

Whoever finds
tells!



DAILY PRAYER FOR ADULTS
ON THE JOURNEY TOWARDS EASTER
LENT 2026



Dearest brothers and sisters,

Confronted with the title chosen—Whoever Finds, Tells!—to accompany the journey towards Easter, I feel deeply challenged about the stories of joy to which I am and makes me a witness in words, but above all in life. What brings me consolation is the certainty that the Joy, the Joy of the Gospel, always finds a way to reach every man and every woman, and that to me, as a special gift, It is asked the responsibility of facilitating to them its path.

Aware that all alone everything is more difficult, I hope that we can have a special companion on the journey towards Lent. It is from Mary that we can learn not only to tell, but even to sing, the Joy that finds us there where we live, in the most unexpected ways. It is no coincidence, perhaps, that during Lent we will celebrate the Feast of the Annunciation of the Lord.

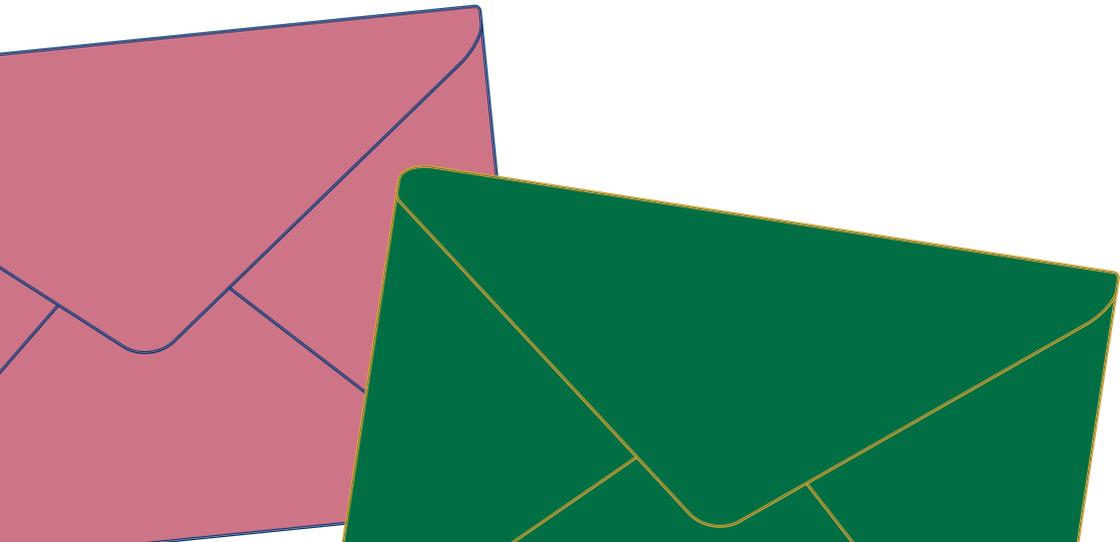
I invite you to take back into your hand the text of the Magnificat found in the Gospel of Luke, chapter 1, verses 46-55. It is a song of joy that springs from an encounter between two mothers and two sons and that becomes a blessing. Therefore, the hope is that every encounter this Lent, whether through the pages of the Bible just like in everyday life, or the fruitful words capable of “serving life, serving Joy, serving the joy of living” and capable of preparing the heart of the Joy of the Risen One.

A blessed journey
+ Francesco

Whoever finds, tells! is the invitation to bear witness during this Lenten season, learning its style from the various characters we will encounter in the festive Gospels. It will be a Lent of encounters and words, of letters received and, in turn, written to our brothers and sisters and to God. Because when Joy enters our lives, we cannot keep it to ourselves!

So let us pray daily as Witnesses of Joy

1. *Profoundly, provoked by the disciples*
2. *Unambiguously, tempted by the devil*
3. *Provoked by the prophesy of Moses and Eliza*
4. *with desire provoked by the Samaritan woman*
5. *with truth provoked by the man born blind*
6. *with freedom provoked by Lazarus*
7. *Prompted by the centurion with faith*
8. *Prompted by Peter with humility*
9. *Prompted by Mary with firmness*
10. *Prompted by Nicodemus with boundlessness*
11. *of the Joy that is Jesus*
12. *of the Peace that comes from Jesus.*



Every day, we pray like this...

Let's create silence around us:
let's not allow ourselves be distracted by anything, let's put aside our
cell phones and television to speak with the Lord.

Let's make the *sign of the cross*
and follow the different paths we find on the different pages
of the booklet.

Let's allow ourselves to *be challenged by what we read and pray*,
giving ourselves the right amount of time to let the Word of God
resonate within us.

If we pray with others,
we can dedicate a time, more or less brief,
to sharing what has arisen within us during prayer:
an emotion, a word, a question, or a further comment.

Let's internalize the commitment entrusted to us,
starting immediately to imagine concrete opportunities to live it.

Let's conclude with the sign of the cross.

Next to prayer, through the support missionary projects (presented
in the following pages of this booklet), we can draw close to other
witnesses of Joy, distant in space but close in faith.



Missionary projects

In identifying this year's missionary projects, we were guided by Pope Leo XIV's apostolic exhortation *Dilexit te*, which reminds us that "the very heart of Christ, his deepest sentiments and choices, to which every saint seeks to conform, is revealed in the call to recognize Him in the poor and suffering." Paying attention on each mission, around which various projects are acted upon, that we can support:

Donate to the Diocesan Missionary Center via bank transfer to the following account:

Diocese of Bergamo

IBAN: IT38Bo538711100000042727731

Reason: Missionary Center for Lent 2026

Contact your parish to learn how to make a community donation

Bolivia ~ *Pay attention on Education*

Addressing educators Pope Francis recalled that education has always been one of the highest expressions of Christian charity: “Yours is a mission full of obstacles as well as joys... A mission of love, because you cannot teach without loving.” In this sense, since ancient times, Christians have understood that knowledge liberates, gives dignity, and brings us closer to the truth. For the Church, teaching the poor was an act of justice and faith. Inspired by the example of the Master who taught people divine and human truths, she took on the mission of forming children and young people, especially the poorest, in truth and love. This mission took shape with the founding of congregations dedicated to education.

(Papa Leone XIV, Dilexit te 68)

In the diocesan missions in Bolivia, among the pastoral concerns that have developed over the years, thanks to the support received, there is the theme of school: from the Marian Garden College, to the after-school program of the parish of Condebamba, to the training of teachers that Sister Giusy supports in Potosì.

Cuba ~ *Pay attention to healthcare*

Today, this legacy continues in Catholic hospitals, healthcare facilities in remote areas, clinics operating in jungles, shelters for drug addicts and in field hospitals in war zones. The Christian presence among the sick reveals that salvation is not an abstract idea, but concrete action. In the act of healing a wound, the Church proclaims that the Kingdom of God begins among the most vulnerable. In doing so, she remains faithful to the One who said, “I was sick and you visited me” (Mt 25:36). When the Church kneels beside a leper, a malnourished child or an anonymous dying person, she fulfills her deepest vocation: to love the Lord where he is most disfigured.

(Papa Leone XIV, Dilexit te 52)

In Cuba, there's not much that can be done, our missionaries tell us, but even just an aspirin for those who have nothing is a huge help. They have long organized the distribution of medicines, both in the parish and in the most remote communities, places that share the extreme difficulty of finding even the simplest remedies. From purchasing them in Italy to transporting them to Cuba to distributing them locally... a challenging process that needs our help!

Ivory Coast ~ *Pay attention to the Disability*

Christian holiness often flourishes in the most forgotten and wounded places of humanity. The poorest of the poor — those who lack not only material goods but also a voice and the recognition of their dignity — have a special place in God's heart. They are the beloved of the Gospel, the heirs to the Kingdom (cf. Lk 6:20). It is in them that Christ continues to suffer and rise again. It is in them that the Church rediscovers her call to show her most authentic self.. We could also mention individuals such as Saint Benedict Menni and the Sisters Hospitallers of the Sacred Heart of Jesus, who worked alongside people with disabilities; Saint Charles de Foucauld among the communities of the Sahara; Saint Katharine Drexel for the most underprivileged groups in North America; Sister Emmanuelle, with the garbage collectors in the Ezbet El Nakhl neighborhood of Cairo; and many others. Each in their own way discovered that the poorest are not only objects of our compassion, but teachers of the Gospel. It is not a question of "bringing" God to them, but of encountering him among them. All of these examples teach us that serving the poor is not a gesture to be made "from above," but an encounter between equals, where Christ is revealed and adored.

(Papa Leone XIV, Dilexit te 76,79)

For several years, we have been sharing and supporting the work that Walter, along with Father Marco and Father Luca, has established at the Agnibilekrou mission: a day service for people with disabilities that not only supports individuals and their families, but also aims to address the widespread cultural perception of this reality.



Albanie

Pay Attention to the Prison Pastoral Care

We cannot conclude this reflection on people deprived of their freedom without mentioning those in various prisons and detention centers. In this regard, we recall the words that Pope Francis addressed to a group of prisoners: “For me, entering a prison is always an important moment, because prison is a place of great humanity... Humanity that is tried, sometimes worn down by difficulties, guilt, judgments, misunderstandings, suffering, but at the same time full of strength, desire for forgiveness, and a desire for redemption.” This desire, among other things, has also been taken up by the orders devoted to the ransom of prisoners as a preferential service to the Church. As Saint Paul proclaimed: “For freedom Christ has set us free” (Gal 5:1). This freedom is not only interior: it manifests itself in history as love that cares for and frees us from every bond of slavery.

(Papa Leone XIV, Dilexit te 62)

In Albania, Don Matteo has the opportunity to visit the prison and carry out his work of catechesis, celebration, and charitable assistance to those deprived of their freedom, they are living their path of redemption. It is a valuable service and a significant testimony of closeness and hope that promotes the dignity of the prisoners, to whom we are called to contribute.

*Click here to see
some testimonies video from the missions*



ASH WEDNESDAY

To Witness *deeply*

challenged by the disciples

We begin the season of Lent by choosing the posture of disciples who desire to be with the Lord and follow his Word because Joy has found us in our search for happiness and our vocation to holiness. We are called to concrete gestures: fasting, prayer, and almsgiving. We are invited to apply them in our lives to discover our own fasting, prayer, and almsgiving. We are challenged not to show off, but to delve deeply into the secret of who we are.

WEDNESDAY, FEBRUARY 18, 2026

From the Gospel according to Matthew (6,1-6,16-18)

But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you. “When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

TODAY, DURING THE DAY,

I commit to find myself in prayer and in engaging with His Word, stealing time from the “network,” its seductions, and the words that often lead me away from the good life.

I PARTICIPATE IN THE EUCHARIST AT THE PARISH.

TO CONCLUDE, I RECITE THIS PRAYER:

Make my prayer, O Lord,
a true encounter with you.
Help me to cut away everything that is useless,
everything that impedes my
movement and thoughts,
and to give to those who have nothing,
with a free heart and outstretched hands.
Amen.

