



*Keeping
a Holy Lent*

Fourth Sunday of Lent

Laetare Sunday

15th March 2026.

Worship Resource

THE LENTEN SEASON

Laetare Jerusalem!

“Rejoice Jerusalem and all who love her,
Be joyful, all who were in mourning;
Exult and be satisfied at her consoling breast.”

Cf. Is 6:10-11

LITURGICAL REMINDERS

- Devotional exercises that complement the Lenten season are to be encouraged e.g. The Stations of the Cross. (*Ordo* pg. 61)
- On the fourth Sunday of Lent, Laetare Sunday, the altar may be decorated with flowers and rose coloured vestments may be worn. (*Ordo* pg. 61)

COLOUR OF THE SEASON

- Pink - for Laetare Sunday only

LITURGY OF THE WORD

Readings

- **First Reading:** 1 Sam 16: 1, 6-7, 10-13
- **Psalm:** Ps 22 – The Lord is my shepherd; there is nothing I shall want.
- **Second Reading:** Ep 5: 8-14
- **Gospel:** Jn 9: 1-41

Homily Notes

Jesus sees the man who was born blind, understands his need, and heals him. As his followers, we are called to notice people who are hurting and respond with care and compassion. Through baptism we are given new sight in faith, and we must ask where there is blindness or darkness in our lives and world that needs the healing light of Christ e.g. Trócaire seeks to open our eyes to the suffering of others and the injustices they may subjected to.

Prayer of the Faithful – suggested text

1. For all **world leaders**, that they may listen to the message of Christ. Lord, hear us.
2. For the **grace of humility**: that we may open our hearts to what God asks of us – Lord, hear us.
3. For all **mothers** and all who are in a mothering role that the Lord may bless them on this Mother’s Day – Lord, hear us.
4. For **those who have died**. May they rest in the peace of Christ – Lord, hear us.

MUSIC MINISTRY – suggested hymns

- **Entrance:** God of Mercy and Compassion.
- **Psalm:** Ps 22 – The Lord is my shepherd; there is nothing I shall want.
- **Offertory:** Instrumental Music or All That I Am.
- **Communion:** Bí Íosa im Chroíse.
- **Recessional:** The King of Love My Shepherd Is.

REFLECTION

Our life with God is a journey,
Sometimes uphill, other times level,
Through light and shadow,
Through doubt and faith,
Through sorrows and happiness,
To the fullness of God's eternal joy.

Adapted from Donal Neary SJ

ALTAR SERVERS

- Lead the entrance procession
- Stand either side of the presider with candles as the gospel is read.
- Hand out prayer cards for mothers at the end of mass – (see *attached sheet*)

MOTHER'S DAY

- The 15th of March is also Mother's Day this year.
- You may like to include a blessing for mothers, expectant mothers and grandmothers in today's liturgy perhaps after the distribution of communion. (See *attached sheet*)
- You could include a prayer for mothers in your mass leaflet - (See *attached sheet*)
- You could light a candle at the start of mass for all mothers.
- You could perhaps give out a prayer card with a prayer for mothers at the end of mass as people leave the church.

SUPPLEMENTARY RESOURCES

- Ordo - Pages 60-61
- Mass leaflet
- St. Paul's Sunday Missal, 2026.
- Lectionary
- Intercom Magazine –March Edition
- Trócaire Parish Resource 2026
- Canaimís
- www.synod.ie





Mother's Day Blessing.

Almighty God, we ask Your blessing on each mother today.
Fill their hearts with laughter and joy.
Surround them with love from family and friends.
Grant them health, peace and fulfilment as they pursue their calling.
Let them know their value and worth in Your eyes and ours.
We ask this through Christ our Lord, Amen.

A Prayer for Grandmothers

Heavenly Father, we thank You for our grandmothers and for the love they give us every day.
Thank You for their hugs, their stories, and the prayers they say for our family.
Please bless them for all the good they have done and the care they have shown.
Keep them safe in Your loving hands and protect them wherever they go.
When they are sick or tired, stay close to them and help them feel better.
Fill their hearts with peace and joy and let them always know how much they are loved. Amen.



A Prayer for Expectant Mothers.

God of Infinite Goodness, watch over expectant mothers as they await the birth of their child.
Grant them confidence and strength to dispel their anxiety and fear.
Bless them with good health and great joy as they prepare to bring new life into the world.
Amen.

A Prayer for Women Hoping to Become Mothers.

Heavenly Father, we lift up to You all women who long to be mothers and carry this hope in their hearts.
You know their desires, their prayers, and the quiet tears they may shed.
Grant them peace of mind when worry feels heavy, and calm their thoughts with trust in Your loving plan.
Give them patience as they wait, and strength to endure every test and moment of suffering.
When they face disappointment or loss, fill them with courage and surround them with gentle comfort.
Hold them close in Your care, renew their hope each day, and let them feel deeply loved by You.
We ask this through Christ our Lord. Amen.