the will of God's providence. For this, we are empowered with unique skills. So, let us visualize our vision with His everlasting love.



“For to all those who have, more will be given, and they will have an abundance.”

Matthew 25:29

(122) Pair of Goats

Saturday, March 22, 2025

18th day - Ismail, Chalice staff, Canada

The place where our Lord was incarnated, Bethlehem, holds a profound meaning. In Arabic, Bethlehem translates to “the house of meat,” which serves as a powerful reminder of the Eucharist.

In this sacred sacrament, Christ offers us His body, His flesh, to nourish and sanctify our souls. Just as we partake of the body of Christ to be spiritually fed and transformed, we are called to reflect this divine gift in our own lives, especially during this season of Lent.

This season invites us to not only fast and pray but also to respond to the physical needs of those around us. One meaningful way to do this is by offering a cow or other resources to those in need. In doing so, we provide nourishment for their bodies, mirroring how Christ feeds our spirits.

Just as the Eucharist strengthens us to live out our faith, acts of charity such as feeding the hungry help to heal and sustain others in their physical hunger. In these simple yet profound ways, the essence of Christ’s gift to us is reflected.

During Lent, as we reflect on His sacrifice, may we be inspired to share in the gift of giving-feeding those who hunger in body, just as we are continually fed in spirit by Christ’s boundless love.



“Eucharistic communion not only unites me to the person I have beside me...but also to our distant brethren in every part of the world.”
Pope Benedict XVI

(125) Cows

Sunday, March 23, 2025

19th day - Deacon Gary, Chalice Champion, Canada

Lay Catholic theologian James Colaianni tells this story. A rather famous painting shows a young man playing chess with the devil. They are playing for possession of the young man's soul. The painting portrays the devil as having just made a brilliant move. Chess players who study the arrangement of the chess pieces in the painting feel immediate sympathy for the young man, for he has been put in a hopeless situation. One day, Paul Murphy, a former world-class chess player, while studying the arrangement of the chess pieces, saw something that no one else did. Excitedly, he cried out to the young man in the painting, "Don't give up! You still have an excellent move left. There's still hope!"

Because of Jesus, "hope does not disappoint" (Rom. 5:5). There is always hope if we remain open and listen to the Holy Spirit. Lent is a time to examine our life, to rediscover new ways to serve our God and each other. The Third Sunday of Lent offers the optional Liturgy of the First Scrutiny. In this Mass, the readings speak of water, and Jesus' offer of living water, which reminds us of the saving water of Baptism.

This Lent, as we take a closer look at our life, what changes, needs of repentance, is coming into focus? Are you ready to receive the "living water" Jesus offers?



"The water that I will give will become in them a spring of water gushing up to eternal life."

John 4:14



Solemnity of the Annunciation of the Lord

Monday, March 24, 2025

20th day - Roman, Pochaiv site director, Ukraine

I am writing this reflection while listening to a song; the most repeated word is 'love'. At different times in our lives, we perceive love and think about its meaning in different ways. Love is a wife, a child, our parents, love for a profession, our neighbor, for God...

The most important is the Love of God. God gave us life, and everything connected to it. He gave us the very opportunity to love and feel love. Therefore, out of gratitude to our Creator, we must show and manifest Love to him, through prayer, works of mercy, repentance... ultimately, through music.

God gives us, his children, the gift of creating music. Feeling it (yes, it is to feel), this is what gives us the opportunity to create, share, and transmit the Love of God. With music's help -- instruments and singing-- we can glorify God's unimaginable manifestations of Love, omnipresent, omnipotent, and all-forgiving.

Inspired by Miriam's song of praise after crossing the Red Sea, let us glorify God. In His amazing simplicity, in His simple arrangement of such a complex world.

God, give us strength to feel the music of life, even in everyday life. We, Your faithful and repentant wards, will glorify Your greatness and eternal Love with music. God, let our inner music always play, and transform this music into deeds of love and mercy. Grant us, God, to hear your music.