THURSDAY, FEBRUARY 19, 2026

From the Gospel according to Luke (9:23-24)

Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it.

At the beginning of Lent, Jesus' words delve deeply, already looking to the Easter of suffering and resurrection. Experience accustoms us to recount an experience only after it has happened. Today, however, Jesus speaks of himself and of the disciples' following with a perspective gaze towards future fulfillment. It is not a way of predicting what will happen next, but rather a testimony that, in both loss and gain, the Lord always remains faithful to His covenant of life. Let us enter with confidence into the depths of this promise!

TODAY, DURING THE DAY,

I commit to live my day to the fullest, with its losses and its gains, also trying to go against the current and to carry on my shoulder the toil of others.

TO CONCLUDE, I RECITE THIS PRAYER
BY MADELEINE DELBREL

Every morning is a whole day
that we receive from the hands of God.
God gives us a day prepared by Himself for us.
There is nothing too much
and nothing not "enough,"
nothing indifferent and nothing useless.
It is a masterpiece of a day
that comes to us asking to be lived.
Amen.

FRIDAY, FEBRUARY 20, 2026

From the Gospel according to Matthew (9:14-15)

Then the disciples of John approached him and said, “Why do we and the Pharisees fast (much), but your disciples do not fast?” Jesus answered them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.

John’s disciples recount one of their customs: they fast often. Jesus’ disciples, however, seem to demonstrate the opposite. Their gestures reveal a meaning, and the meaning of Christian fasting is to nourish the desire to encounter the Lord. Fasting fuels desire. This, which may seem paradoxical, is a sign of the depth of our discipleship. Joyful in fasting, joyful in savoring, joyful in desiring once again the One we have already tasted.

TODAY, DURING THE DAY,

I commit to support the missionary projects proposed to lend a helping hand to the Diocesan Missions of Bolivia, Ivory Coast, Cuba, and Albania, as indicated at the end of the booklet.



A letter from *Malawi*

by *Chiara Lucchini and Federica Zanni,*
missionaries

Dear friends from Bergamo,

We are Chiara and Federica, recently sent by Bishop Francesco as missionaries to Malawi. These first days here in Ntcheu, at the mission of the Sacramentine Sisters, are filled with new encounters that allow us to delve deeply into the history of the people and places. Arriving in Malawi from Blantyre airport, the sounds and landscapes seemed familiar yet new at the same time. Smiles are truly the protagonists of the days: new faces, names to learn, and laughter at every mispronunciation. It's a wonderful feeling to speak our first words in Chichewa, because they immediately open us to the joy of encounter. The rain greeted us like a sign of welcome: the rainy season has begun, and the land, the harvest, and the people are thankful. The Joy in our hearts and eyes brimming with curiosity give color to these intense days. During these first days, we have participated in elementary and preschool classes, and over the weekend, we are collaborating in pastoral activities with children and adolescents, learning dances and playing together. One afternoon we went to Gumbu to visit the children with disabilities and played netball with them. Little by little, we'll continue to learn more...

To conclude, I PRAY WITH THE WORDS OF THE OUR FATHER, with a particular intention of entrusting Chiara and Federica's mission to the Lord. Found by Him, may they become His voice, like the disciples!

SATURDAY, FEBRUARY 21, 2026

From the Gospel according to Luke (5:27-29)

After this he went out and saw a tax collector named Levi sitting at the customs post. He said to him, "Follow me." And leaving everything behind, he got up and followed him. Then Levi gave a great banquet for him in his house, and a large crowd of tax collectors and others were at table with them.

Levi, a tax collector, is sitting when Jesus calls him to follow him. The call reaches him not only superficially, but also deeply, in his affections and life. Levi, standing, opens the doors of his home to Jesus and invites him to sit down and eat what he has. Jesus reaches Levi deeply, and Levi surrenders his own depths to Jesus. It is this intimate and mutual exchange that will make Levi a disciple after God's own heart.

TODAY, DURING THE DAY,

I commit not to judge anyone, not to feel better than others, and to stay close to my brother even when he makes mistakes.

TO CONCLUDE, I RECITE THIS PRAYER
BY TIKHON OF ZADONSK

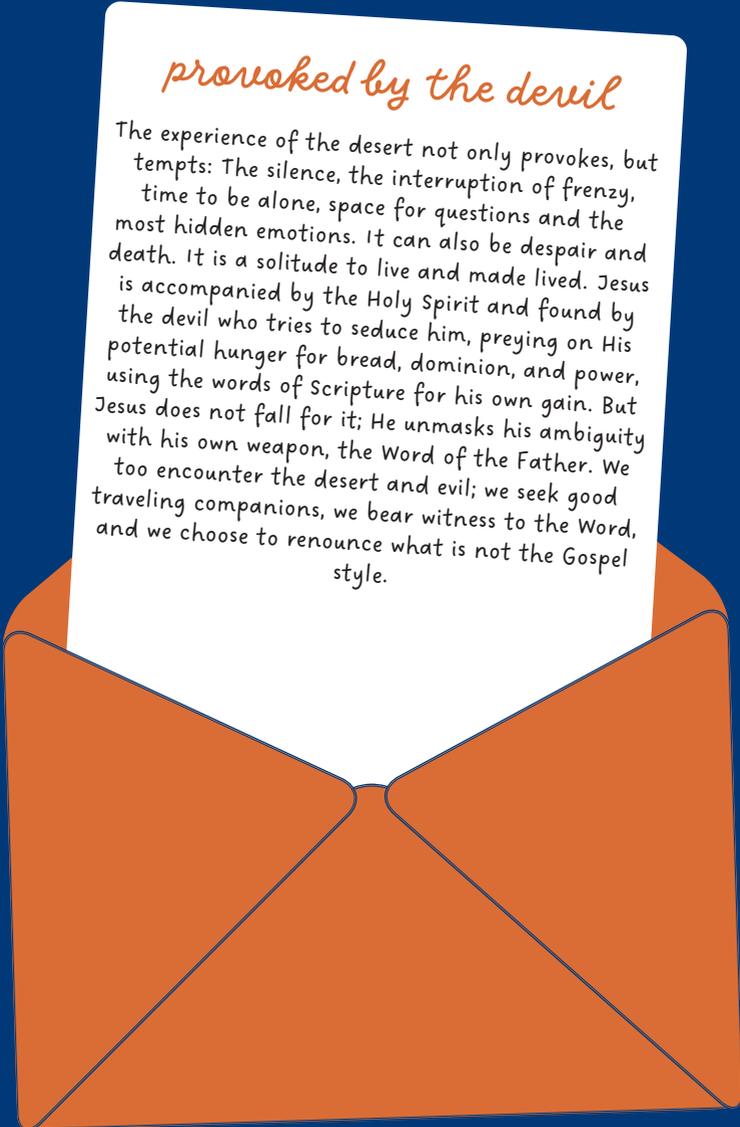
Lord, give
me a heart to love you,
give me eyes to see you in my brothers,
give me ears to hear and recognize your voice,
give me lips to speak of you.
Give me the sense of smell to smell your perfume,
give me hands to touch you and feet to follow you.
Amen.

FIRST WEEK

To witness *without ambiguity*

provoked by the devil

The experience of the desert not only provokes, but tempts: The silence, the interruption of frenzy, time to be alone, space for questions and the most hidden emotions. It can also be despair and death. It is a solitude to live and made lived. Jesus is accompanied by the Holy Spirit and found by the devil who tries to seduce him, preying on His potential hunger for bread, dominion, and power, using the words of Scripture for his own gain. But Jesus does not fall for it; He unmask his ambiguity with his own weapon, the Word of the Father. We too encounter the desert and evil; we seek good traveling companions, we bear witness to the Word, and we choose to renounce what is not the Gospel style.



SUNDAY, FEBRUARY 22, 2026

From the Gospel according to Matthew (4:1-11)

Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'" Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: 'He will command his angels concerning you and 'with their hands they will support you, lest you dash your foot against a stone.'" Jesus answered him, "Again it is written, 'You shall not put the Lord, your God, to the test.'" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and, behold, angels came and ministered to him.

TODAY, THROUGHOUT THE DAY,

I commit to make me accountable that doing whatever I want no longer makes me a son, and certainly, often, it makes me less of a brother. I will make more choices that put the needs and desires of those around me at the center.

I PARTICIPATE IN THE EUCHARIST AT THE PARISH.

TO CONCLUDE, I RECITE THIS PRAYER

BY ROMANO GUARDINI

O Spirit of Jesus Christ,
take what is His and give it to me,
so that it may become mine.
Let your light shine in me,
so that I may recognize your truth.
Bind my heart to the faithfulness of belief,
so that I may not stray from it.
And teach me to love, because,
without love, truth is dead.
Persuade me of God's love,
and give me the strength to love Him in return,
so that I may abide in Him and He in me.

Amen.

MONDAY, FEBRUARY 23, 2026

From the Gospel according to Matthew (25:44-45)

Then they will answer and say, 'Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?' He will answer them, 'Amen, I say to you, what you did not do for one of these least ones, you did not do for me.'

The ambiguity arises when the story of our lives is blind, false, or incomplete. The disciples perhaps didn't see the struggles of their neighbors; perhaps they lie to the Lord of life; perhaps they don't even realize what they're doing. The antidote to ambiguity is transparency, and transparency is achieved by those who let the light shine through them. Today, let us ask for the grace to know how to dwell in the light, that light that opens our eyes to see those in need and to serve them as Jesus did.

TODAY, THROUGHOUT THE DAY,

I commit myself to try to keep my eyes open and my heart alert to grasp what the Lord is telling me and what He is asking me to serve in what will happen today.

TO CONCLUDE, I RECITE THIS PRAYER
BY SOREN KIERKEGAARD

O God our Father,
you loved us first!
Lord, we speak of You
as if you had loved us first
in the past, just once.
Not so: You love us first, always,
you love us continuously,
day after day, throughout our lives.
When I wake up in the morning
and lift my spirit to You,
Lord, my God, you are first,
You always love me first,
every day, always.
Amen.

TUESDAY, FEBRUARY 24, 2026

From the Gospel according to Matthew (6:11-13)

Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one.

In the Lord's Prayer, Jesus teaches us to ask to be freed from evil. Evil is not an anti-god guiding our steps. God is always stronger than evil because He is the only God. Goodness liberates. Always. Frees from fear and slavery; frees from revenge and temptation. Goodness liberates from every form of duplicity and ambiguity. The devil wants us to be slaves. The Lord wants us to be free. Free from evil, free to make our lives a gift of trust between Father and children.

TODAY, THROUGHOUT THE DAY,

I commit not to say too many "I," not to always feel like the center of the world. I will replace them with "we" whenever I can.

TO CONCLUDE, I RECITE THIS PRAYER
BY ST. THOMAS MORE:

Grant us, O Lord, good digestion
and also something to digest.
Grant us bodily health
with the good humor needed to maintain it.
Grant us, O Lord, a soul that knows no boredom,
no grumbling, no sighs, and no complaints,
and do not allow us to worry excessively
about that all-too-invasive thing called "I."
Amen.

