

Ash Wednesday

“Gertrude’s heart was turned to God: the orators and poets of pagan Rome no longer charmed her ears and consumed her moments of leisure. She now devoted to the study of the Fathers of the Church and to meditation upon the Holy Scriptures, all the hours not allotted to prayer or the work of the Community. Very soon, mystical theology had no secrets from her; God taught her to penetrate the most hidden sense of the Inspired Books, and she was enabled to instruct the clergy themselves, who often had recourse to her for enlightenment.”

– *The Heart of St. Gertrude*

Reflection: The orators and poets of pagan Rome have been replaced with television, internet, and social media. Do these things charm my ears and consume my moments of leisure? If so, how much time each day do I dedicate to them?

Resolution for the Day: Not to use the internet unnecessarily. Instead, I will spend some of the time so saved in spiritual reading and prayer.

Thursday after Ash Wednesday

“The Saint’s confidence in God was indeed an eminent characteristic of her sanctity, and one which obtained for her immense favors. How could the Heart of Jesus refuse anything to one who trusted Him so entirely?” Our Lord once said to another who lacked

confidence: “Why do you not act like Gertrude, My chosen virgin, who is so firmly established on My Providence, that there is nothing which she does not hope for from the plenitude of My grace; therefore I will never refuse her anything, whatever she may ask Me.” – *The Spirit of St. Gertrude*

Prayer: O God of my heart, my only hope and refuge, I, the poorest of Thy creatures and infinitely unworthy of the least good at Thy Hands, do yet so confidently hope in Thy tender kindness, that I have no manner of doubt that as Thou knowest how to succour and aid me, so Thou both canst and wilt be with me in all things... Vouchsafe, O eternal Father, to increase in me this hope and trust which I give into Thy merciful keeping, until I see Thee in Thy unfading eternity, and hope be lost in fruition. Amen.

– *Prayers of St. Gertrude &c.*

Resolution for the Day: I will do as the words of today’s Gradual suggest and “cast my care upon the Lord.” I will not be worried or anxious about anything, but will instead turn to confident prayer at those times when I am tempted to worry.

Friday after Ash Wednesday



The Crown of Thorns

“As Gertrude was praying one day, the Blessed Virgin was shown to her under the figure of a dazzling white lily, before the Holy Trini-

ty... The Blessed Virgin now said to Gertrude: ‘If any one salute me devoutly as the white Lily of the Trinity, the brilliant Rose of Paradise, I will do for him what I can through the omnipotence of the Father, the wisdom of the Son communicated to me for the salvation of man, and the superabundant mercy which, flowing from the benignity of the Holy Ghost, fills my heart; **and at the hour the soul which shall have thus saluted me, quits the body, I will appear to it in the splendor of such beauty, as will be to it a foretaste of the joys of Paradise.**’” – *The Heart of St. Gertrude*

Prayer: Hail, white lily of the ever-peaceful and glorious Trinity! Hail effulgent rose, the delight of heaven, of whom the King of heaven was born, and by whose milk He was nourished! Do thou feed our souls by the effusions of Thy Divine Influence.

Saturday after Ash Wednesday

“When thou shalt be tempted by pride, remember My humility. It always prevented Me from lifting Myself up, ever so little, in My thoughts, words, or actions. Instead, I always showed in all my works an example of the most perfect humility.

“When inclined to impatience, remember My patience. I kept it always in poverty, hunger and thirst, in my wanderings and in the midst of injuries and insults, and above all, in death.

“In temptations to anger, in the same way remember My meekness; with those

who hated peace, I was peaceful and meek, to such a degree, that I obtained from My Father the forgiveness of My executioners.”
– Our Lord to St. Mechtilde

Practice: To have recourse to the Sacred Heart in all temptations, saying with confidence, “Lead us not into temptation, but deliver us from evil.”

First Sunday of Lent

During the Epistle at Mass (for the 1st Sunday of Lent), St. Gertrude thought of the virtues mentioned therein. “Teach me,” she said to Our Lord, “which of these virtues will please Thee best.” Our Lord responded that it is a good will that pleases Him. “Study about all things to have this good will, for you will gain more by it than by any other virtue, and it will obtain for you the perfection of all virtue. For whoever has a perfect will to praise Me...or to love Me, thank Me, suffer with Me, or practice in the most perfect manner all kinds of virtue, will certainly be rewarded by My Divine liberality...”

– *The Life and Revelations of St. Gertrude*

Resolution: To offer to God all the virtues and good works of the saints in heaven, the just on earth, and the souls in Purgatory, in order to make up for my shortcomings. To desire with good will to practice the virtues of the saints.



FAST & ABSTINENCE

RULES OF FAST: The laws of fast apply to persons between the ages of 21 and 59. On a fast day one may eat one full meal and two light meatless meals, which together would not equal the main meal. Meat may be taken at the principal meal, except on days of complete abstinence. Liquids such as water, milk, and fruit juices may be taken between meals.

RULES OF ABSTINENCE: The laws of abstinence apply to everyone seven years of age and over. On a day of complete abstinence, no meat, meat gravy or soup made from meat may be taken. On a day of partial abstinence meat may be taken once.

TRADITIONAL DAYS OF FAST: All the weekdays of Lent (Monday through Saturday) up until noon on Holy Saturday; Ember Days; the Vigils of Pentecost, the Immaculate Conception, and Christmas.

TRADITIONAL DAYS OF COMPLETE ABSTINENCE: Every Friday of the year; Ash Wednesday; Holy Saturday (until noon); the Vigils of the Immaculate Conception and Christmas.

TRADITIONAL DAYS OF PARTIAL ABSTINENCE: Ember Wednesdays and Saturdays, and the Vigil of Pentecost.

*St. Gertrude the Great Church
4900 Rialto Road, West Chester, OH 45069*

Lent with St. Gertrude the Great



Daily Thoughts and Prayers Lent 2026

“One is ever assured of finding Me when seeking Me either in the Sacrament of the Altar, or in the soul and heart of My beloved spouse Gertrude.”

– Our Lord to souls connected with Gertrude by a holy friendship