Love from Love, for the sake of Love... isn't that what we were created for?



*“You should sing as wayfarers do—
sing, but continue your journey.”
St. Augustine*

(203) Musical Instruments

Tuesday, March 25, 2025

21st day - Eunice, Tondo site director, the Philippines

In reflecting on the Annunciation, I am reminded of the delicate and often challenging journey of motherhood. Recently, we faced the heartbreaking loss of one of our sponsored children, Hazel Joyce, to leukemia. One cannot fathom the depth of grief she endures. The sorrowful moans of a mother in mourning are a poignant reminder of life's fragility and the profound bond between mother and child.

In our work, we strive to ensure that mothers and their children receive health check-ups to catch potential issues early and provide the best chance for a healthy future. Just as the angel Gabriel brought a message of hope and divine purpose to Mary, we, too, must bring hope to mothers facing the daunting challenges of health crises. Regular health check-ups can be a lifeline, offering reassurance and support, and potentially averting tragedy.

Yet, even with the best of intentions and efforts, life can be unpredictable and cruel. The loss of Hazel Joyce serves as a stark reminder of the limitations of our control and the need for compassion. In moments of despair, we must hold onto the belief that the Lord has plans for each of us—plans that prosper and do not harm, even when we cannot see them. For the bereaved mother, this may be a difficult truth to grasp, but it is one that can offer solace amid the storm.

Mary's acceptance of her role as the mother of Christ, despite her fears, encourages us to embrace our own roles in caring for others. It calls us to support mothers like Hazel Joyce's, to listen to their stories, and to walk alongside them in their journeys, whether they are filled with joy or sorrow.



“Answer quickly, O Virgin...Answer with a word, receive the Word of God. Speak your own word, conceive the divine Word. Breathe a passing word, embrace the eternal Word.”

St. Bernard of Clairveaux

(303) Mom and Baby Check-up

Wednesday, March 26, 2025

22nd day - Kate, Chalice staff, Canada

Jesus is the parable-teller extraordinaire. (I wish there were a word for this Parabalist? Parabonteur? Alas.)

He's virtuosic at the art of crafting his earth-shattering Messianic into a story that his particular audience that day can understand. If they're a bunch of farmers, he speaks of seeds and soil. If labourers, then day jobs; if affluent, of misspent wealth.

We know that Jesus taught much more than could ever possibly be written down, and the Evangelists needed to select only the strongest (or perhaps most often used.) But his parabalizing didn't end on the day of the Ascension. He continues to tell each of us parables every day.

There's a popular idea in the Church right now to have a 'sacramental worldview'- God's invisible grace made manifest in our lives, as it is in the seven sacraments. What I am beginning to add to my own prayer life is a 'parabological' (yes, that is a word this time) mindset.

Reviewing my day, I can see that Jesus was telling me a customized Parable of the Unhelpful Customer Service Representative, or the Parable of the Snow Shoveler, or the Parable of the Burnt Banana Bread. Every morning, Jesus greets his open-hearted disciples (us, I pray) with a hearty "Well, where shall we begin? The Kingdom of God is like...." and, if we're listening, we are in for a heck of a lesson.



"Every happening, great and small, is a parable whereby God speaks to us, and the art of life is to get the message."

Malcolm Muggeridge

(206) Textbooks and Teaching Aids

Thursday, March 27, 2025

23rd day - St. Augustine

Certainly, if there are good sheep there are also good shepherds; good sheep give rise to good shepherds. But all good shepherds are one in the one good shepherd; they form a unity. If only they feed the sheep, Christ is feeding the sheep.

The friends of the bridegroom do not speak with their own voice, but they take great joy in listening to the bridegroom's voice. Christ himself is the shepherd when they act as shepherds. "I feed them," he says, because his voice is in their voice, his love in their love.

When he entrusted his sheep to Peter as one person to another, Christ chose to make Peter one with himself. He wanted to entrust him with the sheep in such a way that he himself might be the head and Peter might represent the body, that is, the Church. As bridegroom and bride, Christ and the Church were to be two in one flesh.