WEDNESDAY, FEBRUARY 25, 2026

From the Gospel according to Luke (11:32)

At the judgment the men of Nineveh will arise with this generation and condemn it, because at the preaching of Jonah they repented, and there is something greater than Jonah here.

Thinking of great prophets like Jonah, Jesus' contemporaries hold them up as examples and feel like prophets themselves. Unfortunately, there is a huge gap between what they think of themselves and what they act in words and deeds. Jesus unmask this ambiguity. The sinful inhabitants of Nineveh, to whom Jonah was sent, converted upon hearing his words. Jesus' contemporaries, however, while appealing to the prophets, fall into the same error as the Ninevites, indeed a worse one: they fail to recognize Jesus. May the Lord open our eyes to unmask ambiguity and closed hearts.

TODAY, THROUGHOUT THE DAY,

I commit myself to simple gestures of closeness, attention, and help: a smile, a handshake, a few exchanged words. I do not want to make of indifference my way of life.

TO CONCLUDE, I RECITE THIS PRAYER
BY BRUNO FORTE

Lord, make us attentive to the suffering of the world;
Make us discover the solidarity in poverty
with all the desolate and oppressed of the earth.
May our hearts beat with the single pulse
of human pain.
Amen.

THURSDAY, FEBRUARY 26, 2026

From the Gospel according to Matthew (7:9-11)

Which one of you would hand his son a stone when he asks for a loaf of bread, or a snake when he asks for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him.

Evil and ambiguity can lurk in the human heart. Jesus is aware of this. But this ambiguous trait does not become an occasion for him of irrevocable condemnation, but rather a journey of conversion. Jesus draws on the goodness of which man is capable. It is the goodness that comes from the plea of a child and from the face of a brother in need, it is the goodness that comes from the desire to make one's life a gift and from the profound yearning to put into practice the Lord's Prayer: "On earth as it is in heaven."

TODAY, THROUGHOUT THE DAY,

I promise to give to those who ask me, I let myself be found by those who seek me, I open the door to those who knock at my door: I don't spend the day playing hide-and-seek so as not to be found.

**TO CONCLUDE, I RECITE THIS PRAYER
BY VITTORIO GASSMAN**

I always call you when I touch the bottom,
I know your number by heart;
I leave a message if you're out.
I know that sometimes you erase for some lucky person
the debt we all owe to you.
Make me pay the bill, but at least tell me
that you won't cut my line.
Please, when
that last and painful rings
God! Don't hang up: answer me!
Amen.

FRIDAY, FEBRUARY 27, 2026

From the Gospel according to Matthew (5:23-26)

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court with him. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny.

Today's Gospel is demanding. The Prayer and encounter with God can be a refuge in times of crisis, but they can never be an escape from charity in daily relationships. Jesus invites us to reconcile—perhaps with difficulty—with our brothers and sisters before approaching God's altar. A life without ambiguity is a life in which affections, relationships, and faith are harmoniously integrated. Communion with God goes hand in hand with communion with our neighbor. Today is Friday: is it a good time to ask for forgiveness?

TODAY, THROUGHOUT THE DAY,

I commit to live a small gestures of reconciliation.

I CONTINUE TO SUPPORT THE MISSIONARY PROJECTS PROPOSED TO LEND A HELPING HAND TO THE DIOCESAN MISSIONS OF BOLIVIA, IVORY COAST, CUBA, AND ALBANIA.



A letter from *Cuba* from Father Sergio Armentini, missionary

Dearest,

I'm Don Sergio, and I'm serving in the diocesan mission in Cuba, in the pastoral area of Baracoa-Maisi, in the far eastern part of the island.

In my missionary experience, there's a constant and profound desire to proclaim and seek the Truth, unambiguously. In the world we serve in this part of the Caribbean, it's not easy not to come to terms with the intrinsic call we have within us to be somewhat like "children of darkness." Because many times, to be able to find something, to "solve" something, you have to get your hands dirty, sometimes quite dirty...

But we know that the Truth, which for us Christians has the clear features of the Messiah of Nazareth, invites us to shine a light within ourselves and to be a reflection of this unfading light.

The temptation repeatedly knocks at our hearts, even in these mission lands, and often pushes us to seek shortcuts and comforts, but the call of the Gospel, even as it accompanies us on long and difficult paths, remains for us the Hope of salvation.

I conclude BY PRAYING WITH THE WORDS OF THE OUR FATHER, with a particular intention of entrusting Don Sergio's mission to the Lord. Found by Him, may he anchor himself in Him to be a sincere instrument of salvation!

SATURDAY, FEBRUARY 28, 2026

From the Gospel according to Matthew (5:43-45)

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust.

The ambiguity is often the opposite of consistency. Jesus invites us to overcome not only ambiguity, but also a form of consistency that contradicts the Gospel. Consistency would require us to respond well to good and evil to evil. Instead, we are called to respond to evil with charity; to the enemy, we are called to respond with love; to the persecutor, we are called to respond with prayer. Lord, grant us to be the light that dissolves the ambiguities of the world and salt that brings flavor even to life’s most challenging relationships and situations.

TODAY, DURING THE DAY,

I commit to do a good deed that I would have wanted to do for a long time, but I have never had the courage and strength to do, perhaps even to an “enemy, a persecutor.”

TO CONCLUDE, I RECITE THIS PRAYER
BY BRUNO FORTE

Lord,
make us attentive to the suffering of the world:
make us discover solidarity with poverty
with all the desolate and oppressed of the earth.
May we not live blind to the wounds of men
and deaf to the cries of the grieving.
May our hearts beat
with the single pulse of human pain.
Amen.

SECOND WEEK

To witness *with prophecy*

*Prompted
by Moses and Elijah*

Biblical prophecy is a message inspired by God. It is His Spirit that whispers to the prophets the warnings for the future, the commandments of the Lord, so that they may become a voice, sometimes a cry, for all men and women. Let us then continue to listen to the voice of the Spirit, let us converse with the Word of God so that our words may come from God, scented with His joy, not to be kept to ourselves.

SUNDAY, MARCH 1, 2026

From the Gospel according to Matthew (17:1-9)

After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, “Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah. “While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, “This is my beloved Son, with whom I am well pleased; listen to him.”

TODAY, THROUGHOUT THE DAY,

I commit myself to perceive the good in others that has always eluded me, with the strength of the Spirit. Sometimes a different perspective is enough to see others as we've never seen them before.

I PARTICIPATE IN THE EUCHARIST AT THE PARISH.

**TO CONCLUDE, I RECITE THIS PRAYER
BY MADELEINE DELBREL:**

Since your words, my God, are not meant
to remain inert in our books,
but to possess us
and to run the world through us,
allow that, from that fire of joy
you once lit on a mountain,
and from that lesson of happiness,
some spark may reach us and possess us,
envelop us and pervade us.
Amen.

MONDAY, MARCH 2, 2026

From the Gospel according to Luke (6:38)

Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

A prophet is someone who recognizes God's action in history. Moses and the people in the desert eat manna; Elijah finds in a loaf of bread the strength to walk for forty days and forty nights. Recognizing God's action has the same effect on us. God's gift is poured into the womb in good measure, pressed down, filled, and overflowing, and thus gives us life. Let us nourish ourselves with God and allow ourselves to be shaped by the superabundance of His mercy.

TODAY, THROUGHOUT THE DAY,

I commit myself to try again to give and forgive. The mercy the Lord gives me becomes, by grace, the forgiveness I give to my neighbor.

TO CONCLUDE, I RECITE THIS PRAYER
BY CRISTINA RAIMBOLT

If we believe that forgiveness is stronger than the evil that strikes us,
and greater than our pride and our suffering;
if we believe that forgiveness is the source of greater freedom,
peace, and sweetness, and that it makes life grow;
if we believe that forgiveness makes the joy of the Resurrection and
the joy of Easter grow deep within us;
then we will transform our lives.

Amen.

TUESDAY, MARCH 3, 2026

From the Gospel according to Matthew (23:8-10)

As for you, do not be called 'Rabbi.' You have but one teacher, and you are all brothers. Call no one on earth your father; you have but one Father in heaven. Do not be called 'Master'; you have but one master, the Messiah.

The prophet always speaks on behalf of God. He is not self-centered, but a witness for another. Like John the Baptist, like Moses, like Elijah. It is not titles that make a man important, not even titles like rabbi, teacher, father, or guide. Instead, he who points to Jesus is a witness to the Gospel; we are witnesses to the Gospel when our lives shine with the light of Easter. We fulfill our prophetic role when we do not close ourselves in our own selfishness, but open ourselves to the Word of salvation.

TODAY, THROUGHOUT THE DAY,

I commit myself to do first for me what I expect of my brothers and sisters. Our most credible word is the example of our lives.

**TO CONCLUDE, I RECITE THIS PRAYER
BY SAINT AELRED OF RIEVAULX**

Lord Jesus,
I am poor and so are you;
I am weak and so are you;
I am human and so are you.
All my greatness comes from your smallness;
all my strength comes from your weakness;
all my wisdom comes from your folly!
I will run to you, Lord,
who heal the sick,
strengthen the weak,
and restore joy to hearts immersed in sadness.
I will follow you, Lord Jesus.
Amen.

WEDNESDAY, MARCH 4, 2026

From the Gospel according to Matthew (20:17-19)

As Jesus was going up to Jerusalem, he took the twelve (disciples) aside by themselves, and said to them on the way, "Behold, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and the scribes, and they will condemn him to death, and hand him over to the Gentiles to be mocked and scourged and crucified, and he will be raised on the third day."

As his Passion approaches, Jesus announces what is about to happen to Him. Jesus is a prophet not because He knows in advance what will happen, but because He fully, freely, and lovingly actualizes God's action in history. Jesus, who throughout His life devoted Himself to his disciples, will never cease to devote Himself to religious leaders or even to pagans. Jesus surrenders Himself, and in this surrender He places all the trust humanity has. Let us neither fear nor reject such trust and responsibility!

TODAY, THROUGHOUT THE DAY,

I commit to replace some small gestures of my power with simple gestures of responsibility. For Jesus, the only true power we have is that of giving ourselves to others.

TO CONCLUDE, I RECITE THIS PRAYER
BY IVAN BODROZIC

Give me simplicity, Lord,
give me a smile, Lord,
the only richness I can give to my brother.
Give me availability, Lord,
make me serene before your plan.
And finally, Lord, give me courage,
because I feel my legs shaking
and my heart pounding.
I am so afraid, Lord,
but I know that you are close to me.
Amen.

THURSDAY, MARCH 5, 2026

From the Gospel according to Luke (16:29-31)

But Abraham replied, 'They have Moses and the prophets. Let them listen to them.' He said, 'Oh no, father Abraham, but if someone from the dead goes to them, they will repent.' Then Abraham said, 'If they will not listen to Moses and the prophets, neither will they be persuaded if someone should rise from the dead.'

