



# LENT 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“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>).</p>		<b>March</b>	<p><b>I</b> Ash Wednesday</p> <p>Attend an Ash Wednesday liturgy and wear the cross of ashes for the rest of the day.</p>	<p><b>2</b> 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.</p>	<p><b>3</b> It is our Christian responsibility to abstain from meat on Fridays during Lent as a form of penance.</p>	<p><b>4</b> St. Casimir was a prince of Poland who used his power for God’s interests rather than worldly ones. Ask for the grace to put God’s interests first today.</p>
<p><b>5</b> After Mass, pick one thing that prevents you from loving God “with all your heart ... soul ... [and] mind” (Matthew 22:37). Resolve to conquer it this Lent.</p>	<p><b>6</b> Pick a charity to which you would like to donate and set up a donations jar in your home. Try to fill it by the end of Lent.</p>	<p><b>7</b> Make a list of ways to simplify your lifestyle to make more room for God.</p>	<p><b>8</b> Improve your spiritual vision: resolve to go the whole day without judging or criticizing anyone.</p>	<p><b>9</b> Despite suffering deep losses, St. Frances of Rome trusted God would work things out. Entrust your worries to God, knowing he will take care of them.</p>	<p><b>10</b> In today’s busy world, older people who have become less active tend to be overlooked. Visit a senior you know, take them out to lunch and just listen.</p>	<p><b>11</b> Today, pick one or two things on your to-do list that you’ve been putting off and do them. Offer them up for your prayer intentions.</p>
<p><b>12</b> Offer going to Mass today for someone you know is going through a rough time or facing a difficult challenge.</p>	<p><b>13</b> Find an unfamiliar term in the glossary of the Catechism of the Catholic Church and read about it until you explain it to someone else.</p>	<p><b>14</b> Support your parish’s special Lent collections, whether it is the Bishop’s Lenten campaign, Operation Rice Bowl or a mission collection.</p>	<p><b>15</b> Resolve to say (and think) only positive things about yourself today.</p>	<p><b>16</b> Consider making today a day of fasting between meals. When you feel tempted to snack, remind yourself of those for whom hunger isn’t a choice.</p>	<p><b>17</b> St. Patrick’s Day – St. Patrick was influential in evangelizing Ireland. In his honor, evangelize by wearing a sign of your faith.</p>	<p><b>18</b> Pray the Chaplet of Divine Mercy, taught to St. Faustina to help repair the hurt caused by sin. Find it at <a href="http://www.usccb.org">www.usccb.org</a>.</p>
<p><b>19</b> After Mass today, go out for coffee or breakfast with other parishioners from your parish.</p>	<p><b>20</b> St. Joseph was a man of action; what God said, he did. Resolve today to fulfill your responsibilities without complaining.</p>	<p><b>21</b> Deny yourself something you would like to buy. Give the money you have saved to the poor.</p>	<p><b>22</b> Read today’s Gospel reading, Matthew 5:17-19. Write down two things you learned and keep it with you throughout the day.</p>	<p><b>23</b> Spread joy. Smile at everyone you meet, regardless of how you feel.</p>	<p><b>24</b> Attend a Stations of the Cross service if your parish offers one. If not, find them here: <a href="http://www.usccb.org/prayer-and-worship/devotionals/stations-of-the-cross/">www.usccb.org/prayer-and-worship/devotionals/stations-of-the-cross/</a></p>	<p><b>25</b> Today celebrates Mary’s “Yes” to God, when she agreed to become the mother of Jesus. Pray for the courage to respond faithfully to whatever God asks.</p>
<p><b>26</b> <i>Laetare Sunday!</i> Make today special. Invite friends and neighbors over for a potluck brunch to celebrate the midpoint of Lent.</p>	<p><b>27</b> Take stock of your Lenten sacrifices and renew your commitment to them.</p>	<p><b>28</b> Do a thorough Examination of Conscience, using the Ten Commandments and the eight beatitudes as a guide.</p>	<p><b>29</b> Browse a Catholic bookshop and find a good book to read during the rest of Lent.</p>	<p><b>30</b> Clean your closet of clothes you no longer need. Donate gently used items that you no longer wear to charity.</p>	<p><b>31</b> Observe a reverential silence from noon to 3pm out of respect for the three hours Jesus hung on the Cross.</p>	<p><b>April 1</b></p> <p>Attend a Reconciliation Service or go to Confession on your own. Make a sincere confession and experience God’s forgiveness.</p>
<p><b>2</b> Read one of the seven penitential psalms (Psalm 6, 32, 38, 51, 102, 130, 143) each day this week.</p>	<p><b>3</b> Pick a day this week and attend daily Mass. It may mean getting up earlier than usual, but it will be worth it.</p>	<p><b>4</b> Lent is a stressful time of year for priests. Offer to perform some act of service for your parish. Ask at the rectory for suggestions.</p>	<p><b>5</b> Instead of focusing on unanswered prayers, recall what God has already done for us. Make a list of all you’re grateful for; it comes from God.</p>	<p><b>6</b> Fill a small Easter basket with treats and give to a friend. If appropriate, include a prayer card, a rosary, a religious book.</p>	<p><b>7</b> Jesus, truly present in the Eucharist, waits for us in the tabernacle of every Catholic church. Make time to visit with him, if only for a little while.</p>	<p><b>8</b> Start spring cleaning for Easter. Vacuum, dust, and straighten the rooms of the house you use the most to prepare for Jesus’ resurrection.</p>
<p><b>9</b> Today’s Gospel narrates the important events of Holy Week. Place yourself in the scene and “walk through” Holy Week with our Lord.</p>	<p><b>10</b> Tonight and every night this week, say an extra prayer for those entering the Church this Holy Saturday</p>	<p><b>11</b> Take a walk and look for signs of new life.</p>	<p><b>12</b> Try to read an entire Gospel in one sitting.</p>	<p><b>13</b> Holy Thursday celebrates the Last Supper, when Jesus instituted the Eucharist and the priesthood. Celebrate by going to church tonight.</p>	<p><b>14</b> Good Friday is a day of fasting and abstinence. Read and compare all four Gospel accounts of the passion and death of Jesus.</p>	<p><b>15</b> Our Lenten sacrifices end with Lent, but our efforts to seek God don’t have to. Pick an “Easter challenge” to continue to help grow closer to God.</p>