Accordingly, what does he say before he entrusts the sheep to Peter as to someone who is not separate from himself? Peter, do you love me? He answered: I love you. And again: Do you love me? He answered: I love you. And a third time: Do you love me? He answered: I love you. He receives an assurance of love in order to establish unity. Christ is the one shepherd who is one with the other shepherds, and in whom they themselves are one.

St. Augustine of Hippo. Sermon 46. The Liturgy Archive.
www.liturgies.net/Liturgies/Catholic/loh/week25fridayor.htm



"He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his bosom, and gently lead the mother sheep."

Isaiah 40:11

(121) Sheep

Friday, March 28, 2025

24th day - Ismail, Chalice staff, Canada

Trees offer more than just beauty; they provide nourishment, shade, and a lasting source of sustenance. By donating two fruit trees to a community or family in need, we give more than just food for the moment--we're investing in long-term support and self-sufficiency. Fruit trees, such as citrus, apple, or pear, are renewable resources that yield food year after year, helping to ensure a steady supply of nutrition for families long into the future.

Jesus' teachings remind us that acts of kindness, even the simplest ones, carry deep significance. When He fed the multitudes with just loaves and fishes, He demonstrated that providing for others' physical needs is an expression of love and care. By helping families and schools plant fruit trees, we continue this mission--helping others not just in a moment of need, but in a way that empowers them to care for themselves and their loved ones over time.

Just as a tree requires patience, nurturing, and care to bear fruit, our acts of kindness can have a lasting and profound impact. Giving fruit trees is a tangible way to participate in the process of growth, not only in nature but in the lives of those we seek to help. By offering a gift that will endure and continue to give, we are sharing in God's provision, bringing hope, and offering a blessing to others in meaningful ways.



“May your hope be entirely in him and then I trust he will do much good for you. Praise and thank him often.”
St. Collette

(533) Two Fruit Trees

Saturday, March 29, 2025

25th day - Deacon Neil, Chalice Champion, Canada

Something about the mystery of the wedding at Cana has always gnawed at my brain.

Mary tells Jesus they have no wine, knowing that he can do something about that problem... and he addresses her as 'woman'? How could Jesus be so disrespectful? This is not how Jesus treated anyone, let alone his mother.

Recently, Bishop Robert Barron shed light on this conundrum. He explains that wine is equated with the joyful celebration of being in union with God.

So, when Mary says "they have run out of wine" she means the guests -- and by extension all of humanity -- has run out of the joy of being united with God.

Jesus is not disrespectful, he is addressing her as the mother of humanity, the 'new Eve!' An awesome title of respect!

The miracle is the quantity of joy Jesus brings to humanity. Not a few bottles, one hundred and fifty gallons of wine, an abundance! It caused me to think about the lack of joy in my own life, and what can I do to change that.

This past Christmas, my children and I purchased a well from the Chalice gift catalogue. It brought joy to all of us because we helped someone much less fortunate than we are.

During this Lenten season I urge you to meditate with the Chalice gift catalogue and ask the Lord to help you bring joy, not just to yourself, but to those who are in desperate need.



"Woman, what concern is that to you and to me? My hour has not yet come."

John 2:4

(603) Water System

Sunday, March 30, 2025

26th day - Sr. Celine, Neema site director, Tanzania

There is a profound intimacy in the gift of a bed. A bed is where we rest, heal, dream, and commune with God in the stillness of the night. For many of the families we serve, a simple mattress can mean the difference between a restless night on a hard floor and the rejuvenation needed to face the next day.

I think of the words of St. Augustine: "Our hearts are restless until they rest in You." As we reflect on Christ's invitation to "rise from the dead," I am reminded that sleep is not merely a time of rest but a renewal of spirit. Every morning, we are called to awaken in faith, casting off the fatigue of doubt and despair, and embracing the light of Christ's love.