The Word of God is a word of life that gives life. Moses, Elijah, and the prophets all lived by this word and with it nourished the people by bearing witness to it. With the parable of Lazarus and the rich man, Jesus invites us to choose between two alternatives: to ignore the cry for life that comes simultaneously from the poor and from the Gospel, or to embrace it with listening and humility. Embracing the Gospel means fully inhabiting the present as a time and place inhabited by God. Lord, my present is your present; let your story be my story!

TODAY, THROUGHOUT THE DAY,

I commit to understand the gestures and glances of the people I meet, to feel the joy or pain they express. And I commit not to alienate anyone with my looks or gestures.

**TO CONCLUDE, I RECITE THIS PRAYER
BY PIERRE GRIOLET**

Jesus, my hope,
my tenderness, my peace,
give me your strength and your trust.
You know the weaknesses of my heart,
you know my story.
My faithfulness is not without flaws!
For me you have forgiven me,
your grace for me is immeasurable,
you have opened me to faith and love.
You are my happiness and my joy.
Enlighten my gaze:
teach me benevolence and fraternity.
Amen.

FRIDAY, MARCH 6, 2026

From the Gospel according to Matthew (21:45-46)

When the chief priests and the Pharisees heard his parables, they knew that he was speaking about them. And although they were attempting to arrest him, they feared the crowds, for they regarded him as a prophet.

The history of Israel's prophets is a long story of misunderstandings, hardships, and often even violence and death. Today, Jesus is counted among the prophets. In his rejection, Jesus is recognized as a "man of God." This may not be the most fitting Christological title, but Jesus is certainly no less than that. Jesus is fully a man of God. We too want to be women and men of God, prophetic witnesses, courageous in recounting how God has acted and continues to act in our lives.

TODAY, THROUGHOUT THE DAY

I commit myself to recognize the traces of God in what happens and to recount them.

I CONTINUE TO SUPPORT THE MISSIONARY PROJECTS PROPOSED TO LEND A HAND TO THE DIOCESAN MISSIONS OF BOLIVIA, IVORY COAST, CUBA, AND ALBANIA.



A letter from *Bolivia* from *Christian Cielok, missionary*

Dear fellow countrymen,

I'm Christian, a 27-year-old from Bergamo who decided to volunteer for a year in Bolivia. You may have heard of missions, Bolivia, Cochabamba, Santa Cruz... well, I'm in a slightly different place. I'm in Riberalta, a border town immersed in the Amazon rainforest and muddy rivers, just steps from the border with Brazil.

Understandably, being a mission land, life here is not easy: poverty, crime, dysfunctional families, and—something that struck me deeply on my first visit—so many young women who are already mothers. Here, I chose them to be my testimony of hope: from a young woman not yet twenty, abandoned with her two daughters to support, to someone who must have been my age, already with five children and who recently lost her sixth child before he was born, passing through all the many others. Girls who became women prematurely, who don't give up and give all their strength every day, for themselves and their children. Struggling for hope, with them to give example, is easier.

I conclude,
BY PRAYING WITH THE WORDS OF THE OUR FATHER
with a particular intention of entrusting Christian's mission to the Lord. Found by Him, he will be able to be a prophet of Good for the weary lives he encounters!

SATURDAY, MARCH 7, 2026

From the Gospel according to Luke (15:17-20)

Coming to his senses he thought, 'How many of my father's hired workers have more than enough food to eat, but here am I, dying from hunger. I shall get up and go to my father and I shall say to him, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son; treat me as you would treat one of your hired workers.'" So he got up and went back to his father.

Prophets have sometimes been men of deep doubts with great questions to discern. Prophets are not afraid of the gravity of the questions. So is the younger son in the parable. Having hit the bottom, he drops not only the pods for the pigs, but also his pride and sin. It is that sin, dropped, that will allow the Merciful Father to truly embrace his son and raise him to the dignity he deserves. Amid life's questions, the prophets teach us to rise up and return to the Lord who welcomes us back and continues to reopen the doors of our homes.

TODAY, THROUGHOUT THE DAY,

I commit myself to work hard: how many people still await my forgiveness? How many eyes my smile? How many bodies my embrace?

TO CONCLUDE, I RECITE THIS PRAYER
BY SOREN KIERKEGAARD

Praise to you, Lord.
You who always forgive, heal,
and tirelessly, each time, rebuild.
Always surround me with so much love,
even if I know I don't deserve it.
You know how fragile I am!
Helpless creature, incapable of resisting evil.
I abandon myself to you, Lord Jesus,
who always forgive,
always heal, always rebuild.
Amen.

THIRD WEEK

To witness *with desire*

Prompted by the Samaritan Woman

The well, Jesus, and a Samaritan woman are the protagonists of this encounter that unleashes a desire for something more, something beyond, that of God, starting from the story that it is. The time of this encounter is already highly unusual: it is midday, and the circumstances: Jesus and a woman, alone. Both are seeking water; Jesus has a special water to give, a living water that quenches their thirst for eternity. What does it quench? The thirst for love, for understanding, for meaning that dwells in everyone's heart, including this woman's. The more she speaks with Jesus, the more she feels the gap between what she experiences and what is promised. Her new desire for love gives her the courage to run to the village and tell everyone who she has met. Many will believe because of her words.

SUNDAY, MARCH 8, 2026

From the Gospel according to John (4:5-42)

So he came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." (The woman) said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

TODAY, THROUGHOUT THE DAY,

I commit to truthfully examine what I desire in my life, to determine whether it is truly what I desire and to understand whether it is the good He desires for me. I will place myself in the light of Jesus' Word.

I PARTICIPATE IN THE EUCHARIST AT THE PARISH.

**TO CONCLUDE, I RECITE THIS PRAYER
BY SAINT GREGORY NAZIANZEN**

You have a task, my soul,
a great task, if you will.
Seriously examine yourself,
your being, your destiny;
where you come from and where you must settle;
try to know
whether what you are living is life
or if there is something more.
Amen.

MONDAY, MARCH 9, 2026

From the Gospel according to Luke (4:24-27)

And he said, "Amen, I say to you, no prophet is accepted in his own native place. Indeed, I tell you, there were many widows in Israel in the days of Elijah when the sky was closed for three and a half years and a severe famine spread over the entire land. It was to none of these that Elijah was sent, but only to a widow in Zarephath in the land of Sidon. Again, there were many lepers in Israel during the time of Elisha the prophet; yet not one of them was cleansed, but only Naaman the Syrian."

Three desires intertwine in Jesus' first preaching: Jesus' desire for his word to be accepted; the violent desire of the people of Nazareth to throw Jesus from the cliff; the evoked desire of widows and the sick to be heard. These are three desires distant from one another, at times even antithetical. Today's Gospel is an invitation to desire, to cultivate good desires. To pray, wrote Saint Augustine, is to desire before God. Let us give voice to our deepest desires and present them with trust to the Father.

TODAY, THROUGHOUT THE DAY,

I commit myself to have good thoughts for everyone, especially those who don't think like me, and I present them to God. Communion comes from accepting one another in one's originality.

TO CONCLUDE, I RECITE THIS PRAYER:

O Lord, help us never to despise anyone,
to see the good and not the evil in everyone,
and the absolute values that each person carries,
because they are human.
If you lend us your eyes,
we will have the exact measure
of the value of each person:
your eyes see in each of our brothers
one for whom God has given life.
Amen.

TUESDAY, MARCH 10, 2026

From the Gospel according to Matthew (18:21)

Then Peter approaching asked him, “Lord, if my brother sins against me, how often must I forgive him? As many as seven times?”

There are desires that spring from a joyful heart, and there are desires that spring from a wounded heart. The desire to forgive often belongs to the latter. Forgiving does not allow us to forget or forget the suffering we have endured, but this suffering is not a sign of a lack of joy, but rather a desire to recover it, transfigured. God desires peace and reconciliation. We too desire what God desires. Here and now.

TODAY, THROUGHOUT THE DAY,

I commit to be patient, not to demand everything at once.
To respect the time of children and the elderly, the sick, and those who are a little lost in life.

TO CONCLUDE, I RECITE THIS PRAYER
BY DAG HAMMARSKJÖLD:

I desire a pure heart,
that I may see you,
and a humble heart,
that I may feel you,
and a loving heart,
that I may serve you,
and a heart of faith,
that I may abide in you.
Amen.

WEDNESDAY, MARCH 11, 2026

From the Gospel according to Matthew (5:17)

“Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill.”

Bearing witness with desire; this is what Jesus does. He bears witness to the Father with the desire to give full fulfillment to the history, to the Scripture. The covenant between God and humanity finds its fulfillment in Jesus because nothing human is alien to God. The Lord rejects nothing that characterizes us. No limitation or wound prevents the Lord from loving us and renewing the broken covenant. Faced with the temptation to abolish or destroy, the Lord invites us to the art of dialogue and forgiveness: recovering the past to open ourselves to the hope of a future already fulfilled on the cross.

TODAY, THROUGHOUT THE DAY,

I commit to live with passion and dedication the simple things I do in my everyday life, knowing that nothing is insignificant in the creation of a new world.

TO CONCLUDE, I RECITE THIS PRAYER
BY ETTY HILLESUM

Lord,
let me live with a single, great feeling.
Make me perform lovingly
the thousand small actions of every day,
and together bring all these small actions
to a single center,
to a profound feeling
of availability and love.
Amen.

THURSDAY, MARCH 12, 2026

From the Gospel according to Luke (11:14)

He was driving out a demon (that was) mute, and
when the demon had gone out, the mute person spoke
and the crowds were amazed.

If the Samaritan woman's mouth longed for water to drink, the mouth of today's mute man longs for words. However, it is the mouths of the crowd that are filled with words. They are not words filled with wonder that proclaim the Gospel, but indiscreet words that foment gossip and suspicion. The evangelist does not report what the mute man said. Good words sometimes make less noise than chatter, but noise is not the criterion of goodness. From Jesus' mouth come words of life, just as from Jesus' side comes thirst-quenching water.

TODAY, THROUGHOUT THE DAY,

I commit to avoid, in relationships and on social media, anything
that might create division: gossip, judgments, inappropriate
words. I choose to use kind words.

TO CONCLUDE, I RECITE THIS PRAYER
BY IGNACIO LARRANAGA

Lord Jesus,
put a lock on the door of our hearts,
so that we may not think ill of anyone,
so that we may not judge before its time,
so that we may not feel ill, so that we may not make assumptions,
so that we may not desecrate
the sacred sanctuary of our intentions.
Lord Jesus Christ,
give us the grace to always respect.
So be it.

FRIDAY, MARCH 13, 2026

From the Gospel according to Mark (12:28)
Seeing how well he had answered them, the scribe asked Jesus, “Which is the first of all the commandments?”

Scribes and religious authorities are not infrequently stereotyped as antagonists to Jesus in the Gospels. The scribe who turns to Jesus today, on the other hand, breaks this prejudice: in fact, the scribe is not afraid of stereotypes or preconceptions. The scribe is inhabited by a desire for an answer about God and the law and addresses the Master directly. Even before responding verbally, Jesus demonstrates with the gesture of tearing down the walls of separation and division that the first commandment is love for God and neighbour. Where there is charity and love, there God is.

