

LENT 2023

 = a day of fasting and abstinence from meat
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>). 26 Imagine being responsible for all the souls in the world. Offer a Rosary for the intentions of the pope. 5 After Mass today, go out to eat with other parishioners from church. 12 Reread John 4:5-30. How is Christ calling you closer to Him? What "jug" would you leave behind? 19 <i>Laetare Sunday</i> Unless it's sinful, enjoy something you gave up for Lent in joyful anticipation of Easter! 26 Fast from unnecessary screen use today. Use the time to read a book, walk outside, pray. 2 <i>Palm Sunday</i> Display blessed palms around your home. "that the King of Glory may come in!" (Psalm 24:7)	Ask God to show you what is keeping you from experiencing His love fully - worry, fears, sin. Resolve to deal with it by Easter. 6 Dive deeper into your faith. Skim the glossary in the Catechism for an unfamiliar term and learn the Church's teaching about it. 13 Refuse to gossip, either in person or on screen. Affirm every person or keep silent. 20 <i>St. Joseph's Day</i> St. Joseph silently, selflessly cared for Mary and Jesus. Pray for fathers and entrust them to St. Joseph's care. 27 This week, get up when the alarm goes off and offer your day to God's service. 3 Holy Week is a busy time for parishes. Stop by your parish office and ask how you can help.	Offer an extra small sacrifice for God, just for today - coffee without cream, lukewarm shower, no snacking, etc. 7 Pick an issue in the news and pray over it today. 14 Write down your worries. Place the list under a statue or image of Jesus. Pray, "Jesus, I surrender this to You. Take care of everything." 21 Do an act of kindness. Whether openly or secretly, do it for God's glory. It's really Him you're serving. 28 Send your parish priests a "spiritual bouquet" — listing the prayers you'll offer for them (e.g. three Hail Marys, an Our Father). 4 Pray for those who are coming into the Church at the Easter Vigil.	22 <i>Ash Wednesday</i> Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ. 1 March Enjoy pretzels -- a traditional Lenten snack. The "crossed" arms of the pretzel recalled monks at prayer. 8 Figure out on which luxuries you spend the most money. Take a tenth of that amount and put it in the poor box at church. 15 Attend Confession and experience God's mercy. Resolve to make amends where you can. 22 Take the box of clothes you set up on March 4 to a clothing drive. 29 Today, complete an errand or chore you've been putting off. 5 Judas betrayed Christ. Consider how our sins betray Jesus and make a sincere Act of Contrition.	23 Start a prayer book and record those for whom you pray or for what you pray. Also keep track of how God answers your prayers. 2 Today, look for opportunities to practice the virtues humility, patience, and kindness. 9 Pray the Chaplet of Divine Mercy for those who have no one to pray for them. Look here: https://www.usccb.org/prayers/divine-mercy-chaplet. 16 Check out Catholic Relief Services to see how you can support their projects. Look here: https://www.crs.org. 23 Pray for an increased faith throughout the Church in the Real Presence of Christ in the Eucharist. 30 The Our Father is the prayer given to us by Jesus. Pray each line slowly. Really think about what you are saying. 6 <i>Holy Thursday</i> Visit the Blessed Sacrament. Offer Him your love for the "lost hour" of Gethsemane (Matthew 26:40).	24 Catholics are required to abstain from meat on Fridays during Lent as a form of penance. 3 <i>First Friday</i> Attend Mass or visit the Blessed Sacrament (find the red candle). Be present to Him who is present to you. 10 Resist "idle curiosity." Don't research trivial questions or follow every browser thread. Unless it's important, it's okay not knowing. 17 <i>St. Patrick's Day</i> In honor of St. Patrick, evangelize silently by wearing a symbol of your faith (e.g. a cross, medal). 24 Practice patience... patiently. "Be patient with everyone, but first of all with yourself" (St. Francis de Sales). 31 Today, fast from complaining. Cultivate gratitude instead. 7 <i>Good Friday</i> Read the Passion Narrative, John 18, 19. See Jesus' offering of love for you. How will you respond?	25 The Bible teaches us to deny ourselves and give instead to those in need. Read Matthew 6:1-4 to learn more about sacrificial almsgiving. 4 Set up an empty box or bin. Throughout Lent, fill it with gently used clothes. Bring it to a local charity at the end of Lent. 11 Pray for pregnant mothers and their babies. Consider donating to pro-life charities that help women in crisis. 18 Contact local shelters and soup kitchens and ask if they need volunteers. 25 <i>Annunciation of the Lord</i> Mary said "Yes!" to God's plan. Pray three Hail Marys, for the grace to give your "Yes" to Him, too. 1 April Declutter, dust, and clean the house in preparation for Holy Week — the holiest time of the year. 8 <i>Holy Saturday</i> Renew your baptismal vows and commit to living your faith more fully this year.