Beds and bedding remind us of God's tender care, just as a shepherd provides soft pastures for his sheep. These gifts, humble yet transformative, echo the promise of the Resurrection—a promise of comfort, dignity, and new life.

This Lent, as we journey closer to Christ, let us pray for all those who long for restful sleep and a safe place to dream. May we, in turn, awaken each day with hearts renewed and ready to share His light.



*"Sleeper, awake! Rise from the dead,
and Christ will shine on you."
Ephesians 5:14*

(430) Mattress

Monday, March 31, 2025

27th day - Elizabeth, Chalice staff, Canada

I have never been without a set of pencil crayons. For as long as I can remember, they have been on my nightstand, the kitchen table, or by the couch—waiting to be picked up. In times of stress, they have been my refuge, a way to express what words could not.

As part of my work at Chalice, I have the privilege of reading letters from children to their new sponsors. Many take great care to adorn their pages with drawings—simple yet profound expressions of love. They remind me of St. John Paul II's words: "Art is a visible reflection of God's glory." Even the humblest sketch can be a vessel of grace, a whisper of the Holy Spirit moving through small hands.

A little over two years ago, we opened a site in Luhombero, Tanzania. The first letters from the children arrived, each with a small pencil drawing—cups, chairs, the world as they saw it. They had only pencils, no colours yet. But in those quiet sketches, I saw something deeper: a voice, a longing, a story waiting to be told. Art speaks where words fall short; it reveals the beauty, the hope, and the dreams that lie within. And I thought, one day, these children will have colour.

This Lent, may we reflect on the small gifts we place in others' hands. Perhaps something as simple as a set of pencil crayons can become, through the Holy Spirit, a tool for transformation.



"Art must make perceptible, and as far as possible attractive, the world of the spirit, of the invisible, of God."
Pope St. John Paul II

(203) Art Supplies

Tuesday, April 1, 2025

28th day - Eileen, Chalice Champion, Canada

I am not a patient cook. Preparing meals often feels like an endless task, and I am always looking for short cuts. (Thank you, InstaPot.)

Often, though, when I am fussing about a dish that takes an hour to make (and five minutes to disappear) I remember a woman I met while on mission with Chalice to Tanzania.

The woman was the cook for a school where Chalice supports a daily lunch. She starts around 7am to ensure that her massive pot of beans and corn, known as *makande*, is ready by lunchtime.

She cooks over a fire, the logs sticking out in a circle from the burning centre. As the wood burns, she pushes the logs, one by one, closer to the flames. And so, the heat is consistent and slowly, (so slowly) the water boils and cooks the stew.

That is five hours of constant physical effort in the heat of Africa. I tried to give her a break, but I barely had the strength to stir the pot once. And yet, she was completely content.

Back in my kitchen, with all my appliances, I think about patience, about embracing the simple satisfaction of doing one thing at a time until it is finished, and about cheerfully accepting the tasks of life that the Lord presents. I still have much, much to learn.



“Clothe yourselves with compassion, kindness, humility, meekness, and patience.”

Colossians 3:12

(410) Stove

Wednesday, April 2, 2025

29th day - Wilson, Chalice staff, Canada

“**T**o say to the captives, ‘Come out,’ and to those in darkness, ‘Be free!’ When I read this verse, one question comes to mind: What are the areas in my life where I still feel captive or lost in darkness?”

When the people of Israel were in exile, feeling abandoned, God’s promise through Isaiah was revolutionary. He didn’t just offer freedom from physical captivity, but from inner chains of despair. He assured them that even in barren places, they would find nourishment and care.

Exile isn’t just a historical event—it’s something we all experience. Sometimes we feel exiled in our own lives—trapped by stress, damaged relationships, or a deep sense of not belonging. Darkness can look like depression, doubt, or the overwhelming noise of a world that tells us we’re not enough.

But God’s words here are personal: “Come out.” “Be free.” God’s promise isn’t just about a distant future—it’s for now. Freedom begins when I trust that God can meet me where I am, even in my darkest moments, and lead me toward light and renewal.

