

LENT 2024 | Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>February 14 </p> <p>Ash Wednesday— Lent Begins</p> <p>Behold, now is a very acceptable time; behold, now is the day of salvation. (2 Cor 6:2)</p>	<p>February 15</p> <p>“During Lent we are invited to ascend ‘a high mountain’ in the company of Jesus and to live a particular experience of spiritual discipline – asceticism – as God’s holy people.” (Pope Francis, Message for Lent 2023)</p>	<p>February 16 </p> <p>Explore some new meatless recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources.</p>	<p>February 17</p> <p>Many who will be baptized at the Easter Vigil will celebrate the Rite of Election tomorrow. Say a prayer for the elect, for those who will be received into the full communion of the Catholic Church, and for all who seek God with a sincere heart.</p>
			<p>February 18</p> <p>First Sunday of Lent</p> <p>“This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.” (Mark 1:15)</p>	<p>February 19</p> <p>“Lenten penance is a commitment, sustained by grace, to overcoming our lack of faith and our resistance to following Jesus on the way of the cross.” (Pope Francis, Message for Lent 2023)</p>	<p>February 20</p> <p>Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent.</p>	<p>February 21</p> <p>“In the Sacrifice of the Mass the Passion of Christ is made present, and the body handed over for us and the blood poured out for the forgiveness of sins are again offered to God by the Church for the salvation of the whole world.” (<i>Order of Penance</i>, no. 2)</p>

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<p>February 25</p> <p>Second Sunday of Lent</p> <p>“This is my beloved Son. Listen to him.”</p> <p>(Mark 9:7)</p>	<p>February 26</p> <p>“We need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us.”</p> <p>(Pope Francis, Message for Lent 2023)</p>	<p>February 27</p> <p>After dinner, pray a decade of the Rosary for those who feel unwelcomed, unheard, and unloved.</p>	<p>February 28</p> <p>“Often when people commit deeds of injustice, they act together. In the same way, when they repent they help one another, so that, freed from sin by the grace of Christ, they may work together with all people of good will for justice and peace in the world.”</p> <p>(<i>Order of Penance</i>, no. 5)</p>	<p>February 29</p> <p>On this “extra” day of the year, make a list of all the good things that God has given you and say a prayer of thanksgiving for God’s loving care.</p>	<p>March 1 </p> <p>Prayerfully discern ways that you can give to others by sharing your time, treasure, and talent.</p>	<p>March 2</p> <p>If possible, apologize to someone you have hurt or offer forgiveness to someone who has hurt you.</p>
<p>March 3</p> <p>Third Sunday of Lent</p> <p>We proclaim Christ crucified.</p> <p>(1 Cor 1:23)</p>	<p>March 4</p> <p>“To deepen our knowledge of the Master, to fully understand and embrace the mystery of his salvation, accomplished in total self-giving inspired by love, we must allow ourselves to be taken aside by him and to detach ourselves from mediocrity and vanity. We need to set out on the journey, an uphill path that, like a mountain trek, requires effort, sacrifice and concentration.”</p> <p>(Pope Francis, Message for Lent 2023)</p>	<p>March 5</p> <p>Pray one of the Penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, 143) and give thanks for God’s mercy.</p>	<p>March 6</p> <p>“The disciple of Christ who, after sinning, is moved by the Holy Spirit and comes to the Sacrament of Penance, should, above all, turn to God with all his (her) heart.”</p> <p>(<i>Order of Penance</i>, no. 6)</p>	<p>March 7</p> <p>Today is the memorial of Saints Perpetua and Felicity, martyred in Africa in the early years of the third century. Pray for all who suffer persecution for their faith.</p>	<p>March 8 </p> <p>As Lent nears its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.</p>	<p>March 9</p> <p>Lord Jesus, have mercy on me, a sinner.</p>
<p>March 10</p> <p>Fourth Sunday of Lent</p> <p>For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.</p> <p>(John 3:16)</p>	<p>March 11</p> <p>“Jesus is himself the Way, and therefore, both in the liturgical journey and in the journey of the Synod, the Church does nothing other than enter ever more deeply and fully into the mystery of Christ the Savior.”</p> <p>(Pope Francis, Message for Lent 2023)</p>	<p>March 12</p> <p>If possible, spend some time in prayer before the Blessed Sacrament, asking that God will fill you with his grace so that you may draw ever closer to the Body of Christ.</p>	<p>March 13</p> <p>“The genuineness of repentance depends on this contrition of heart. For conversion should affect the person from within, in order to enlighten him (her) more deeply day by day and to conform him (her) more and more to Christ.”</p> <p>(<i>Order of Penance</i>, no. 6a)</p>	<p>March 14</p> <p>Pray for peace in all the troubled parts of our world, in our communities, and in our families.</p>	<p>March 15 </p> <p>Pray the Stations of the Cross (Stations Of The Cross USCCB), either in your parish or on your own.</p>	<p>March 16</p> <p>Blessed are you, Lord, God of all creation: you make us hunger and thirst for holiness. Blessed are you, Lord, God of all creation: you call us to true fasting: to set free the oppressed, to share our bread with the hungry, to shelter the homeless and to clothe the naked.</p> <p>(<i>Catholic Household Blessings and Prayers</i>)</p>

