

LENT 2019

Prayer. Fasting. Almsgiving.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>March 6</p> <p>Ash Wednesday—<i>Lent Begins</i></p> <p>“Even now, says the LORD, return to me with your whole heart, with fasting, and weeping, and mourning” (Joel 2:12, <i>Lectionary</i>)</p>	<p>March 7</p> <p>Today is the memorial of Saints Perpetua and Felicity, both martyrs. Take time to learn about them today and their love of Christ.</p>	<p>March 8</p> <p>Explore some new meatless recipes and commit to trying a new meal every Friday of Lent this year.</p>	<p>March 9</p> <p>Today is the feast day of St. Frances of Rome, who organized a women’s religious order—the Oblates of Mary— and became a member of it following her husband’s death. In her honor today, pray for those in consecrated life.</p>
<p>March 10</p> <p>First Sunday of Lent</p> <p>Daylight Savings Time begins today. Start the week and the season off right by getting to Mass on time.</p>	<p>March 11</p> <p>Track your Lenten journey with the CRS Rice Bowl App and receive daily reflections and meatless recipes. The app is available in English and Spanish.</p>	<p>March 12</p> <p>Lent is a time many often rededicate themselves to prayer. Check out these 9 ways to pray from USCCB’s We Are Salt and Light for ideas on how to expand your prayer life this season.</p>	<p>March 13</p> <p>How often do you spend time in prayer in the presence of the Eucharist? Find out when and where Adoration of the Holy Eucharist is offered or stop by a church. Spend time in prayer before Our Lord in the Tabernacle.</p>	<p>March 14</p> <p>Make going to confession a priority during Lent this year.</p>	<p>March 15</p> <p>Did you know that the norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onward? If you have younger children at home, encourage them to participate in abstinence from meat today by helping prepare a meatless meal for dinner.</p>	<p>March 16</p> <p>St. Patrick’s feast day is tomorrow but will not be celebrated by the Church this year as his feast day falls on a Sunday. In honor of the saint who was once captured and sold into slavery, pray for all victims of human trafficking today.</p>

“Let us not waste this season of Lent, so favorable a time for conversion! We ask this through the maternal intercession of the Virgin Mary, who, encountering the greatness of God’s mercy freely bestowed upon her, was the first to acknowledge her lowliness (cf. Lk 1:48) and to call herself the Lord’s humble servant (cf. Lk 1:38).” (Pope Francis, Message for Lent, 2016)

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<p>March 17</p> <p>Second Sunday of Lent</p> <p>Today's Gospel shares the story of the Transfiguration of the Lord. Spend time reflecting on the glory of Jesus.</p>	<p>March 18</p> <p>St. Cyril of Jerusalem, honored today, was known for his "Catechetical Instructions." Give thanks for the catechists in your community and all they do to educate children and adults alike.</p>	<p>March 19</p> <p>Solemnity of St. Joseph</p> <p>On the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, we pray today for all fathers, that through the example of St. Joseph, they may fully embrace their vocation and accept the privilege and responsibility of caring for their children as St. Joseph cared for Jesus.</p>	<p>March 20</p> <p>Today is the vernal equinox, marking the start of spring and longer days. Include some colorful spring produce in your dinner tonight and pray for those who work the land, all too often for unjust wages.</p>	<p>March 21</p> <p>When confronted with your own weakness during Lent, don't give in to anger, frustration, and self-pity. Be patient, and see yourself as God does, with unconditional love.</p>	<p>March 22</p> <p>Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.</p> 	<p>March 23</p> <p>Today, we mark the feast day of St. Turibius of Mogrovejo, a Spanish-born evangelizer who was sent as a missionary to Peru and opened the first seminary in the New World. In his honor, pray for vocations.</p>
<p>March 24</p> <p>Third Sunday of Lent</p> <p>Deepen your understanding of today's readings with this lectio divina guide.</p>	<p>March 25</p> <p>The Solemnity of the Annunciation of the Lord</p> <p>Today we celebrate the incarnation of Christ in Mary's womb. Consider adding the Angelus to your daily prayer for the rest of the Lenten season.</p>	<p>March 26</p> <p>"You are a vessel; but as yet you are full. Pour out what you have, that you may receive what you have not." (St. Augustine, <i>Homilies on the First Epistle of John</i>, 2.9)</p>	<p>March 27</p> <p>"Almsgiving sets us free from greed and helps us to regard our neighbor as a brother or sister. What I possess is never mine alone." (Pope Francis, Message for Lent, 2018)</p>	<p>March 28</p> <p>Almsgiving is about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.</p>	<p>March 29</p> <p>"Forgiveness first sets free the person who had the courage to grant it." (Pope Benedict XVI, Address to Bishops of Croatia, 2006)</p> 	<p>March 30</p> <p>"For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted." (Luke 18:14, <i>Lectioary</i>)</p>
<p>March 31</p> <p>Fourth Sunday of Lent</p> <p>Today many parishes around the country will host a collection for Catholic Relief Services. Support the work of CRS today!</p>	<p>April 1</p> <p>"We need to reject the desire to identify only with those who are sinless. How could the Church have excluded sinners from her ranks? It is for their salvation that Jesus took flesh, died and rose again." (Pope Benedict XVI, Meeting with Clergy in Poland, May 25, 2006)</p>	<p>April 2</p> <p>"By devoting more time to <i>prayer</i>, we enable our hearts to root out our secret lies and forms of self-deception, and then to find the consolation God offers. He is our Father and he wants us to live life well." (Pope Francis, Message for Lent, 2018)</p>	<p>April 3</p> <p>"There is a joy that is affliction; misery is hidden within it. There is a misery that is profit; it is a fountain of joys in the new world." (St. Ephrem of Syria, Nisibene Hymns, 4.13)</p>	<p>April 4</p> <p>Today, we remember St. Isidore of Seville, patron of a medium that didn't exist when he lived, the Internet! Read what Pope Benedict XVI has to say about this saint.</p>	<p>April 5</p> <p>St. Vincent Ferrer was a popular preacher in western Europe. Think about how priests and deacons have inspired you with their preaching and pray for their continued service today.</p> 	<p>April 6</p> <p>In this upcoming last week of Lent before Holy Week, take stock in your Lenten journey so far. Are you keeping to the spiritual goals you set at the beginning of the season?</p>