His message speaks to all of us, no matter our background or struggles. It might mean freedom from material poverty, breaking free from prejudice, or forgiving old wounds.

Responding starts with listening—to God, to others, and to our hearts. And then, we act. God doesn’t leave anyone behind. Freedom is possible. Light is possible. Will we answer His call to step into it?



“Be peace-loving. Peace is a precious treasure to be sought with great zeal.”

St. Francis of Paola

Thursday, April 3, 2025

30th day - Lilia, Chalice staff, Canada

“If God is love, charity must have no end, for God’s greatness knows no bounds. To practice charity, beloved children, every moment is the right time. Yet, these days of Lent urge us to it in a special way. If we wish to celebrate the Lord’s Resurrection with both spirit and body sanctified, let us strive to embrace this virtue, which encompasses all others and covers a multitude of sins.” — Saint Leo the Great

Charity, then, is not merely an act but a reflection of the boundless love God pours into our lives, moment by moment. As Christians, we are called to imitate Christ in all things—especially in what lies deep within us, in the spaces only God sees. It’s not just about outward actions, but about cultivating a heart that mirrors His love.

If our hearts feel hardened, we can still pray: “Jesus, meek and humble of heart, make our hearts like unto Thine.” He heals us—healing our lack of charity, our blindness, and our paralysis. He cures the emptiness we feel in a world often filled with loneliness and meaninglessness.

We may be sick, but God is our healing. We may be weak, but He is our strength. We may be poor, but God is our wealth. The only true health, strength, and wealth we possess come from God, and these gifts are meant to be shared with those around us. Let us let charity transform us, this Lent and beyond!



Friday, April 4, 2025

31st day - Fr. Pat Cosgrove, Founder and President, Chalice

“**I**sought the Lord, and he answered me; he delivered me from all my fears...This poor man called, and the Lord heard him; he saved him out of all his troubles.” (Psalm 34:4-6 NIV)

“Then I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” And I said, “Here am I; send me!”” (Isaiah 6:8)

One calls out, another answers. Each response is an answer to an unheard prayer but known by God who “hears the cry of the poor” and looks for someone to send. Can I be that person? Who will respond? Today, may it be me. Tomorrow...

A bed, a book, a morsal of food, a moment of time, a gift of presence. Each act of kindness an offering to God, a sacrifice we pray that is pleasing to God. We hear in the Mass, “Pray, brothers and sisters that my sacrifice and yours may be acceptable to the Lord, our God.”

Thank you for every small sacrifice of ‘loving mercy’ (Hebrew: *Hesed*) that you offered in his name. Each done in response to his will, his grace, offered to bring the kingdom of God “on earth as it is in heaven.” Each moment, each gift, each sacrifice adds to the Treasury of Heaven and gives evidence to God’s presence in the world and in our hearts.



Saturday, April 5, 2025

32nd day - Deacon Dan, Chalice staff, Canada

About five generations back, my great (x five) grandfather was given a thousand acres of land from the Scottish government. The land was in northern Nova Scotia, a place called Ardness, about 30 kilometers from the town of Antigonish.

He had ten children who each inherited a hundred acres. And of course, in the ensuing generations, the land has been passed down. Every time I go to the old house on our property, I look through the house, and I find old tools and equipment that were used by previous generations.

I look out on the land, and at these old tools, and I can feel and see the older generations. How they must have persevered and harvested such a wonderful yield with a generous heart, providing for their families and their community amid many trials.

Some years back, I travelled to Kenya. As we drove around, I noticed many farmers yielding a harvest for their families and their community. However, in the face of so many trials, there is a celebration of community, an incredible spirit and love for God, in which I draw so much inspiration.

As we ourselves face the challenges of life, with the love of the Lord and the support of community, we can persevere, we too can yield a bountiful harvest with generous hearts.



“Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance.”