TODAY, DURING THE DAY,
I commit myself to putting into practice the commandment of love.

I CONTINUE TO SUPPORT THE MISSIONARY PROJECTS PROPOSED TO
LEND A HAND TO THE DIOCESAN MISSIONS OF BOLIVIA, IVORY COAST,
CUBA AND ALBANIA.



A letter from Bolivia *by Don Luca Martinelli, missionary*

Dear friends,

I am Don Luca Martinelli, a Fidei Donum priest of the Diocese of Bergamo since 2003, currently involved in the Parish of Munaypata, in La Paz, Bolivia. Among the many parish activities, the one that absorbs my energies the most today is the spiritual direction in four secondary schools in our area. I believe that this service represents a precious opportunity for students: to have someone who listens to them without judging them. I know that my work is just a drop in the ocean, but I firmly believe that it is a necessary contribution. Many times, young people find no one to confide in about what they experience on a daily basis, and the risk that they will explode or seek comfort in painful ways—such as alcohol, smoking or self-harm—is unfortunately very high. At the end of each meeting, students have the opportunity to randomly draw a phrase from the Bible. This small gesture allows them to contemplate their own life not only as an earthly experience, but as a journey that possesses meaning and a divine dimension. Just as God has never abandoned his people, so he will never abandon these young people. In each of them I see the thirst and the desire for meaning, the search for a horizon that gives meaning to their daily lives.

I conclude **BY PRAYING WITH THE WORDS OF THE OUR FATHER**, with a particular intention of entrusting Don Luca's mission to the Lord. Found by him, he will be able to give young people the great desire for happiness that God has for their lives.

SATURDAY, MARCH 14, 2026

From the Gospel according to Luke (18:13)

The publican, on the other hand, stopped at a distance, did not even dare to raise his eyes to heaven, but beat his breast, saying: “O God, have mercy on me, a sinner.”

At the beginning of every Eucharistic celebration, when we pray “Kyrie, eleison”, we make the words of the publican our own. These are not words of weary frustration, but a sign of the desire to return to communion with God. After the penitential act there is in fact room for the Word and the Eucharist. The tax collector has a desire for communion with God; he has a desire for forgiveness and serenity; he has a desire for conversion and forgiveness. God, for his part, has a desire for our desire, he thirsts for our thirst.

TODAY, DURING THE DAY,

I commit myself to give thanks to God in prayer for all that he accomplishes in my life, in the life of my community and in that of so many people of good will.

TO CONCLUDE, I RECITE THIS PRAYER
BY ERNESTO OLIVERO

We thank you, Lord, for calling us friends,
Because you love us despite all our flaws.
We thank you because, even if we are not able to be silent
you still make yourself heard so that we can love you.
Thank you for accepting us as we are: little, nothing, mud.
Grant that we too can accept others as they are
and not as we would like them to be.
Amen.

FOURTH WEEK

To witness *with Truth*

Provoked by the Buitorn Blind

This encounter opens the eyes of a man blind from birth and makes him see again. This encounter opens the eyes of the heart of this man who is seen and sent by Jesus. In the unravelling of the long story and the many questions he receives without being believed, the healed man finds himself witnessing, not only and not so much his physical healing, but the truth about Jesus: if he did not come from God, he could not have done anything. And to believe in Him.

SUNDAY, MARCH 15, 2026

From the Gospel according to John (9:1-41)

At that time, Jesus passed by, and saw a man blind from birth; he spat on the ground, made mud with saliva, smeared the mud on the blind man's eyes, and said to him, "Go and wash yourself in the pool of Siloam." He went, washed himself, and came back and could see us. The Pharisees, therefore, asked him how he had acquired his sight. And he said to them, "He has put mud on my eyes, I have washed myself and I can see." Then they said to the blind man again, "What do you say about him, since he has opened your eyes?" He answered, "He is a prophet." They replied, "You were born entirely in sin and you teach us?" And they threw him out. Jesus knew that they had cast him out; when he found him, he said to him, "Do you believe in the Son of Man?" He answered, "And who is he, Lord, that I should believe in him?" Jesus said to him, "You have seen him: he is the one who speaks to you." And he said, "I believe, Lord!" And he prostrated himself before him.

TODAY, DURING THE DAY,

I commit myself to see my life, others and the world, in the light of his Word, without letting myself be caught up in easy judgments, by the usual prejudices: by saying what everyone says and doing what everyone else does.

I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

TO CONCLUDE, I RECITE THIS PRAYER
BY ANGELUS SILESIUS

I sought God with my lamp so bright
that everyone envied me.
I have sought God in others.
I looked for God in the very small rat holes.
I looked for God in libraries.
I sought God in universities.
I have sought God with a telescope and a microscope.
Until I realized that I had forgotten what I was looking for.
Then, turning off my lamp,
I threw away the keys, and began to cry...
and immediately, His Light was in me...
Amen.

MONDAY, MARCH 16, 2026

From the Gospel according to John (4:51-53)

His servants came to meet him and said, "Your son lives!" He wanted to know from them at what time he had begun to feel better. They said to him, "Yesterday, an hour after noon, the fever left him." The father recognized that at that very hour Jesus had said to him, "Your son lives," and he and all his family believed.

An official of the king goes to Jesus to ask for the healing of his sick son. Jesus does not make gestures, but only tells him with a word that the son lives. On that word of truth, the king's official returns home and discovers from the servants that the time when the fever is gone coincides with the moment of the encounter with Jesus.

To bear witness with truth is to bear witness with confidence and intelligence; with hope and prudence. That official used all of himself for the good of his son and that everything of himself was generative and salvific.

TODAY, DURING THE DAY,

I commit myself to witnessing, by word and example, to what makes us true and authentic persons; I prepare my heart to welcome with gratitude the gift of faith.

TO CONCLUDE, I RECITE THIS PRAYER
BY ST. THOMAS AQUINAS

Give me, O Lord my God,
obedient without rebellion,
poor without humiliation,
patient without murmuring,
cheerful without hilarity,
mature without heaviness,
agile without lightness,
capable of correcting others without harshness
and to build it up by word and example,
without hypocrisy.
Amen.

TUESDAY, MARCH 17, 2026

From the Gospel according to John (5:12-13)

Then they asked him, “Who is the man who said to you, ‘Take and walk?’” But he who had been healed did not know who he was; In fact, Jesus had gone away because there was a crowd in that place.

After the healing of the man born blind and that of the son of the king’s official, even today there is talk of a man – paralytic – who regains his health. Who Jesus is, where he comes from, how the miracle took place are questions that he cannot answer. The healed person does not know and in this not-knowing he reacts in two ways: with trust and wisdom; he uses all his resources to seek answers to those questions: intelligence, curiosity, friendships. Harmoniously combining faith and research, intelligence and affection is the way in which the paralytic teaches us the art of witnessing with truth.

TODAY, DURING THE DAY,

I am committed to recognizing my fragility. I entrust them to the Lord and, trusting in his word, I walk with my hand in his and intertwine it with the hands of my brothers and sisters.

TO CONCLUDE, I RECITE THIS PRAYER
BY MADELEINE DELBREL

Let us live our lives,
not like a chess game where everything is calculated,
Not like a game where everything is difficult,
not like a theorem that breaks our heads,
but like an endless feast where your encounter is renewed,
Like a dance, like a dance, in the arms of your grace,
in the music that fills the universe with love.
Lord, come and invite us.
Amen.

WEDNESDAY, MARCH 18, 2026

From the Gospel according to John (5:17-18)

Jesus said to the Jews, “My Father is acting even now, and I am also acting.” That is why the Jews tried to kill him all the more, because not only did he violate the Sabbath, but he called God his Father, making himself equal to God.

Truth for Jesus is synonymous with fidelity. It is true who remains faithful: faithful to himself, faithful to his promises. True, he who is sincere and honest. God remains true to himself in his being Father. For those who would like to lock God up in a preconception, Jesus' discourse is difficult or even annoying. Jesus is not afraid to unhinge closures, but opens to that fidelity that gives life, that makes every woman and every man in the image and likeness of God himself.

TODAY, DURING THE DAY,

I am committed to building bridges, to making truth, friendship, trust and hope sprout with my words, my attitudes, my choices.

TO CONCLUDE, I RECITE THIS PRAYER
BY FEDOR MIKHAILOVIC DOSTOEVSKY

Lord, let us remember that your first miracle,
at the wedding at Cana,
You did it to help
men to celebrate.
Let us remember that he who loves men,
love their joy too,
because without joy you cannot live...
Let us understand, Lord,
That Paradise is here now,
hidden within us.
Amen.

THURSDAY, MARCH 19, 2026
ST. JOSEPH'S DAY

From the Gospel according to Matthew (1:19,24)

Joseph, her husband, since he was a just man and did not want to accuse her publicly, thought of repudiating her in secret. [...] When Joseph awoke from sleep, he did as the angel of the Lord had commanded him and took his bride with him.

Joseph is a faithful husband and father. He is a real man! Not because he has a marble faith that remains indifferent to the drama of life, but because he has the courage to present doubts and perplexities to God himself and to the deepest awareness of himself. Joseph, in the face of fatigue and misunderstandings, reacts with care: care for Mary and for the child. Joseph is a witness of truth because he is a witness of fidelity.

TODAY, DURING THE DAY,

I commit myself to live, like Joseph, with humility, to confront myself without always wanting to be right, not to be upset if we do not do as I say.

TO CONCLUDE, I RECITE THIS PRAYER
BY ST. EPHREM THE SYRIAN

Lord and Sovereign of my life,
do not leave me at the mercy of the spirit of idleness,
of lightness, of pride and loquacity.

Grant your servant instead
a spirit of prudence, humility, patience and charity.

You are blessed forever and ever.

Amen.

FRIDAY, MARCH 20, 2026

From the Gospel according to John (7:26)

Some of the inhabitants of Jerusalem said, “Is this not the one they are trying to kill? Behold, he speaks freely, and yet they say nothing to him. Have the leaders really recognized that he is the Christ?”

Truth unmasks suspicion, while suspicion creates discord like the snake in the garden. The inhabitants of Jerusalem do not seek the truth that sets them free, but they make freedom of speech an opportunity to provoke envy and to encourage silence. This is not the testimony to the truth. Those who live by the truth come to light and lay themselves bare before the God of life. Today is Friday, we too want to convert our hearts and ask forgiveness for the times when we are an occasion of division and discord.

TODAY, DURING THE DAY,

I commit myself to be a witness and promoter of unity.

I CONTINUE TO SUPPORT THE MISSIONARY PROJECTS PROPOSED
TO LEND A HAND TO THE DIOCESAN MISSIONS OF BOLIVIA,
IVORY COAST, CUBA AND ALBANIA.



