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This prayer reflection is designed for a 10 minute reflection each day during the academic year. View the window for that week and pray for 10 minutes with the reflection question or Scripture indicated. There are 32 weeks of the academic year and 28 windows.

During the third week of Lent, you are encouraged to simply experience the cross in the sanctuary, followed by the fourth and fifth weeks of Lent, when you can walk around the Chapel and experience the Stations of the Cross.

The week following Easter presents itself as the perfect time to close your eyes and see how your own imagination reveals the Resurrection. Resurrection is the central mystery within Christianity. Artistic renderings of resurrection are perhaps best left to the imagination and the work of the Spirit.

With the crucifix at the front, begin in the sanctuary, facing the right side, moving left to right:

Window #1 | Week 1

Symbols Rex Gloria King of Glory

Latin Cross Inside an Oval Archway: The oval shaped archway, or vesica, represents Mary's womb, from which Christ came, the cross represents Christ. Together they represent the birth of Christ.

Reading 1 Timothy 6:15

Revelations 19:16

Luke 11:27 Blessed is the woman who gave you birth and nursed you.

Reflections Jesus, ordinary human, becomes the glorious one sent from God, through the womb of a woman, to be the way, the truth and the life. How do you praise God for such a great mystery?

## Window #2 | Week 2

### Symbols

Gladiolus: This flower represents the incarnation, ~~the~~ word made flesh. The green leaves symbolize survival and renewal; they are emblematic of the Savior.

Anchor Cross: This symbol was carried over from the days of persecution, before Constantine. Early Christians had to conceal their religious practices, ~~and the~~ was their disguised sign of the cross. It was symbolic of Hope in Jesus Christ, "this hope we have, as a sure and firm anchor of the soul ... " (Hebrews 6:19)

Reflection Jesus, with God always, present at creation and in every creature. Jesus' eternal existence, tangled in the cross of salvation, is our great hope as Christians. For what are you eternally grateful?

#### Window #5 | Week 5

Symbols Lux Mundi: Light of the World

Crown of Thorns: This is known as the mocking crown, symbolic of humiliation and defeat which ultimately gave way to Christ's glory in his resurrection.

Reading John 8:12 *When Jesus spoke again to the people, he said, I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.*"

Reflection We know light because we experience darkness. Discipleship is a willingness to be pilgrims on a journey with Jesus, living the mission of the gospel. For whom am I light in the darkness?

Facing the left side of the sanctuary, moving left to right:

#### Window #6 | Week 6

Symbols Chalice and Host: The host is a flat round piece of unleavened bread, which is symbolic of the manna given to the Jews in the desert. Its name comes from the Latin word "hostia" meaning victim. The chalice is the cup of salvation, the source of never ending sustenance. When the host is shown above the chalice, it symbolizes the sacrifice of Christ upon the cross.

Grapes: This fruit is used to make the Eucharistic wine and is symbolic of the blood of Christ and his sacrifice; Christ called himself the "true wine" (John 15:18).

Wheat: This symbolizes bread, the staff of life from which abundant blessings flow.

Readings John 15: 18

John 6:35 *Then Jesus declared, I am the bread of life. He who comes to me will never go hungry and he who believes in me will never be thirsty.*

Reflection Jesus is an inviting companion who invites us to the table of life. If we live ecologically, we come to realize that Jesus sustains every creature, in all times and places, through a cleaver web of relationships. How do you experience Jesus' sustaining presence in your relationships with humans and humans?



Reading                      ~~John 21:6 He said, Throw your net on the right side of the boat and you will find some. When they did, they were unable to haul the net in because of the large number of fish.~~

Reflection                    Jesus “fills our nets!” Abundance fills our life –abundance of relationships, opportunities, commitments. For what abundance are you grateful?

Window #10 | Week 10

Symbols                      Water: This is a symbol of the sacrament of baptism which was instituted by Christ. The old life is washed away and the new life is sanctified in baptism.

Pebbles: Early Christians used pebbles in the desert to use as a rosary. There are seven of these pebbles; seven is a significant number – seven tribes, seven loaves and fish, etc.

*Jesus came from Galilee to the Jordan to be baptized by*

Reflection Jesus say to the disciples after the Resurrection, do not be afraid. Joseph models courage that was required of the post-Easter Church, struggling the throws of injustice and persecution. For what must you be courageous?

Window #12 | Week 12

Symbols Three Intertwined Circles Circles have no apparent beginning or end. The three circles symbolize the Holy Trinity, the eternal nature of each person in the Godhead. They are intertwined to show unity between the three Godheads.

Three Candles They represent Jesus, the light of the world. Three candles refer to the Holy Trinity.

Reading John 1:4 *In him was life.*

Reflection Goodness and grace fill the otherwise dark earth. Life comes from the Source of all things.