Luke 8:15

(534) Tools and Training for Farmers

Sunday, April 6, 2025

33rd day - Wendell, St. Dominique site director, Haiti

The “Most Needed” gift in Chalice’s catalogue invites us to reconsider our understanding of necessity and abundance in light of God’s creation.

God, in His infinite wisdom, has given us everything we need to thrive: land, food, and the companionship of other living things. As humanity evolves, we increasingly turn away from these gifts and focus on material pursuits, forgetting that God created us for a greater purpose, which are loving one another, having compassion, and kindness.

The world is divided into nations, some progressing and others stagnating or regressing. This division has led to disparities in what we perceive as ‘luxury’ or ‘need.’ For the privileged, luxury can mean expensive cars, homes, or lavish vacations. For the poor, luxury often boils down to the basics: adequate food, shelter, and access to education.

In Haiti, basic needs like food and education have long been considered luxuries, inaccessible to many. For families struggling to survive, eating only one meal a day or earning a high school diploma are not only remarkable accomplishments but blessings. It reminds us that our understanding of ‘need’ can be radically different depending on our circumstances.

As I reflect on this, I realize that God provides for all of us, but it is our responsibility to share these gifts with others, especially those whose most basic needs are still out of reach. Perhaps the greatest luxury is not material wealth, but the ability to meet the basic needs of others, to ensure that food, shelter, and education are no longer privileges, but universal rights.



I am privileged to share the same ideology and vision through Chalice sponsorship. Hundreds and thousands of Haitians can afford the luxury of food, education through Chalice and we are all grateful and praise the Lord for this.

(700) Most Needed Gift

Monday, April 7, 2025

34th day - Francesco, Tukuy site director, Bolivia

Lent is for me a journey... sometimes it scares me a little, because of a certain idea of harshness and austerity that it carries within. Today I want to think about the beautiful and positive things of Lent, to better understand its meaning and to tune myself to what God wants from me, to fully respond to his project of love.

After all, this is what it is all about, to listen to God's voice in my life. For this I need to create a space, a time, a silence... for this I need to put aside what is noise, distraction, bulk. Lent is an opportunity.

Lent is Spirit-driven, like Jesus who goes to the desert and stays there for a long time. And the Spirit always wants what's good for me. Of course, this takes a decision, a commitment to the action of leaving the comfortable and easy, a commitment to give generously of ourselves. We have options to express our generosity and if we listen, the Spirit Himself gives us suggestions.

Lent is also mercy. To look at others as we look at ourselves, to be a small reflection of how the Father looks at us. May the Lord guide us in understanding and living that. He likes every little thing done with love....



*“By your diligence show your love
for those whom God has given you,
just as Christ loved the Church.”
St. John Baptiste de la Salle*

Tuesday, April 8, 2025

35th day - St. Vincent de Paul

Since God surely loves the poor, he also loves those who love the poor. For when one person holds another dear, he also includes in his affection anyone who loves or serves the one he loves. That is why we hope that God will love us for the sake of the poor...

It is our duty to prefer the service of the poor to everything else and to offer such service as quickly as possible. If a needy person requires medicine or other help during prayer time, do whatever has to be done with peace of mind. Offer the deed to God as your prayer. Do not become upset or feel guilty because you interrupted your prayer to serve the poor. God is not neglected if you leave him for such service. One of God's works is merely interrupted so that another can be carried out. So when you leave prayer to serve some poor person, remember that this very service is performed for God. Charity is certainly greater than any rule. Moreover, all rules must lead to charity. Since she is a noble mistress, we must do whatever she commands. With renewed devotion, then, we must serve the poor, especially outcasts and beggars. They have been given to us as our masters and patrons.

St. Vincent de Paul. Epist. 2546: Correspondance, entretiens, documents, Paris 1922-1925, 7. The Liturgy Archive. Accessed January 17 2025 from: <https://www.liturgies.net/saints/vincentdepaul/readings.htm>



Wednesday, April 9, 2025

36th day - Luba, Ternopil site leader, Ukraine

A bed is a rarely appreciated item, used for resting, sleeping, and often for illness or vulnerability. It is a private space, symbolizing boundaries between the public and private. But it's a gift that not everyone has.