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<p>March 17</p> <p>Fifth Sunday of Lent</p> <p>Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.</p> <p>(John 12:25)</p>	<p>March 18</p> <p>“It is in togetherness that we follow Jesus. Together too, as a pilgrim Church in time, we experience the liturgical year and Lent within it, walking alongside those whom the Lord has placed among us as fellow travelers.”</p> <p>(Pope Francis, Message for Lent 2023)</p>	<p>March 19</p> <p>Solemnity of Saint Joseph</p> <p>As we celebrate Saint Joseph, pray for all fathers, that God may grant eternal rest to those who have died and strengthen the living with love for their families and commitment to their vocation.</p>	<p>March 20</p> <p>“The Sacrament of Penance involves the confession of sins, which proceeds from true knowledge of self before God and from contrition for sins. This inward examination of the heart and outward accusation, however, should be made in the light of God’s mercy.”</p> <p>(<i>Order of Penance</i>, no. 6b)</p>	<p>March 21</p> <p>Pray for a deeper respect for all human life, especially for the most vulnerable: the unborn, the infirm, those with disabilities, those on death row, and the terminally ill.</p>	<p>March 22</p> <p>On this final Friday of Lent, let your sacrifices unite you with your suffering brothers and sisters and with Jesus’ perfect sacrifice on the Cross.</p>	<p>March 23</p> <p>If possible, make plans to participate next week in your parish’s celebration of the moving liturgies of the Triduum (Holy Thursday through Easter Sunday).</p>
<p>March 24</p> <p>Palm Sunday of the Passion of the Lord</p> <p>“Hosanna!</p> <p>Blessed is he who comes in the name of the Lord!</p> <p>Blessed is the kingdom of our father David that is to come!</p> <p>Hosanna in the highest!”</p> <p>(Mark 11:9-10)</p>	<p>March 25</p> <p>“Lent leads to Easter: the ‘retreat’ is not an end in itself, but a means of preparing us to experience the Lord’s passion and cross with faith, hope and love, and thus to arrive at the resurrection.”</p> <p>(Pope Francis, Message for Lent 2023)</p>	<p>March 26</p> <p>As Lent draws to a close, reflect on your Lenten journey. How have you grown closer to God? How have you grown in holiness? Give thanks to God for accompanying you in this season.</p>	<p>March 27</p> <p>O Lord, our God and Father, who have given us life through the Passion of your Son, grant that, joined through penance to his Death, we may also be sharers, with all people, in his Resurrection.</p> <p>(<i>Order of Penance</i>, Appendix II, no. 15)</p>	<p>March 28</p> <p>Holy Thursday</p> <p>On the night before he died, Jesus instituted the Sacrament of the Eucharist at his Last Supper with his friends. Pray for the grace to be ever aware of Jesus’ Real Presence in the Eucharist.</p>	<p>March 29</p> <p>Good Friday</p> <p>We adore you, O Christ, and we bless you, because by your Holy Cross you have redeemed the world.</p>	<p>March 30</p> <p>Holy Saturday</p> <p>If possible, spend today in quiet prayer, praying for those who receive Sacraments of Initiation tonight and that you will have renewed strength to live your baptismal call.</p>
<p>March 31</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>You seek Jesus of Nazareth, the crucified. He has been raised; he is not here.</p> <p>(Mark 16:6)</p>	<p>“Dear brothers and sisters, may the Holy Spirit inspire and sustain us this Lent in our ascent with Jesus, so that we may experience his divine splendour and thus, confirmed in faith, persevere in our journey together with him, glory of his people and light of the nations.”</p> <p>—Pope Francis, <i>Message for Lent, 2023</i></p> <p>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. Excerpts from the <i>Lectionary for Mass for Use in the Dioceses of the United States</i>, second typical edition, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine. Used with permission. All rights reserved. Quotes from Pope Francis copyright © Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Excerpts from the English translation of <i>The Order of Penance</i> © 2019, International Commission on English in the Liturgy Corporation. Used with permission. All rights reserved. Copyright © 2023, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					 <p>CNS/Lola Gomez</p>