

Contents

<i>Introduction</i>	xiii
<i>How to meditate</i>	xix

The first few days STARTING TO MEDITATE

Ash Wednesday	3
Thursday after Ash Wednesday	5
Friday after Ash Wednesday	7
Saturday after Ash Wednesday	9

Week 1 STARTING TO MEDITATE

First Sunday of Lent	13
Monday	15
Tuesday	17
Wednesday	19
Thursday	21
Friday	23
Saturday	25

Week 2 STILL STARTING TO MEDITATE

Second Sunday of Lent	29
Monday	31

Tuesday	33
Wednesday	35
Thursday	37
Friday	39
Saturday	42

Week 3

STARTING AGAIN TO MEDITATE

Third Sunday of Lent	47
Monday	50
Tuesday	52
Wednesday	55
Thursday	57
Friday	60
Saturday	62

Week 4

LEARNING TO MEDITATE

Fourth Sunday of Lent	67
Monday	69
Tuesday	72
Wednesday	74
Thursday	77
Friday	79
Saturday	81

Week 5

STILL LEARNING TO MEDITATE

Fifth Sunday of Lent	85
Monday	87

Tuesday	89
Wednesday	91
Thursday	93
Friday	95
Saturday	97

Holy Week
ALWAYS LEARNING TO MEDITATE

Palm Sunday	101
Monday of Holy Week	104
Tuesday of Holy Week	106
Wednesday of Holy Week	109
Holy Thursday	111
Good Friday	114
Holy Saturday	118

Easter Sunday
HE IS RISEN. ALLELUIA!

Easter Sunday	121
<i>Appendix: Alternative Lenten readings</i>	123
<i>Notes</i>	125