Sleep is when children's bodies recharge and retain everything they learned that day. Good mornings start overnight in a safe, private, comfortable, and warm bed.

Having the privilege to serve sponsored children and visiting their homes, we have often seen the children compelled to share a bed with one or more siblings, grandparent or parent, sleep on the floor or in an unsafe bed. But they've never known anything different and are thankful just for the family and home they have. But without their own place to sleep, children are exhausted, and it affects their health.

Ever present but often unnoticed, the beds carry profound symbolic significance in Biblical narratives. They sometimes become places of spiritual revelation and communication with God. The prophet Samuel receives his first divine revelation while lying in bed (1 Sam 3).

While I am making my bed in the morning and turning it down at night, I am reminded of what a great blessing my bed really is in my life. When we stop viewing what we have as little, insignificant, or not enough, we get to enjoy great blessings in our lives and provision for our needs. I am thankful for my bed.



“When I think of you on my bed and meditate on you in the watches of the night.”

Psalms 63:6

(433) Bed

Thursday, April 10, 2025

37th day - Deacon Ron, Chalice Champion, Canada

“**B**e still and know I am here”

I have traveled to many Chalice sites on my own. I always told the site directors beforehand I wanted to see the worst realities, and the best. I didn't want to be a tourist, so I spent three weeks at each site, seeing with different eyes, trying my best to open the eyes of my heart and let the spirit lead me.

The experience changed me in so many ways and brought me much closer to the Creator.

Seeing an unaltered reality of everyday life in these countries opened a new vision of the reality that surrounds me in the present.

The basic human need of being seen, to be acknowledged, and to be accepted --“I see you, and I hear you” -- and the sharing of those encounters was the only purpose of my visits, then and now.

These days, I walk in different mission streets daily, often stopping to talk to the 'street people' who live a different reality than I do. I have heard the many stories and even witnessed the tears, which are often because no-one has even looked or heard them in their reality.

The Chalice children I met will always be in my prayers. I thank them for helping to see more with the eyes of my heart.



Friday, April 11, 2025

38th day - St. Alphonsus Liguori

“**S**alus infirmorum:” Health of the weak. Mary is called by St. Simon Stock: The medicine of sinners: “Peccatorum medicina;” and by St. Ephrein, not only medicine, but health itself: Firm health for those who have recourse to her.

For he who has recourse to Mary not only finds medicine, but he finds health, as she herself promises to him who seeks her:

“He that shall find me shall find life and shall have salvation from the Lord.” Neither should we fear that on account of the loathsomeness of our wounds she will refuse to take care of us. She is our mother, and as a mother does not shrink from taking care of a child covered with wounds, so this celestial physician does not refuse to cure her servants who have recourse to her.

Wherefore St. Bernard says: “Oh mother of God, thou hast no horror of a sinner however loathsome he may be; if he sighs for thee, thou wilt rescue him with thine own hand from despair.”

St. Alphonsus Liguori. *The Glories of Mary*. eCatholic2000.
<https://www.ecatholic2000.com/liguori/glories85.shtml>



Saturday, April 12, 2025

39th day - Edley, Haiti North site director, Haiti

Lent is a time for reflection, repentance, and spiritual renewal. For Haiti, this sacred season invites us to revisit the challenges our nation faces while renewing our faith in a brighter future.

In a country marked by suffering, injustice, and trials, Lent reminds us that the cross is not the end but a passage to resurrection. It is a call to solidarity, charity, and commitment to the most vulnerable among us.

Haiti needs a resurrection. The values of justice, peace, and love must guide our hearts and actions. This time of fasting and prayer invites us to take concrete steps for our community: to reach out to the poor, cultivate hope, and sow kindness where there is despair.

Lent is also an opportunity for inner transformation. By changing our individual attitudes, we can help transform our society. Prayer strengthens us, fasting purifies us, and almsgiving unites us in our shared humanity.