Window #15 | Week 15

- Symbols** Olive Leaves: These leaves signify the peace of God made with human beings. In the story of Noah, the dove brought back an olive branch as a sign.
- Laurel: This is a symbol for triumph; in ancient times victors were adorned with a crown of laurel leaves.
- Reading** Genesis 8 *When the dove returned to him in the evening, there in its beak was a freshly plucked olive leaf! Then Noah knew that the water had receded from the earth.*
- Reflection** God's fidelity is in the green of Earth, even in the death of winter. How does God's faithfulness "green" your soul?

Window #16 | Week 16

- Symbols** Chi Rho Cross Within a Lily: This window utilizes a symbol of Mary and a symbol of Christ, one within each other, to represent that Mary is the Mother of God.
- Lamb: Used again to symbolize that Christ is the Lamb of God.
- Reading** Luke 1- *"The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the Holy one to be born will be called the Son of God. Even Elizabeth your relative is going to have a child in her old age, and she who was said to be barren is in her sixth month. For nothing is impossible with God."*
- Reflection** God is the maker of miracles. Awake and know that God is knitting together miracles within your very life. How will you give birth to Christ in our wounded world?

Window #17 | Week 17

- Symbol** Heart with Inserted Dagger: "Sacred Heart of Mary" the heart is the symbol of love, the center of being, unifying life principles.
- Readings** Matthew 11:25- *Learn from me for I am meek and humble of heart.*
- Luke 2:19

Reflection                      Compassion flows into our world from the heart of a loving, tender God.  
Beating, pulsing rhythm of God's life runs through our veins and gives us life.  
What moves me to compassion in our world?

Window #18 | Week 18

Symbol                              This is the window dedicated to St. Thomas Aquinas; there is a portrait image of  
St. Thomas wearing the scholarly vestments. St. Thomas was one of the great  
teachers of the Medieval Catholic Church. His greatest contribution to the  
Catholic Church was his writings. St. Thomas believed that reason was a divine  
gift which would be highly cherished.

Reading                              Eph 117-



With the crucifix at the front, face the left side of the Chapel, moving right to left:

Window #20 | Week 20

**Symbols**                      Jesse Tree: This represents Jesus's royal genealogy. "Come forth a rod out of the stem of Jesse (David's father) and a branch shall grow out of his roots. Jesse is the roots, Mary is the rode, and Jesus is the fruit.

Single Candle: This represents Jesus, the light of the world.

Crown: A crown is used to signify Mary, the Queen of many things.

**Refecation**                      Refer to the beginning of this reflection for guidance during Lent.

## Window #23 | Week 23

Symbols	Moon: Symbolic of Mary  Chalice with Open Book: This represents the Blood of Christ and the Word of God which is available to all people.
Readings	Isaiah 30, 66, 19; Revelations 21, 23; Revelations 12, 1
Reflection	Mary is perhaps the most revered and the most debated character in Christian history. "Wrapped in silence," the gospels are remarkably unrevealing. She is Theotokis, God Bearer. Within the core of her being, the salvific power of God is planted. She is the most faithful of all the gospel companions, powerfully doing the will of God -not talking about it! She encounters the Word of God, in her flesh, and all of humanity is destined to be rendered speechless as the power of God is revealed. Can you be in the presence of God, silently?

## Window #24 | Week 24

Symbols	Morning Star: This is taken from the Litany to Mary. The five pointed star directs us to our Lord's Epiphany. It is more commonly known as the Star of Bethlehem which symbolizes divinity, supremacy, and the eternal. The star is suggestive of a man, arms outstretched and standing, who is both true God and true man in one person.
Reading	Phil. 2: 79 -

Reflection The power of a dove was fascinating to the desert people who followed John the Baptist. Such grace and powerful gliding. So powerful are the doves that they can be heard. The ancients imagined God somewhat like this...and only in the descent could the connection be made with the earthbound creatures. God's swooping power and energy was sensed and listened for ... Are you hearing God's voice?

#### Window #26 Week 26

Symbols Chalice with Host: These two objects symbolize the Body and Blood of Christ, his sacrifice for us. The bread meets our physical needs and the Holy Eucharist meets our spiritual needs.

Candles: The candles refer to the Light of the Word, Jesus and his faithful followers.

Reading Luke 22:19 *And he took bread, gave thanks and broke it, and gave it to them saying, This is my body given for you; do this in remembrance of me."*

Reflection Remember. Give thanks. Break. Eat. The Christian pilgrimage is not without direction and asceticism as we encounter the daily cross. What do you remember of the Christian journey that is cause of giving thanks, even in the midst of brokenness and hunger?

#### Window #27 | Week 27

Symbols Equilateral Triangle Within a Circle: The circle has no beginning or end; it stands for eternity and signifies eternal existence. The circle surrounds the triangle which symbolizes the Holy Trinity, the three equal parts joined as one.

Reading JN 14:26 *But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

Reflection Humans are part of the circle of life, the ongoing renewal that is timeless. God's imaginative creativity has connected all life, like a web with no beginning or end. How do you experience the largeness of God in nature?

Window #28 | Week 28

Symbols

Volumes of Closed Books: