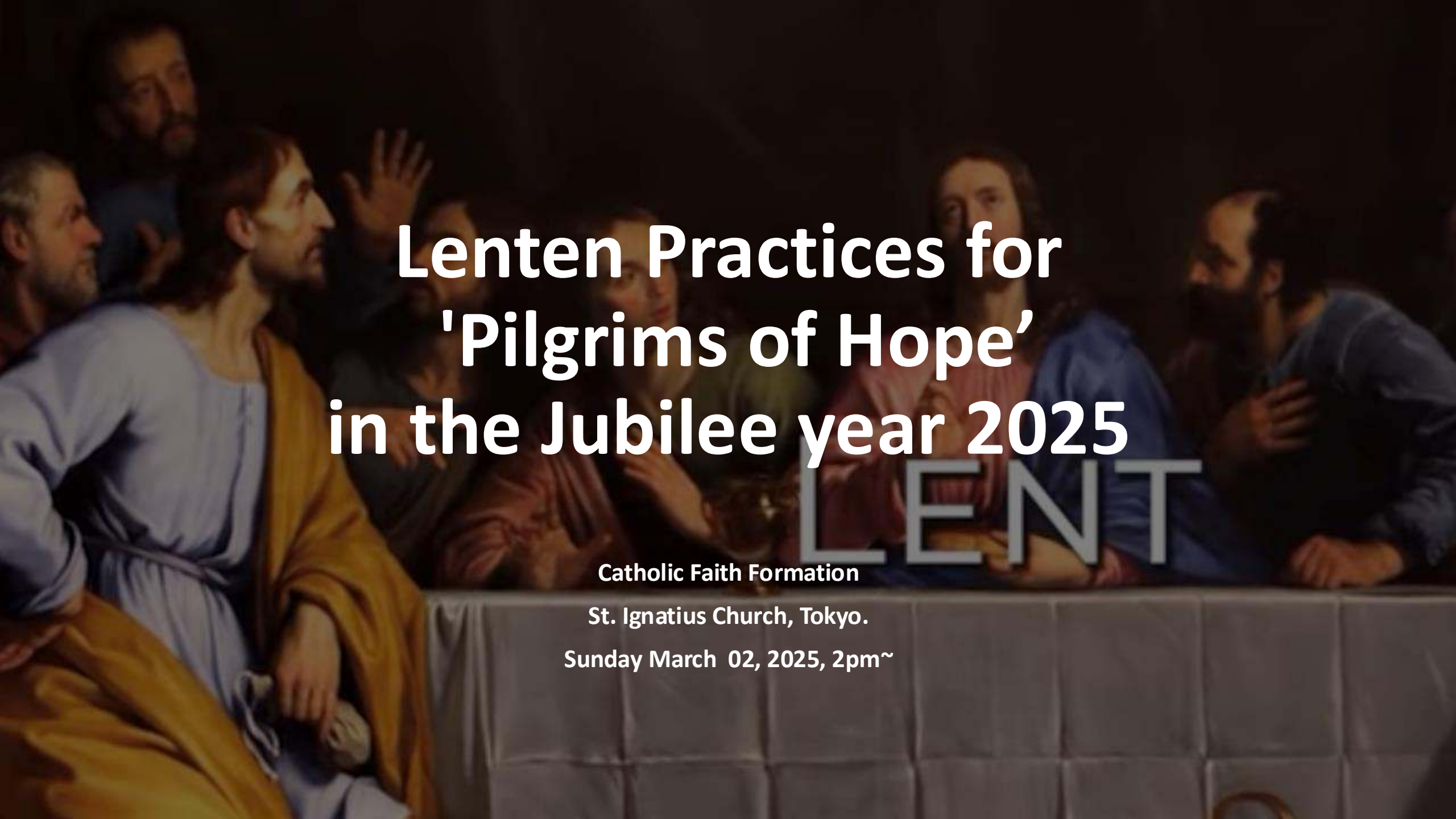


The background of the image is a classical religious painting, likely a depiction of the Last Supper. It shows Jesus and his twelve apostles seated around a table covered with a white cloth. The figures are dressed in traditional robes, and the scene is dimly lit, with light coming from the left. Overlaid on the right side of the painting is the word "LENT" in large, light-colored, serif capital letters. The main title text is centered over the painting.

# Lenten Practices for 'Pilgrims of Hope' in the Jubilee year 2025

Catholic Faith Formation

St. Ignatius Church, Tokyo.