A letter from *Cuba* by Don Efrem Lazzaroni, missionary

Dear friends,

I am Don Efrem. I have been on a mission in Cuba for 12 years. Here people live in a situation of profound material precariousness, where it is difficult every day to find the necessities of life. But what pains me most is to see spiritual poverty. The government for decades has tried to eliminate God and the Church by imposing a totalitarian ideology, a collective "brainwashing" that has managed to turn off minds and close people's eyes, to make them "cogs in the system". If you ask a question, you create havoc, and you immediately realize that the person does not answer you based on what he sees or thinks, but tries to guess the answer you would like to hear. All this leads to living from lie to lie in a big general lie. Our mission can therefore be summed up in the Gospel verse: "the truth will set you free". It is moving to listen to the testimonies of young people who say: "the Church has helped me to open my eyes, to see things differently, thanks to Jesus now I feel freer".

I conclude,

BY PRAYING WITH THE WORDS OF THE OUR FATHER

with a particular intention of entrusting Don Ephrem's mission to the Lord. Found by Him, he will have his strength to bring that freedom that people do not yet know.

SATURDAY, MARCH 21, 2026

From the Gospel according to John (7:50-51)

Then Nicodemus, who had previously come to Jesus and was one of them, said, “Does our law judge a man before you have heard him and know what he is doing?”

A debate is being created among the Jews about the figure of Jesus. Nicodemus takes the floor and exhorts us not to judge Jesus without first hearing him in person. How much wisdom in the words of Nicodemus! Faced with the temptation to judge on the basis of hearsay or vague prejudices, the truth comes to light the moment one has the courage to speak directly with the person concerned. Being witnesses of the truth invites us to avoid gossip or superficial stereotypes, but to meet the other in person.

TODAY, DURING THE DAY,

I commit myself to listen before judging, to listen before speaking, to listen before acting.

TO CONCLUDE, I RECITE THIS PRAYER
BY DON PRIMO MAZZOLARI

We commit ourselves without judging those who do not commit,
without accusing those who do not commit,
without condemning those who do not commit,
without seeking because he does not commit.

The world moves if we move,
it changes if we change,
it becomes new if someone becomes a new creature.

Amen.

FIFTH WEEK

To witness *with freedom*

provoked by Lazarus

"Free him and let him go" Jesus says as Lazarus comes out of the tomb with bandages wrapping his hands and feet. Lazarus is freed from his tomb of death, from the bandages that block the movement of gestures of love (hands) and paths of proximity (feet). Who knows how many times we too lock ourselves up or are locked up in pre-established patterns, in toxic relationships, in deadly thoughts. The Lord comes to free us and invites us to free others.

SUNDAY, MARCH 22, 2026

From the Gospel according to John (11:1-45)

At that time, the sisters of Lazarus sent word to Jesus: "Lord, behold, he whom you love is sick." When Jesus arrived, he found Lazarus who had already been in the tomb for four days. Martha, as soon as she heard that Jesus was coming, went to meet him; Maria, on the other hand, was sitting at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will grant it to you." Jesus said to her, "Your brother will be raised. I am the resurrection and the life; he who believes in me, even if he dies, will live; whoever lives and believes in me will not die forever. Do you believe this?" She answered him, "Yes, O Lord, I believe that you are the Christ, the Son of God, the one who comes into the world." Then Jesus went to the tomb and said, "Remove the stone." Jesus then lifted up his eyes and said, "Father, I thank you for having listened to me. When he had said this, he cried out in a loud voice, "Lazarus, come out!" The dead man came out, his feet and hands bound with bandages, and his face wrapped in a shroud. Jesus said to them, "Release him and let him go."

TODAY, DURING THE DAY,

I commit myself to 'resurrecting', with the help of grace, some friends who, caught up in so many things, I have guiltily allowed to 'die', not caring about their precious presence in my life.

I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

TO CONCLUDE, I RECITE THIS PRAYER

BY LUIGI SPILLA

You, O Lord,
you keep flipping through the pages of my novel,
and you always add words of peace and forgiveness.

You, O Lord, always insist
to save even the deaf from death,
the failures, the discouraged and anyone who persists
not to be inebriated

by Your eternal regenerating breath...
for, Lord, You are the life that does not die!

Amen.

MONDAY, MARCH 23, 2026

From the Gospel according to John (8:7-9)

“Let him who is without sin among you be the first to throw a stone at her.” And, bending down again, he wrote on the ground. When they heard this, they went away one by one, beginning with the elders. They left him alone, and the woman was there in the middle.

In front of the sinful woman, the freedom to condemn and the freedom to forgive come into comparison. The elderly would like to condemn a sin and the one who – more or less freely – committed it. Jesus does not trivialize sin but neither does he become a merciless judge. He asks a question: Are you sinless? Are you in a position to accuse? Behind the denunciation of evil can sometimes be hidden the desire to do even more harm. Jesus is radical: the denunciation of evil is either for the good of one’s neighbour or otherwise it becomes harmful.

TODAY, DURING THE DAY,

I commit myself to writing on the sand the misunderstandings
or small offenses that I may suffer, I engrave in stone all the
good I receive: in freedom I will try to say thank you
a few times more.

TO CONCLUDE, I RECITE THIS PRAYER
BY ORIGEN

Let us invoke the mercy of Almighty God
so that he may enable us not only to listen to his word,
but also to practice it.

May he also descend upon our souls
the flood of his water, destroy in us what he knows
that must be destroyed, and give life to what he esteems
that must be quickened,
through Christ Our Lord
and of his Holy Spirit.
Amen.

TUESDAY, MARCH 24, 2026

From the Gospel according to John (8:26-27)

Jesus said to the Pharisees, “I have many things to say about you, and to judge; but he who sent me is true, and the things I have heard from him, I tell to the world.” They did not understand that he was speaking to them about the Father.

When we pray the Creed, we say, “He will come to judge the living and the dead.” Only the Lord can judge our lives. If we were the judges of the lives of others or even judges of our own lives, we would hardly be as forgiving, merciful and just as Christ is. To witness freely is to profess trust in that God who knows the heart, knows how to recognize the good present there and knows how to denounce sin with mercy. God’s freedom makes us free, and only God’s judgment can be the last word.

TODAY, DURING THE DAY,

I commit myself to live fully, choosing each day with freedom, to believe in the dead and risen Christ and avoiding many small compromises with evil and excessive judgments.

**TO CONCLUDE, I RECITE THIS PRAYER
OF ST. TERESA BENEDICTA OF THE CROSS**

Lord, you are the Father of wisdom
and you are my Father.

Let me blindly follow your paths
without trying to understand:
you will guide me even in the dark to bring me to you.

Amen.

WEDNESDAY, MARCH 25, 2026
ANNUNCIATION OF THE LORD

From the Gospel according to Luke (1:26-28)

At that time, the angel Gabriel was sent by God to a town in Galilee, called Nazareth, to a virgin who was betrothed to a man of the house of David, named Joseph. The virgin's name was Mary. Entering to her, he said, "Rejoice, full of grace: the Lord is with you."

The angel Gabriel announces to Mary the birth of the Son of God. It is a request for free availability on the part of Mary. The angel begins with an invitation to joy: Rejoice! Entering into dialogue with the Lord, collaborating in his work, fills the heart with joy. Mary is the Mother of the Saviour because she is a woman of joy and she is a witness of joy because she is the mother of freedom. Let us look to Mary and let us become her imitators, that is, collaborators in the Father's action.

TODAY, DURING THE DAY,

I commit myself to letting myself be inhabited, like Mary, by the desire to live God's plan for me in full freedom and docility.

TO CONCLUDE, I RECITE THIS PRAYER

Mary, Mother of Hope,
docile servant of the Father,
full of the Holy Spirit,
humble Virgin,
Mother of the Son of God.
You are full of grace,
chosen among all women, mother of Mercy.

THURSDAY, MARCH 26, 2026

From the Gospel according to John (8:57-59)

Then the Jews said to him, "You are not yet fifty years old and you have seen Abraham?" Jesus answered them, "Truly, truly, I say to you, before Abraham was, I Am." Then they picked up stones and threw them at him; but Jesus hid himself and went out of the temple.

We began this week by watching Lazarus come out of the tomb, free to live even after being locked in the tomb of death. Today, Jews find it difficult to recognize that Jesus is the source of life and the meaning of history: past, present and future. The freedom of which Christ is a witness is a freedom that knows no chains. Nothing and no one will be able to separate us from God's love, not even death, hatred, enmity. We also ask for the grace of this freedom for our family.

TODAY, DURING THE DAY,

I commit myself not to forget too quickly the Gospel heard at Sunday Mass and to make it become a liberating guide of my steps.

**TO CONCLUDE, I RECITE THIS PRAYER
BY GIOVANNI PAPINI**

Lord Jesus, everyone needs you,
even those who don't know,
and those who don't know it more than those who do.
Those who seek beauty in the world seek,
without realizing it,
you that are the perfect beauty;
who pursues the truth in his thoughts,
desires you who are the only truth worthy of being known;
and he who is anxious after peace seeks you,
the only peace where the most restless hearts can rest.
Amen.

FRIDAY, MARCH 27, 2026

From the Gospel according to John (10:41-42)

Many came to Jesus and said, “John did not perform any signs, but everything John said about him was true.” And in that place, many believed in him.

Jesus returns to the places where John the Baptist worked. John did not make gestures like those of Jesus but with his preaching he showed the face of Jesus. John found fulfilment in his life in bearing witness to Jesus. Putting Jesus at the centre produced fullness in his life and even the crowd recognizes the truth in his words. The more the Lord acts in my history, the freer I am: John is a witness to this.

TODAY, DURING THE DAY,

I commit myself to putting the Lord at the centre of my day.

I CONTINUE TO SUPPORT THE MISSIONARY PROJECTS PROPOSED TO
LEND A HAND TO THE DIOCESAN MISSIONS OF BOLIVIA, IVORY COAST,
CUBA AND ALBANIA.



A letter from the Ivory Coast *by Don Luca Pezzotta, missionary*

When we come to the village we always dedicate some time to confessions, often people confess in the Agni language and I just have to try to understand a few words, welcome with a smile and dispense God's forgiveness which is perhaps even more incomprehensible than Agni so... The other day an old lady comes to confession and while she rattles off her sins in Agni my gaze falls on the medal she wears around her neck that has something familiar. I look even more carefully and with amazement I realize that it is the image of one of my niece's favourite heroines: Elsa the Frozen. Astonished I look at the face of the penitent, thinking that I have not noticed that I am talking to a little girl, but I realize that it is an elderly person who is talking to me and finally I realize that she also wears earrings in pendant with the necklace. As a good know-it-all Westerner, I am about to burst out laughing, but I realize how proud she wears these signs, evidently, she is convinced that they are images of the Virgin Mary. I risk despising this naivety, but how much dignity in this elderly person who is not ashamed to show his love for his mother... And what does it matter if he has the wrong image, I am sure that in heaven her prayer has reached straight to those in charge: "I absolve you of your sins..."

I conclude **BY PRAYING WITH THE WORDS OF THE OUR FATHER** with a particular intention of entrusting Don Luca's mission to the Lord. Found by him, may he dispense liberating forgiveness to those who give themselves to God with a sincere heart!