May this season of Lent be a time of hope and renewal for Haiti. Together, united in faith and love, we can work toward a future where Christian values illuminate every corner of our beautiful nation.

Lord, accompany Haiti on this path of the cross. Help us carry our burdens with courage and faith and lead our nation to the light of resurrection. Amen.



Palm Sunday
Sunday, April 13, 2025

40th day - Fr. Pat Cosgrove, Founder and President, Chalice

As we come to Easter, I hope you feel that you have walked with Christ. When you offered your small sacrifices, whether in donations or acts of loving kindness, you united them with Christ's own offering himself to Our Father.

Maybe you offered by visiting a hospital, calling your mother, or a lonely person. Maybe you bought a gift through Chalice, dropped a coin in the basket or a cup on the street.

Moved by his Spirit, you were the face of God, the voice from heaven. You carried his name and his work into the world. You saw what he saw, heard what he heard. You said 'yes, I will go to the poor as his disciple.'

Perhaps, however, the cry of the poor was yours. It was you who was sick; who were overwhelmed, beaten down. Perhaps you felt broken hearted, lonely, and poor in spirit. In those moments, it was your cry that rose to God. And perhaps, someone sacrificed a small moment of time, a small offering of love.

Perhaps both the poor one and the sent one were brought together in you, and your Masses were filled with offerings of love and joy. I pray these reflections have helped you 'lift up your heart to the Lord' and helped you give thanks to the One who sends, who receives, and who offers.



“Why am I anxious? The Lord is near. But my hope is in his compassion.”
St. Martin I

**My details**

Name: _____ Email: _____

Address: _____ Apt: _____

City: _____ Prov: _____ Postal Code: _____ Daytime Phone: _____

Credit Card I authorize Chalice to charge my credit card**Cheque** payment to Chalice Canada

Credit card: _____ Expiry: ____ / ____



Name on card: _____ Signature: _____

Item#	Item Name	Cost	Qty.	Total
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Education

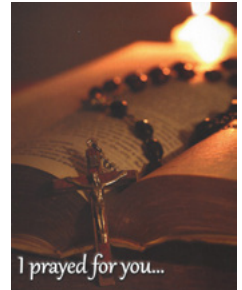
452	Solar Lantern	\$25		\$
211	Children's Books	\$30		\$
201	School Uniform, Bag, Shoes	\$30		\$
203	Art Supplies, Musical Instruments	\$45		\$
206	Textbooks & Teaching Aids	\$200		\$

Farming

530	Crop Seeds	\$15		\$
533	Two Fruit Trees	\$25		\$
534	Tools/Training for Farmers	\$125		\$
535	Support a School Farm			
	<input type="checkbox"/> \$100 <input type="checkbox"/> \$200 <input type="checkbox"/> \$500			\$

Animals

103	Rooster & Two Hens	\$45		\$
121	Sheep	\$60		\$

Free Cards

If you wish to have a prayer card to send to your loved one, please indicate number. We will send the requested card to your given address above.

Quantity of cards to send: _____



Item# Item Name Qty. Cost Total

Animals

122	Goat		\$75	
124	Pair of Goats		\$150	
125	Cow		\$245	

Health

370	Soap, Toothbrush, Toothpaste		\$10	
365	Sunhat		\$20	
301	Visit to a Doctor		\$30	
363	Sunscreen		\$45	
303	Mom & Baby Checkup		\$50	

Nutrition

352	Feed a Family for a Month		\$75	
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Community Development

607	Water Storage Tank		\$50	
603	Water System	<input type="checkbox"/> \$250 <input type="checkbox"/> \$500 <input type="checkbox"/> \$750	\$	
604	House Construction/Repair	<input type="checkbox"/> \$1500 <input type="checkbox"/> \$2500 <input type="checkbox"/> \$3000	\$	

Household

410	Eco Stove		\$10	
430	Mattress		\$75	
433	Bed		\$140	
700	Most needed gift	<input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100	\$	

Total: \$

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