



# LENT 2014

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>5</b> Ash Wednesday <small>(a day of fast and abstinence)</small> Wear ashes today as a sign that you are seeking both forgiveness and eternal life from Christ.</p>	<p><b>6</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>7</b> It is our Christian responsibility to abstain from meat on Fridays during Lent as a form of penance.</p>	<p><b>8</b> Choose for your Lenten sacrifice something that will truly challenge you.</p>
<p><b>9</b> After Mass today, go to breakfast with other parishioners from church.</p>	<p><b>10</b> Read the seven penitential psalms in the Old Testament book of Psalms that express remorse for sins: 6, 32, 38, 51, 102, 130 and 143.</p>	<p><b>11</b> Pope Benedict once said, "We are not owners but rather administrators of the goods we possess." Find a way to share what you have.</p>	<p><b>12</b> 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.</p>	<p><b>13</b> Grow in faith by believing that God is there for you. Pray about what worries you and know that God will take care of it.</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> The season of Lent is solemn. Read Matthew 26 and 27 to gain a true understanding of the magnitude of Jesus' sacrifice.</p>
<p><b>16</b> Go to Mass early so you can take a drive to visit a friend you haven't seen in a long time.</p>	<p><b>17</b> Jesus was killed despite his innocence. Pray a Rosary for all unborn children so they don't suffer the same fate through abortion.</p>	<p><b>18</b> Look for someone who has fallen on hard times and send an anonymous card with a cheering message and a grocery store gift card.</p>	<p><b>19</b> Root out anger from your heart and bring in kindness. Do one small thing for someone today to show God reigns in your heart.</p>	<p><b>20</b> When older people become less active, they can also become forgotten. Visit a senior you know, take one to lunch, and just listen.</p>	<p><b>21</b> Attend a "Stations of the Cross" service if your parish offers one. If not read through them here: <a href="http://www.usccb.org/prayer-and-worship/devotionals/stations-of-the-cross/index.cfm">http://www.usccb.org/prayer-and-worship/devotionals/stations-of-the-cross/index.cfm</a>.</p>	<p><b>22</b> To avoid sin, one must understand what God expects. Refresh yourself on the 10 Commandments in Genesis:20.</p>
<p><b>23</b> Make Sunday special. Invite friends and neighbors over for a potluck brunch after Mass.</p>	<p><b>24</b> Consider making today a day of fasting. When you feel hungry, remind yourself of those for whom hunger isn't a choice.</p>	<p><b>25</b> Mother Teresa once said, there is a terrible hunger for love. "The poor you may have right in your own family. Find them. Love them."</p>	<p><b>26</b> Jesus taught us to serve others. Do one nice thing for someone today without the expectation of thanks or appreciation.</p>	<p><b>27</b> Pray the Chaplet of Divine Mercy, given to the world through 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>28</b> Lent is a demanding time for parish priests. Call your parish office to offer extra support or help.</p>	<p><b>29</b> Becoming more aware of sin helps to avoid it. Make a list of all you do today putting what would please God in one column and what wouldn't in another.</p>
<p><b>30</b> Go to a later Mass so you can wake up slowly, have a leisurely breakfast and enjoy a good book.</p>	<p><b>31</b> Spend time before the Eucharist in prayer and adoration. If there is no adoration chapel close by, find time when the church is open to be with Jesus.</p>	<p><b>1 April</b> God made Eve so that Adam would not be alone. What can you do today to be a good friend to someone?</p>	<p><b>2</b> Perform Corporal Works of Mercy during Lent: feed the hungry, shelter homeless, clothe the naked, visit the sick, visit the imprisoned, give drink to the thirsty, bury the dead.</p>	<p><b>3</b> Consider giving more time to God by volunteering in your parish. Take action to join the choir or become a lector, usher or Eucharistic Minister.</p>	<p><b>4</b> Show Jesus you are willing to carry your cross by tackling something difficult you've been putting off.</p>	<p><b>5</b> Perform an examination of conscience and seek healing in the Sacrament of Reconciliation today.</p>
<p><b>6</b> Enjoy beauty. After Mass, stop by a store and pick up some flowers to cheer up your home.</p>	<p><b>7</b> Ask St. Thérèse of Lisieux to inspire you to show "little ways of love" to those around you today.</p>	<p><b>8</b> Deny yourself something you would like to buy. Then, give the money you saved to the poor.</p>	<p><b>9</b> Evaluate your day. Did you add to someone's sense of peace today? Did you do anything to take peace away?</p>	<p><b>10</b> Turn off the TV, computer, or other electronics for 30 minutes today. Offer this time to God in prayer or reading the Bible.</p>	<p><b>11</b> Children are the future of the Church. Explore ways to support your parish religious education program or youth group.</p>	<p><b>12</b> Light a candle to represent the light Jesus brought to the world. Let the light dwell in you by spreading the good news of salvation to others.</p>
<p><b>13</b> Use your Palm Sunday palms to make a cross to place in a prominent area in your home or car.</p>	<p><b>14</b> Add prayer to your day by praying the Rosary or Chaplet of Divine Mercy during your commute today, while waiting in line, or during your lunch hour.</p>	<p><b>15</b> Pray today and each day this week for the catechumens coming into the Church at the Easter Vigil.</p>	<p><b>16</b> Pray for someone you know who is facing a challenge.</p>	<p><b>17</b> Early Christians visited seven basilicas in Rome on Holy Thursday as a pilgrimage. Make a pilgrimage to churches in your area today.</p>	<p><b>18</b> Today is Good Friday, a day of fasting and abstinence. Read and compare all four Gospel accounts of the passion and death of Jesus.</p>	<p><b>19</b> Jesus suffered and died so that we would have hope. Today, make a list of everything for which you have hope in this life and the next.</p>