SATURDAY, MARCH 28, 2026

From the Gospel according to John (11:53-54)

From that day on, therefore, they decided to kill him. So, Jesus no longer went out in public among the Jews, but from there he withdrew to the region near the desert, to a city called Ephraim, where he remained with the disciples.

The imprisonment of death in which Lazarus is locked up is similar to the imprisonment of Jesus: he is not imprisoned but the murderous intentions of the Jews prevent Jesus from moving publicly. Just as Lazarus finds freedom in death through Jesus' words, so Jesus himself does not lose his freedom even in the face of people's hatred. Even where living conditions seem oppressive or imprisoning, the Word of the Lord allows us not to lose the freedom to act for good and with care.

TODAY, DURING THE DAY,

I commit myself to be a sign with affability, cordiality, kindness of gestures and words, to destroy that wall of condemnation that often marks our lives.

TO CONCLUDE, I RECITE THIS PRAYER
OF BLESSED CHARLES DE FOUCAULD

My Father, I abandon myself to you.
Do with me what you like.
For everything you will do right now I thank you.
I am willing to do anything,
I accept everything as long as it is your will
let it be done in me and in all my brothers.
It is a need of love for me to give myself,
to deliver me into your hands without measure,
with infinite trust, because you are my Father.
Amen.

HOLY WEEK

To witness *in faith*

Provoked by the Centurion

How many times do we "Christians" think that we have the whole truth in our pockets, that we are the ones who have understood everything about life and about God. Then the cross and death come to confuse, to call everything into question: but how is this possible? Is this the God of Jesus, the one who allows all these things? Oh yes, that the Gospel and its previous meetings have not hidden anything, but understanding is another thing than feeling. It is a centurion, a pagan, who teaches us the faith today: Truly this man was the Son of God! and saying it precisely in seeing the way in which he dies. Scandalous, certainly not glorious!

SUNDAY, MARCH 29, 2026
PALM SUNDAY

From the Gospel according to Matthew (27:45-54)

At noon, it became dark over the whole earth, until three o'clock in the afternoon. About three o'clock, Jesus cried out in a loud voice, "My God, my God, why have you forsaken me?" On hearing this, some of those present said, "This man calls Elijah." And immediately one of them ran to get a sponge, soaked in vinegar, fixed it on a reed and gave him to drink. The others said: "Leave! Let's see if Elijah comes to save him!" But Jesus again cried out in a loud voice and gave up his spirit. And behold, the veil of the temple was torn in two, from top to bottom, the earth trembled, the rocks were broken, the tombs were opened, and many bodies of saints, who had died, were raised. Coming out of the tombs, after his resurrection, they entered the holy city and appeared to many. The centurion, and those who were guarding Jesus with him, were seized with great fear when they saw the earthquake and what was happening, and said, "Truly this was the Son of God!"

TODAY, DURING THE DAY,

I commit myself not to choose exclusive friendships or people who fit perfectly into the schemes: I choose to be a brother to all, ready to see in each one a help to my faith.
I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

TO CONCLUDE, I RECITE THIS PRAYER
BY RABINDRANATH TAGORE

When you find the door of our heart closed,
tear it down and go in: do not go away, Lord.

When the strings of our guitars
forget your name, we beg you, wait:
do not go away, Lord.

When we make others sit on your throne, O King of life:
do not go away, Lord.

Amen.

MONDAY, MARCH 30, 2026

From the Gospel according to John (12:3)

Mary then took three hundred grams of perfume of pure nard, very precious, sprinkled Jesus' feet with it, then wiped them with her hair, and the whole house was filled with the aroma of that perfume.

We are at the beginning of Holy Week; we are at the imminence of Jesus' bloody death. And on this very day, a woman – Mary – sprinkles an entire vase with perfume and with this, perfumes the feet of the Master and also the whole house in which they are. In the face of the hatred that makes the world smelly, that woman's gesture carries a fragrance that will continue to perfume even on the cross and in the tomb. Love, care, gratuitousness pervades clothes, skin and heart. We too want to prepare for this Easter with the same scent.

TODAY, DURING THE DAY,

I commit myself to letting the word of the Lord perfume my life by dedicating a little more time to it every day, as one does with a true friend.

TO CONCLUDE, I RECITE THIS PRAYER
BY DON PRIMO MAZZOLARI

We commit ourselves without judging those who do not commit,
without accusing that he does not commit,
without condemning those who do not commit themselves...

The world moves if we move,
it changes if we change,
it becomes new if someone becomes a new creature.
Spring begins with the first flower, night with the first star,
love with the first pledge.

Amen.

TUESDAY, MARCH 31, 2026

From the Gospel according to John (13:37-38)

Peter said, "Lord, why can't I follow you now? I will give my life for you!" Jesus answered, "Will you lay down your life for me? Truly, truly, I say to you, the cock will not crow until you have denied me three times."

The centurion under the cross showed an impassive firmness that melted before the death on the cross of the Son of God. Even Peter during the last supper will learn to lower his defences of pride and vainglory. The Lord does not call perfect women and men; Instead, he calls us to trust him. He will do it with Peter, he will do it with the centurion, he does it with us too. Let us not fear the sins we have committed or even the mistakes into which we will still stumble: rather, let us not cease to seek with faith even today the merciful face of Jesus.

TODAY, DURING THE DAY,

I am committed to bringing back to my heart what is really valuable: the people I meet, their looks, their words.

**TO CONCLUDE, I RECITE THIS PRAYER
OF ST. AUGUSTINE**

I call upon you, O true God,
in which, of whom, for whom all things are true.
God, who to abandon is like dying,
that waiting is like loving;
that intuition is like possessing.
God, to whom Faith impels us,
to whom Hope leads us,
to whom Love unites us.
Amen.

WEDNESDAY, APRIL 1, 2026

From the Gospel according to Matthew (26:14-16)

At that time, one of the Twelve, named Judas Iscariot, went to the chief priests and said, "How much will you give me that I can hand him over to you?" And they fixed thirty pieces of silver on him. From that moment on, he was looking for the right opportunity to hand him over.

Jesus, by choosing the Twelve, placed his trust in them and continues to place it until the end, even in the face of Judas' gesture of handing him over to the authorities. God, in creating and saving us, does not cease to place the credit of trust in humanity even when we prove ourselves unworthy or irreverent of it. Let us then enter this Easter! Let us enter into it without ambiguity, but with depth and desire, with truth and freedom, with prophecy and with faith.

TODAY, DURING THE DAY,

I am committed to trying not to betray the trust of the people who believe in me, to be sincere and reliable.

TO CONCLUDE, I RECITE THIS PRAYER
BY BRUNO FORTE

Grant us, Lord Jesus,
to be like you free from prejudices and fears,
Free in love, committed to the truth
and the righteousness of the Kingdom,
so much so as to seek nothing but fidelity to the Father,
ready to pay the price of freedom in person.
Grant that we may never be, O Lord,
men of order, nor political revolutionaries,
neither puritanical ascetics, nor creatures incapable of desert,
but men free from themselves, from things, from others,
in the infinite confidence of the Father's love,
in the generous risk of love for men.
Amen.

HOLY THURSDAY

To witness *with humility* *provoked by Peter*

We attend a banquet, even in the liturgy, we gather around the Eucharistic table not to be served, but to serve. Jesus disarms every pretence of power and every resistance, putting on his apron and filling a basin with water to wash the feet of his friends. Peter initially backed down, contesting this absurd gesture: he had yet to learn that God's greatness is different from our idea of greatness, which consists in descending, in kneeling before our brothers and sisters, in the humility of service.

From the Gospel of John (13:2-9)

During the supper, when the devil had already put it into the heart of Judas, son of Simon Iscariot, to betray him, Jesus, knowing that the Father had given everything into his hands and that he had come from God and was returning to God, got up from the table, laid aside his garments, took a towel and girded it around his waist. Then he poured water into the basin and began to wash the disciples' feet and dry them with the towel he had girded himself with. So, he came to Simon Peter who said to him, "Lord, do you wash my feet?" Jesus answered, "What I am doing, you do not understand now; You'll understand later." Peter said to him, "You will not wash my feet forever." Jesus answered him, "If I do not wash you, you will have no part with me."

TODAY, DURING THE DAY

I commit myself to make myself, in humility, a gift to others and to receive, in humility, the gift that others are for me.

I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

A letter from Bolivia

by *Don Sandro Manenti, missionary*

Dear friends, I am Don Alessandro Manenti, a missionary from Bergamo in Santa Cruz, Bolivia.

In these days I find myself preparing in my community for Holy Thursday, the day in which Jesus celebrates his last supper with the twelve, during which he once again leaves us a lesson of how we, today's disciples, must wash the feet of others as a gesture of service and humility. This year I will have to wash the feet of poor adults who are preparing to receive the sacraments of Baptism, Eucharist, Confirmation. How difficult it is to stoop down to wash the feet of others, especially dirty feet, tired feet from walking, tired feet. The temptation comes to say no: others can do it; it's not my thing. Today, once again, Jesus teaches us to be humble, to let ourselves be involved in the service of others, and that not only must I wash, but let me wash my feet, be humble and called to serve. Lord Jesus, give me once again, the great lesson of being a gift for others.

TO CONCLUDE, I RECITE THIS PRAYER
BY MADELEINE DELBREL:

If I had to choose a relic of your Passion,
I would take that basin full of dirty water.
I would go round the world
with that vessel with each foot,
gird my towel and bend down,
never raising my head above my calf,
so as not to distinguish enemies from friends.
In silence...
until everyone understands, in mine, Your love.

AND WITH THE WORDS
OF THE OUR FATHER
TO ENTRUST THE MISSION OF DON SANDRO.



GOOD FRIDAY

To witness *with firmness* *provoked by Maria*

On this day we are invited to stand under the Cross which, from the Gospel of the Passion of John, we know is not a crowded place for everyone. Let us choose Mary as an emblem of this firmness, of the solidity of the relationship with Jesus that leads us to stay even in the most painful and trying moments. Here the Stabat Mater resounds with its verb to stay, so revolutionary in moments of bewilderment, so courageous.

From the Gospel of John (19:25-30)

His mother, his mother's sister, Mary, the mother of Cleopas and Mary Magdalene were standing by the cross of Jesus. When Jesus saw his mother and the disciple whom he loved beside her, he said to his mother, "Woman, behold your son!" Then he said to the disciple, "Behold your mother!" And from that hour the disciple welcomed her with him. After this, Jesus, knowing that all was now finished, so that the Scripture might be fulfilled, said, "I thirst." There was a jar full of vinegar; So, they placed a sponge, soaked in vinegar, on top of a reed and put it close to his mouth. After taking the vinegar, Jesus said, "It is finished!" And, bowing his head, he handed over his spirit.

TODAY, DURING THE DAY,

I pledge to stand under the Cross of Jesus, just as Mary did,
in prayer.