Sunday March 02, 2025, 2pm~



**“COMMAND THESE STONES TO  
BECOME LOAVES OF BREAD”**

-MATTHEW 4:3



**Everything You NEED To Know to Prepare for Lent**

**| How To Lent Ep. 1**

[Augustine Institute | The Catholic Faith Explained](#)

**How to Have Your Best Lent Yet**  
**- Fr. Ambrose**



**Lenten Update 2025**  
**- A Journey from Despair to Hope**



**Fasting Wisdom for Catholics in Lent  
- St. Michael's Abbey**





**Prepare for the Best Lent of Your Life**

## Stand Fast - St. Philip Neri

“Do not grieve over temptations you suffer. When the Lord intends to bestow a particular virtue on us, He often permits us first to be tempted by the opposite vice. Therefore, look upon every temptation as an invitation to grow in a particular virtue and a promise by God that you will be successful if only you stand fast.”

— ST. PHILIP NERI



**Light in the Desert:  
2025 Lenten resource**

# Lenten practices in the Jubilee year - 2025

- The Lenten season of 2025, from March 5 (Ash Wednesday) to April 17 (Holy Thursday), coincides with the Catholic Church's Jubilee Year themed "Pilgrims of Hope," proclaimed by Pope Francis to mark 2025 as a time of grace, renewal, and pilgrimage. This overlap infuses Lent with a unique call to journey—spiritually and physically—toward hope, mercy, and reconciliation, amplifying traditional practices of prayer, fasting, and almsgiving. Below are Lenten practices tailored for 2025, weaving the Jubilee's pilgrimage motif with the season's penitential spirit, informed by Catholic tradition and the year's special context.
- Core Lenten Practices Enhanced for the Jubilee Year

# 1. Prayer:

## A Pilgrim's Dialogue with God

Traditional Practice: Daily prayer, such as the Rosary, Stations of the Cross, or attending Mass, deepens repentance and connection to Christ's Passion.

Jubilee Twist: Frame prayer as a “pilgrim's walk with hope.”

Pilgrimage Prayer: Commit to a daily prayer inspired by the Jubilee, like the official “Pilgrims of Hope” prayer (released by the Vatican in late 2024), asking for strength on life's journey.

Stations as Pilgrimage: Pray the Stations of the Cross weekly (e.g., Fridays: March 7–April 11), imagining each station as a step toward Easter's hope, perhaps at a local church or shrine.

2025 Idea: Visit a designated Jubilee pilgrimage site (e.g., Rome's basilicas or local shrines) for a Lenten prayer day, earning the Jubilee indulgence—a plenary forgiveness of sin's temporal punishment—by confessing, receiving Communion, and praying for the Pope's intentions.

## 2. Fasting:

### A Pilgrim's Lightning of Loads

- Traditional Practice: Fasting on Ash Wednesday (March 5) and Good Friday (April 18) involves one full meal and two smaller ones (ages 18–59), with abstinence from meat (ages 14+) on those days and all Fridays of Lent (March 7, 14, 21, 28, April 4, 11).
- Jubilee Twist: Fast as a pilgrim shedding burdens for the journey.
  - Food Fast: Beyond required days, choose a personal fast—e.g., no sweets, alcohol, or meat for all 40 days—to mirror a pilgrim's simplicity and trust in God's provision (recalling Jesus' desert fast, Matthew 4:1–11).
  - Modern Fast: "Pilgrim fasting" from excess—social media, streaming, or consumerism—frees time and resources, aligning with hope by focusing on essentials.
- 2025 Idea: Dedicate fasting savings (money or time) to a Jubilee cause, like supporting pilgrims traveling to Rome or local food banks, embodying hope through sacrifice.

### 3. Almsgiving: A Pilgrim's Sharing of Hope

- o Traditional Practice: Giving to the poor—money, goods, or time—reflects Christ's love and Lent's call to detach from material wealth.
- o Jubilee Twist: Almsgiving as a pilgrim's act of solidarity with the marginalized.
  - Community Giving: Contribute to Catholic Relief Services' Rice Bowl or a parish fund for Jubilee pilgrims, linking local charity to global hope.
  - Personal Acts: Volunteer as a "pilgrim of service"—e.g., serving meals at a shelter or tutoring children—walking alongside those in need.
- o 2025 Idea: Participate in a Jubilee "Door of Mercy" initiative—many dioceses will designate holy doors for pilgrims to pass through after acts of charity, tying almsgiving to the indulgence.