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<p style="text-align: center;">April 7</p> <p>Fifth Sunday of Lent</p> <p>“Let the one among you who is without sin be the first to throw a stone.” (John 8:7, <i>Lectionary</i>)</p>	<p style="text-align: center;">April 8</p> <p>“In every act we do, in every step we take, let our hand trace the Lord’s cross.” (St. Jerome, <i>Letters</i>, 22.37)</p>	<p style="text-align: center;">April 9</p> <p>“I distrust a charity that costs nothing and does not hurt.” (Pope Francis, Message for Lent, 2014)</p>	<p style="text-align: center;">April 10</p> <p>As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger. Pray for the poor and vulnerable today.</p>	<p style="text-align: center;">April 11</p> <p>Born into a wealthy family, St. Stanislaus, a Bishop and martyr, gave away all of his inheritance to the poor when his parents died. How have you given alms this Lenten season?</p>	<p style="text-align: center;">April 12</p> <p>The Lenten season will soon come to a close. Take time today to reflect on how the sacrifices you made this season can make others’ lives better throughout the Easter season.</p>	<p style="text-align: center;">April 13</p> <p>“Cast away from you all the crimes you have committed, says the LORD, and make for yourselves a new heart and a new spirit.” (Ez 8:31, <i>Lectionary</i>)</p>
<p style="text-align: center;">April 14</p> <p>Palm Sunday of the Passion of the Lord</p> <p>Pray that the Lord allow you to accompany him serenely during these Easter mysteries and you may emerge from them renewed in faith, hope and charity.</p>	<p style="text-align: center;">April 15</p> <p>Holy Week is here. If your Lenten journey has been difficult, remember that willing sacrifice helps us grow. Giving of ourselves during our suffering and self-denial helps us to love like Christ.</p>	<p style="text-align: center;">April 16</p> <p>Say a prayer for all elect, who are waiting to be baptized into the Church on Holy Saturday.</p>	<p style="text-align: center;">April 17</p> <p>With the Mass of the Lord’s Supper tomorrow, Lent ends and we come to the summit of the liturgical year. Our long fast is followed by the greatest of feasts. Before long, we will be sharing Easter joy!</p>	<p style="text-align: center;">April 18</p> <p>Holy Thursday</p> <p>Sunset today marks the end of Lent and the beginning of the Triduum—the 3 most solemn days of the liturgical year. Begin the Triduum by attending Mass this evening.</p>	<p style="text-align: center;">April 19</p> <p>Good Friday</p> <p>Today is Good Friday, when we commemorate the death of Christ on the Cross. If you are unable to attend a liturgy today, take time to pray the Stations of the Cross.</p>	<p style="text-align: center;">April 20</p> <p>Holy Saturday</p> <p>“We, by Baptism, are immersed in that inexhaustible source of life which is the death of Jesus, the greatest act of love in all of history. . .” (Pope Francis, General Audience, January 2008)</p>
<p style="text-align: center;">April 21</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>Alleluia! Christ is risen! Indeed, he is risen! Celebrate Christ’s Resurrection by reading or reciting the Proclamation of Easter, the Exsultet.</p>	<p>“Holy Week, which for Christians is the most important week of the year, gives us the opportunity to immerse ourselves in the central events of the Redemption, to relieve the Paschal Mystery, the great Mystery of faith. . . May divine grace open our hearts to an understanding of the invaluable gift of salvation, obtained for us by Christ’s sacrifice.”</p> <p style="text-align: center;">—Pope Benedict XVI, General Audience, April 8, 2009</p> <p><small>This calendar may be printed and distributed without charge in its original format only for personal and institutional use. No other use of the copyrighted content is permitted. <i>Lectionary for Mass for Use in the Dioceses of the United States, second typical edition</i>, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Quotes from Pope Francis, Pope Benedict XVI, copyright © 2006, 2008, 2009, 2014, 2016, 2018, Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Copyright © 2019, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</small></p>					