I PARTICIPATE IN THE LITURGICAL CELEBRATIONS IN THE PARISH.

A letter from the Ivory Coast

by *Walter Negrinotti, missionary*

Ivory Coast since October 2019, I am a formation educator and here I am mainly involved in a project aimed at children with disabilities. Disability and pathologies: hospitals, visits, examinations, drugs, treatments, rehabilitation, interventions, medications, alongside that more educational part that I am responsible for, next to the daily living in the social sphere the problems of a reality that has to deal with, precisely, disadvantage and poverty. And the suffering of these people, of these children, often extreme because of those who do not see and do not want to take care of them, sufferings in the flesh and in the spirit, stories of life and even death, where losing hope, becoming discouraged, turning direction because it hurts too much to face it, becomes an almost daily temptation. And where do you find the strength not to stop believing in all this? In prayer, in the Love of Jesus who loves so much the little ones, the poor, the fragile, the least, in Him who teaches us the grace and beauty that dwells in being close to those whom no one wants to take care of. In the silence of prayer and in his presence, one finds the strength to continue to stay, offering him even the hardest part. It is He who listens; it is He who knows the reason for things; it is from Him that I bow bearing suffering, so that I can continue to live them as a blessing.

**TO CONCLUDE, I RECITE THIS PRAYER
BY ALESSANDRO MANZONI:**

Grant us, Lord,
to deal with the troubles,
the problems of our neighbour,
to take the troubles to heart,
the needs of those close to us.
May we generate light from our darkness
and enrich others with our poverty.
So, in our tests,
we will know how to live the law
of gratuitousness, in Christ,
who gave himself unto death on the cross.
Amen.

**AND WITH THE WORDS
OF THE LORD'S PRAYER
TO ENTRUST WALTER'S MISSION.**



HOLY SATURDAY

To witness *with immeasurability* *provoked by Nikodemus*

It is the day of silence and expectation of the Resurrection. It is the day of the descent into hell, where we let ourselves sink with the Lord in order to be able to re-emerge with him. The stone of the tomb is sealed and mute, but our hearts can pray for nostalgia for the Beloved. Let us look at Nicodemus, the same one who had gone to Jesus at night, today he goes to Jesus to lay him in the darkness of the tomb, carrying thirty kilos of mixture of beer and aloe, immeasurable for a single body. Everything is immeasurable in these days: there is no measure for Him who is Love without measure.

From the Gospel according to John (19:38-42)

After these events, Joseph of Arimathea, who was a disciple of Jesus, but secretly, for fear of the Jews, asked Pilate to take the body of Jesus. Pilate granted it. Then he went and took the body of Jesus. Nicodemus also went there - the one who had previously come to him at night - and brought about thirty kilos of a mixture of myrrh and aloe. Then they took the body of Jesus and wrapped it with cloths, together with spices, as the Jews are accustomed to do to prepare for burial. Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been laid. There, therefore, since it was the day of the Passover of the Jews, and since the tomb was near, they placed Jesus.

TODAY, DURING THE DAY,

I commit myself to wait patiently, without the pretence of understanding everything immediately, keeping in my heart and entrusting in prayer.

A letter from Bolivia

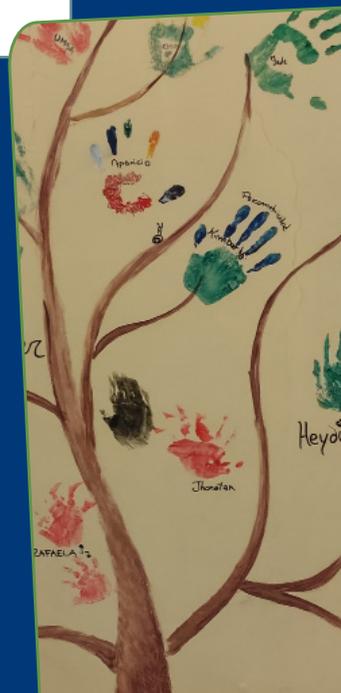
by Don Riccardo Giavarini, missionary

Dear friends of Bergamo, I am Don Riccardo Giavarini, originally from Telgate, and I have been in Bolivia for 50 years and I have been living the Mission. The Mission is not a personal choice but a decision built with the pressures that come from the family, from the oratory, from the seminary, from the incarnate Word of God, from the historical reality of the poor and from the violence of a system that denies life. The Mission has two fundamental movements: giving and receiving... it is like the heart that has the two movements diastolic and systolic. The diastole that is nourished by the Word, prayer, meditation and spirituality that make me more and more aware of being an instrument in the hands of God, and the systole, that is, the encounter with the poor, with the poor. What flows in this missionary movement is the concrete commitment, the being there: the prison, the street, the migrant, the people who are victims of exploitation or entangled in consumption. The health of the mission comes from this power of the Spirit that leads us to go where our littleness sometimes presents resistance and rebellion. My Lord, continue to make me experience your boundless love, tear from me the infertile roots of selfishness and cultivate in me the sap of service and meekness.

TO CONCLUDE, I RECITE THIS PRAYER
BY GIOVANNI VANNUCCI:

O Jesus,
Let our living together
Be like the life of the first Christian communities.
Together in prayer and work,
together in contemplative silence and in the breaking of bread.
Together in sharing the fruits of our sweat,
together in communicating to us the gifts of your Spirit.
Amen.

AND WITH THE WORDS
OF THE OUR FATHER TO ENTRUST
THE MISSION OF DON RICCARDO.



EASTER SUNDAY

Witnessing *to the joy of Jesus*

Today we celebrate the Joy that is Jesus. Everything flows from the Resurrection which seems to be the goal of our journey, while instead we discover it to be the beating heart of our witness. Without the Resurrection, how could we tell the Joy of the Gospel? It is the proclamation of Easter that illuminates everything else with a new Light. The Gospel of the Easter Vigil explicitly tells of this joy in the reaction of the women who, leaving the tomb with fear and great joy, ran to give the announcement to his disciples. Then we too must go out of our churches to bring Joy to everyone.

From the Gospel of Matthew (28:1-10)

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to visit the tomb. And behold, there was a great earthquake. An angel of the Lord, in fact, came down from heaven, approached, rolled the stone and sat down on it. His appearance was like lightning and his dress white as snow. Because of the fright they had of him, the guards were shaken and remained as if dead. The angel said to the women, "Do not be afraid! I know that you are looking for Jesus, the crucified one. He is not here. He is risen, in fact, as he had said; come, look at the place where he was laid. Quickly, go and tell his disciples: "He has risen from the dead, and behold, he is going before you to Galilee; there you will see him." Behold, I have told you."

TODAY, DURING THE DAY,

I commit myself to letting myself be taken by the joy of Easter,
infecting hope and trust that resurrect.

I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

A letter from Albania

by *Don Matteo Cortinovis, missionary*

Dear friends,

I am Don Matteo Cortinovis, a fidei donum missionary in the land of Albania and I am in the Mat valley, an area with a Muslim majority. When you leave, you have the enthusiasm and the pretence to proclaim the Gospel, to bring many people to know it, to reconstitute the Christian community that has been destroyed by the "atheistic fury" of the dictatorial regime, but I find the "main mandate" in a beautiful prayer that I recite every day: "You, O Lord, are the Living One who subverts and disturbs our projects and our defences. Help us not to crucify you on the cross of our expectations, but to crucify our expectations on your cross!" Walking through the streets of the villages or in the city of Burrel I discovered just that: many people, mostly Muslims, see me and say "here is the priest", greet me willingly and whisper "he is a man of God" When I drive through the streets of the villages, many look at me and raise their hands to greet me, all with a smile. Both Muslims and Catholics! Even if, only a few people come to church for Mass. A good Muslim man from Baz, to whom I gave a wheelchair for his sick father, recently told me: "It is nice to have the church and the priest here in the village, it reminds us that the Lord is there, it gives us a sign of hope". And I guarantee you that this is truly the joy of the Gospel!

TO CONCLUDE, I RECITE THIS PRAYER OF A MONK OF THE EASTERN CHURCH:

Lord,
that every day, every awakening,
with the joy of Easter,
profound conversion may also reach me,
the one who knows,
in every situation and in every person,
get to know you as you want to be known today.
That every episode of the day
be a time when I feel you
call me by name,
like you called Mary!
Allow me, then, to turn to you.
Allow me to answer with one word,
Say one word to you, but with all your heart:
"My master!"

AND WITH THE WORDS OF THE OUR FATHER TO ENTRUST THE MISSION OF DON MATTEO.



PENTECOST SUNDAY

To witness *the peace that comes from Jesus*

"Peace be with you" is the greeting of the Risen One. His peace is given to us, along with the Holy Spirit. Pope Leo XIV thus began his pontificate (almost a year before this day), wishing and inviting for an unarmed and disarming peace. To those of us who know its Source, let us bear witness to him, thanks to the strength that comes to us from the Holy Spirit, a further gift of the Risen One.

From the Gospel of John (20:19-23)

On the evening of that day, the first of the week, while the doors of the place where the disciples were staying were closed for fear of the Jews, Jesus came and stood in the midst and said to them, "Peace be with you!" With that, he showed them his hands and hip. And the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you! As the Father has sent me, so I send you." When he had said this, he breathed and said to them, "Receive the Holy Spirit. Those whose sins you forgive will be forgiven; those whom you do not forgive, they will not be forgiven."

TODAY, DURING THE DAY,

I commit myself to treasure the gifts that the Spirit puts in our hands and that generate peace, other than to rely on my own abilities and skills.

I PARTICIPATE IN THE EUCHARIST IN THE PARISH.

A letter from the Ivory Coast

by *Don Marco Giudici, missionary*

Dear friends,

I am Don Marco, I am in Agnibilekrou, in the Ivory Coast, where I serve as parish priest in one of the communities of the town. Here daily life is often marked by profound fragility: children and young people with disabilities are still marginalized and many families are unable to take care of their children. In these situations, I feel all my poverty, because I understand that only the Risen One can bring peace that does not depend on our efforts. I think of Stéphanie, a young blind mother, almost alone while waiting for her second child. Her joy, despite the weight of the journey and the indifference of those around her, is a luminous testimony: she seems to cherish within herself a peace that comes from on high. It is the same Spirit who, amid hardships and uncertain steps, opens unexpected paths and surprises us with goodness. With the diocese we are working on the opening of a day centre for disabled children: it would be a small sign of peace in this land. I feel you close in prayer and in the affection that accompanies me every day.

TO CONCLUDE, I RECITE THIS PRAYER

Come, Holy Spirit
and fill the heart of the world with hope.
Renew our hearts
and make it capable of loving without boundaries.
Come, Spirit of love
and illuminates the paths of peace
and reconciliation between peoples.
Come, for all the poor of the world,
for all those who weep,
for those who hunger and thirst for justice.
Come, Spirit of Life
and ignite in the hearts of young people
the desire for a missionary vocation.
Come, Spirit of God!
Amen.

AND WITH THE WORDS
OF THE OUR FATHER
TO ENTRUST THE MISSION OF DON MARCO.



