

# LENT 2019

Holy Family Church  
Rev. Ken Lulf, Pastor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>March</b></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><b>6</b> <i>Ash Wednesday</i> In addition to fasting, attend an Ash Wednesday liturgy and wear the cross of ashes for the rest of the day.</p>	<p><b>7</b> Support your parish's Lent collections, whether it is the Bishop's Lenten campaign, Operation Rice Bowl or a mission collection.</p>	<p><b>8</b> It is our Catholic responsibility to abstain from eating meat on Fridays during Lent as a form of penance.</p>	<p><b>9</b> Adopt a priest or member of a religious order in your diocese and pray for him or her every day of Lent.</p>
<p><b>10</b> Stay a few minutes after Mass and ask God to bless this Lent and help you grow in holiness.</p>	<p><b>11</b> Start a journal for your prayer intentions. Wait and see how God, who always answers prayer, answers yours.</p>	<p><b>12</b> Call Catholic Relief Services (877-HELP-CRS or www.catholicrelief.org) to see how you can help those in need.</p>	<p><b>13</b> Today (and every day), refrain from gossiping.</p>	<p><b>14</b> Go on a "water fast," just for today and drink only water. Pray for those who may not be able to afford to drink coffee, tea, juice, soda, etc.</p>	<p><b>15</b> Pray for God to bless someone you don't like, or who you know doesn't like you.</p>	<p><b>16</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 www.usccb.org.</p>
<p><b>17</b> <i>St. Patrick's Day</i> St. Patrick evangelized Ireland. In his honor, explore ways to support your parish religious education program or youth group.</p>	<p><b>18</b> Choose a virtue and practice it all week: prudence, justice, fortitude, temperance, faith, hope, or charity.</p>	<p><b>19</b> <i>Solemnity of St. Joseph</i> St. Joseph served God faithfully. What God said, he did. Resolve today to fulfill your responsibilities without complaining.</p>	<p><b>20</b> Be determined to go the entire day without judging or criticizing anyone.</p>	<p><b>21</b> Lent is a demanding time for parish priests. Call your parish office to offer extra support or help.</p>	<p><b>22</b> Turn off the TV, computer, or other electronics for 30 minutes today. Offer this time to God in prayer or reading Scripture.</p>	<p><b>23</b> Jesus, truly present in the Eucharist, waits for us in the tabernacle of every Catholic church. Make time to visit him, if only for a little while.</p>
<p><b>24</b> Take one idea from today's Gospel reading or homily to put into practice this coming week.</p>	<p><b>25</b> <i>The Annunciation</i> We celebrate Mary's "Yes" to God, in agreeing to be the Mother of Jesus. Pray for the courage to respond faithfully to whatever God asks.</p>	<p><b>26</b> Ask God for a new grace today that will help you experience his personal love for you.</p>	<p><b>27</b> Make a fresh start on your Lenten journey today. Renew your Lenten observances.</p>	<p><b>28</b> Go through today only saying kind words. No snarky remarks or sarcasm allowed.</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> Show Jesus you are willing to carry your cross by tackling something difficult you've been putting off.</p>
<p><b>31</b> <i>Laetare Sunday</i> Make Sunday special. Invite friends and neighbors over for a potluck meal after Mass.</p>	<p><b>I</b> <b>April</b> Make a good examination of conscience with the Ten Commandments as a guide. You can find them in Exodus, Chapter 20.</p>	<p><b>2</b> Find 30 minutes to read today's Gospel: John 5:1-16. Write down two thoughts it inspired and keep them with you throughout the day.</p>	<p><b>3</b> Reach out to someone you know who is having a difficult time. Send an anonymous card with an encouraging message and enclose a gift card.</p>	<p><b>4</b> <i>St. Isidore of Seville</i> Find an unfamiliar term in the glossary of the <i>Catechism of the Catholic Church</i> and read about it until you can explain it to someone else.</p>	<p><b>5</b> Consider making today a day of fasting, in addition to abstinence. When tempted to snack, remember those who can't afford nutritional basics.</p>	<p><b>6</b> Attend a Reconciliation Service or go to Confession on your own. Make a sincere Confession and experience the joy of God's forgiveness.</p>
<p><b>7</b> After Mass today, go out for coffee or breakfast with other parishioners from your parish.</p>	<p><b>8</b> Every day this week, get up 15 minutes earlier to pray.</p>	<p><b>9</b> Spread joy! Smile at everyone you meet, regardless of how you feel.</p>	<p><b>10</b> At least for today, give up worrying! When you are tempted to worry, pray instead and move on.</p>	<p><b>11</b> Fill a small Easter basket with treats and give to a friend. Include a prayer card, a Rosary, and a religious book.</p>	<p><b>12</b> Attend a Stations of the Cross service if your parish offers one. If not, find them on the USCCB website here: <a href="http://www.usccb.org/">http://www.usccb.org/</a>.</p>	<p><b>13</b> <i>Pope St. Martin</i> Pope St. Martin was martyred for his beliefs. In his honor, pray for Christians persecuted around the world.</p>
<p><b>14</b> <i>Palm Sunday</i> Today's Gospel narrates the events of Holy Week. Place yourself in the scene and "walk through" Holy Week with our Lord.</p>	<p><b>15</b> Tonight and every night this week, pray for the catechumens coming into the Church at the Easter Vigil.</p>	<p><b>16</b> Go for a walk and look for signs of new life.</p>	<p><b>17</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>18</b> <i>Holy Thursday</i> The Church celebrates the Last Supper, when Jesus instituted the Eucharist and the priesthood. Celebrate by going to church tonight.</p>	<p><b>19</b> <i>Good Friday</i> Today is a day of fasting and abstinence. Read and meditate on John's account of Jesus' passion and death (John 18-19).</p>	<p><b>20</b> <i>Holy Saturday</i> Choose an "Easter challenge" to help you continue to grow closer to God after Lent.</p>