











LENT 2024

 = a day of fasting and abstinence from meat

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>February</p> <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>			<p>14 Ash Wednesday</p> <p>Attend Mass and receive ashes. Prayerfully choose Lenten offerings of prayer, fasting, and almsgiving. </p>	<p>15</p> <p>Set aside an empty jar for loose change. When it's full, donate it to the poor box at church.</p>	<p>16</p> <p>Offer up every time you're tempted to have meat for those who can't afford to have meat regularly. </p>	<p>17</p> <p>Adopt a seminarian or consecrated religious to pray for this Lent. Check your diocesan website to see who is in discernment.</p>
<p>18</p> <p>Scroll through your phone contacts and offer your Communion for whichever person you land on.</p>	<p>19</p> <p>Keep custody of the thoughts: give up complaining, rash judgement, and negative self-talk. See holiness -- and productivity! -- increase.</p>	<p>20</p> <p>Pick a saint to accompany you during Lent. Learn more about them and ask them to pray for you.</p>	<p>21</p> <p>Find a pro-life pregnancy center near you and ask how you can help them support the women and their babies.</p>	<p>22</p> <p>Put out an empty box. Throughout Lent, fill it with gently used items in good condition that you no longer use.</p>	<p>23</p> <p>Observe a screen fast (from recreational use) from noon to 3, recalling the 3 hours Jesus hung on the Cross. </p>	<p>24</p> <p>Make up bags of socks, oranges, and bottled water to offer people who are homeless.</p>
<p>25</p> <p>Stay after Mass and pray for the intentions of the pope.</p>	<p>26</p> <p>Ask God to remind you of His love for you today -- it's a prayer He loves to answer. Thank Him tonight before bed.</p>	<p>27</p> <p>Make a small sacrifice today for souls, e.g., no cream in your coffee, no snacks before dinner.</p>	<p>28</p> <p>Give up worry. Write down what worries you and leave it before an image of Jesus, surrendering it to His care.</p>	<p>29</p> <p>Stop by the parish office and ask what upcoming events you can volunteer with (e.g. setting up St. Joseph's Table).</p>	<p>I March</p> <p>Attend Daily Mass and/or spend some time before the Blessed Sacrament in honor of Jesus' Sacred Heart. </p>	<p>2</p> <p>Our Lady urged praying the Rosary to bring peace. Pray a Rosary in honor of Mary's Immaculate Heart.</p>
<p>3</p> <p>Meditate on today's Gospel (John 2:13-25). Where can you "clean the temple" of your heart to make more room for God?</p>	<p>4</p> <p>Learn something new about your Faith: skim the glossary of the Catechism for an unfamiliar term and learn more about it.</p>	<p>5</p> <p>Check out Catholic Relief Services at www.crs.org to see how you can help support any of their projects.</p>	<p>6</p> <p>Meditate on Scripture on-the-go. Copy down a favorite Bible verse and carry it with you all day. Pray with it whenever you have to wait.</p>	<p>7</p> <p>Catch up with a friend you haven't heard from in a while.</p>	<p>8</p> <p>Attend a Stations of the Cross service or pray them on your own. Find them here: www.usccb.org. </p>	<p>9</p> <p>Give others the gift of your presence: ask about their work, interests, or family, and listen attentively while they speak.</p>
<p>10 Laetare Sunday</p> <p>Rejoice! Have some holy fun after Mass today.</p>	<p>11</p> <p>This whole week, give up recreational screen time after 9PM and give that time to God.</p>	<p>12</p> <p>Renew your commitment to your Lenten promises.</p>	<p>13</p> <p>Do a thorough Examination of Conscience, then go to Confession to be freed of your sins and experience God's mercy.</p>	<p>14</p> <p>Today, choose kindness. Resolve to smile at everyone you meet.</p>	<p>15</p> <p>Make an additional, small sacrifice of your choosing and pray for the unborn children and their mothers. </p>	<p>16</p> <p>Volunteer at a retirement community. Call ahead and ask how you can serve (e.g., reading to the residents, donating needed items).</p>
<p>17</p> <p>Consider offering your Communion at Mass for missionaries, teachers, and catechists -- anyone who passes on the Faith.</p>	<p>18</p> <p>Until the end of Lent, only buy essentials, like food, medicine, etc.</p>	<p>19 St. Joseph's Day</p> <p>Happy Solemnity! Enjoy pastries today to celebrate. Prayerfully entrust husbands and fathers to St. Joseph's protection.</p>	<p>20</p> <p>Drop off the box of clothes at its destination.</p>	<p>21</p> <p>Find time today to visit the Blessed Sacrament, even if briefly. Pray that everyone has a safe and spiritually fruitful Holy Week.</p>	<p>22</p> <p>The King is coming! Clean the house in preparation for Palm Sunday. </p>	<p>23</p> <p>Praying for the dead is a work of mercy. Visit a cemetery and pray for the souls there.</p>
<p>24 Palm Sunday</p> <p>During the Gospel readings at Mass, imagine you're in the scene. How would you respond?</p>	<p>25</p> <p>Offer extra prayers today for those coming into the Church at Easter.</p>	<p>26</p> <p>Evaluate your Lent. Where did you see spiritual growth? What would you do differently next year?</p>	<p>27</p> <p>Today recalls Judas' betrayal of Christ. Ask forgiveness from those you have hurt. Forgive those who have hurt you.</p>	<p>28 Holy Thursday</p> <p>Today, Christ instituted the Holy Eucharist and the Priesthood. Send a priest a thank-you card for all the ways he's served you.</p>	<p>29 Good Friday</p> <p>Read Mark 15 and reflect on Jesus' love for you. Name one way you'll return His love. </p>	<p>30 Holy Saturday</p> <p>Light a candle and renew your baptismal vows to remain faithful to God this coming year.</p>