# Jubilee-Specific Lenten Practices for 2025

## 4. Physical Pilgrimage: Walking Toward Renewal

- Description: The Jubilee encourages pilgrimages to holy sites, historically Rome (e.g., St. Peter's Basilica) or locally designated shrines.
- Lenten Practice: Plan a Lenten pilgrimage—walk to a nearby church, cathedral, or Jubilee site (check diocesan announcements for 2025 locations). Even a short walk with prayerful intent counts.
- 2025 Context: With Lent in the Jubilee Year, pair the pilgrimage with fasting (e.g., a bread-and-water day) and prayer (e.g., a decade of the Rosary per mile), seeking the indulgence as a sign of hope's renewal.

## 5. Reconciliation: The Pilgrim's Return

- Description: Confession is central to Lent and amplified in the Jubilee, which emphasizes God's mercy (echoing the 2015–2016 Extraordinary Jubilee of Mercy).
- Lenten Practice: Attend a penance service or confess weekly, preparing for Easter and the indulgence. Reflect on Psalm 51 ("Create in me a clean heart") beforehand.
- 2025 Context: Visit a Jubilee "Door of Mercy" after confession—many churches will open these symbolic portals, linking reconciliation to the pilgrim's journey home to God.

## 6. Works of Mercy: The Pilgrim's Mission

- Description: The Jubilee highlights the Corporal and Spiritual Works of Mercy (e.g., feeding the hungry, comforting the sorrowful) as acts of hope.
- Lenten Practice: Commit to one work weekly—e.g., donate food (March 5–11), visit the sick (March 12–18), or pray for the dead (April 9–15)—tying each to a Lenten fast or prayer.
- 2025 Idea: Organize a parish “Pilgrims of Hope” group to perform works collectively, like a Lenten soup kitchen day, reflecting the Jubilee’s communal spirit.

# Meditation and Music for Lent 2025

## 7. Meditative Practices with a Jubilee Lens

- Method: Use Lectio Divina on hope-themed Scriptures (e.g., Romans 5:2–5, “hope does not disappoint”) or Ignatian Contemplation imagining yourself as a pilgrim with Jesus in the desert.
- Jubilee Tie-In: Reflect on “Pilgrims of Hope” by journaling how Lent’s challenges (fasting struggles, prayer dryness) build endurance and hope, as Pope Francis emphasizes for 2025.
- Practice: Pair with Taizé’s “Misericordias Domini” or Gregorian “Attende Domine” for 15 minutes daily, grounding the pilgrimage in mercy.

## 8. Chants for the Journey

- Taizé: Sing “Laudate Dominum” on Sundays (e.g., March 9) to lift spirits, or “Stay With Me” on Good Friday (April 18) to accompany Christ, reflecting a pilgrim’s trust.
- Gregorian: Use “Vexilla Regis” as Holy Week nears (April 13–17), honoring the Cross as the pilgrim’s guide to hope.
- 2025 Context: Incorporate the Jubilee hymn (likely released by the Vatican) into Lenten devotions, blending it with these chants.

# Practical Schedule for Lent 2025

- Ash Wednesday (March 5): Fast, attend Mass for ashes, begin a Jubilee prayer commitment.
- St. Patrick's Day (March 17, a Friday): Abstain from meat (or seek a dispensation for corned beef), pray a pilgrimage-inspired Lorica of St. Patrick.
- Annunciation (March 25): Reflect on Mary's "yes" as a pilgrim's fiat, easing Orthodox fasting if applicable.
- Palm Sunday (April 13): Start Holy Week with a mini-pilgrimage (e.g., a prayer walk), chanting "Hosanna."
- Holy Thursday (April 17): End Lent with "Ubi Caritas," serving others in a foot-washing spirit.

# Why This Matters in 2025

- The Jubilee Year “Pilgrims of Hope” elevates Lent beyond penance to a transformative journey. Pope Francis’s vision—announced in his 2024 Bull of Indiction—calls for 2025 to be a “year of grace” where pilgrims seek God’s face amid life’s trials. Lenten practices, enriched by pilgrimage, indulgence, and mercy, become steps toward Easter’s resurrection and the Jubilee’s promise of renewal. Whether fasting from food, walking to a shrine, or singing Taizé’s “Jesus, Remember Me,” you’re a pilgrim carrying hope into a broken world.