

LENT 2026 | Reflect. Repent. Restore.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  | February 18 Ash Wednesday—<i>Lent Begins</i> Behold, now is a very acceptable time; behold, now is the day of salvation. 2 Corinthians 6:2 | February 19 Set your intention for this Lenten season. What penitential practices will you observe? How will you try to grow closer to God? | February 20 Explore some new <u>meatless</u> recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources. | February 21 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. | | |
| February 22 First Sunday of Lent “One does not live on bread alone, but on every word that comes forth from the mouth of God.” Matthew 4:4 | February 23 Commit to Lenten prayer for those experiencing poverty or unemployment, using this resource: Lenten-Prayers.pdf | February 24 Prayerfully discern ways that you can give to others by sharing your time, treasure, and talent. | February 25 “Contact with those who are lowly and powerless is a fundamental way of encountering the Lord of history. In the poor, he continues to speak to us.” Pope Leo XIV, <i>Dilexi te</i> , no. 5 | February 26 Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent. | February 27 Fast from television, streaming, gaming, social media, or some other pleasure and spend the extra time praying or reading the Bible. | February 28 Discern participation in a faith formation program or service project sponsored by your parish or diocese. |

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| March 1 Second Sunday of Lent Bear your share of hardship for the gospel with the strength that comes from God. 2 Timothy 1:8 | March 2 If possible, apologize to someone you have hurt or offer forgiveness to someone who has hurt you. | March 3 Before going to bed tonight, take some quiet time to reflect on your day. Notice where God was present and how you responded to his presence. Resolve to be more attentive to God's presence tomorrow. | March 4 "Almsgiving ... offers us a chance to halt before the poor, to look into their eyes, to touch them and to share something of ourselves with them." | March 5 Pray for peace in all the troubled parts of our world, in our communities, and in our families. | March 6 Say a prayer for all those discerning a vocation to the priesthood, the consecrated life, or the diaconate, that they will have the courage to say "Yes," to God's call. | March 7 Today is the memorial of Saints Perpetua and Felicity who were martyred for their faith. Pray for those whose religious freedom is threatened. |
| March 8 Third Sunday of Lent "But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth." | March 9 Pray one of the Penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, 143) and give thanks for God's mercy. Have you gone to confession yet this Lent? | March 10 Pray the Sorrowful Mysteries of the Rosary for the Pope's Intention for March: For disarmament and peace. Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence. | March 11 "The poorest are not only objects of our compassion, but teachers of the Gospel. It is not a question of 'bringing' God to them, but of encountering him among them." | March 12 As Lent nears its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast. | March 13 Pray the Stations of the Cross (Stations Of The Cross USCCB), either in your parish or on your own. | March 14 Lord Jesus, have mercy on me, a sinner. |
| March 15 Fourth Sunday of Lent Live as children of light, for light produces every kind of goodness and righteousness and truth. | March 16 If possible, spend some time in prayer before the Blessed Sacrament, asking God to fill you with his grace so that you may draw ever closer to the Body of Christ. | March 17 On this Memorial of Saint Patrick, pray for missionaries and all who are called to spread the Gospel. | March 18 "The Church, like a mother, accompanies those who are walking. Where the world sees threats, she sees children; where walls are built, she builds bridges. ...In every rejected migrant, it is Christ himself who knocks at the door of the community." | March 19 Today is the Solemnity of Saint Joseph. Pray for all fathers and those who exercise a father's responsibility, that they may give the children in their care an example of self-sacrificial love. | March 20 As spring brings new life to the earth, take a walk in your community to praise God in his creation. (Bonus points if you pick up trash as you walk!) | March 21 In Lent, we are called to renew our baptismal commitment. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ. |

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| March 22 Fifth Sunday of Lent "I have come to believe that you are the Christ, the Son of God, the one who is coming into the world." John 11:27 | March 23 As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger. | March 24 "Charity and justice should perpetuate the Eucharist through love and attention to the poor." Pope Leo XIV, <i>Dilexi te</i> , no. 41 | March 25 On this Solemnity of the Annunciation of the Lord, pray for all mothers facing crisis pregnancies and discern what actions you can take to support them. | March 26 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 and mercy. | March 27 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. | March 28 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). |
| March 29 Palm Sunday of the Passion of the Lord "Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest." Matthew 21:9 | March 30 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. | March 31 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. | April 1 "When the Church bends down to break the new chains that bind the poor, she becomes a paschal sign." Pope Leo XIV, <i>Dilexi te</i> , no. 61 | April 2 Holy Thursday "I have given you a model to follow, so that as I have done for you, you should also do." John 13:15 | April 3 Good Friday Through his suffering, my servant shall justify many, and their guilt he shall bear Isaiah 53:11 | April 4 Holy Saturday If possible, spend today in quiet prayer, praying for those who will receive Sacraments of Initiation tonight and that you will have renewed strength to live your baptismal call. |
| April 5 Easter Sunday of the Resurrection of the Lord "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said." Matthew 28:5-6 | <p>"Christian love breaks down every barrier, brings close those who were distant, unites strangers, and reconciles enemies. It spans chasms that are humanly impossible to bridge, and it penetrates to the most hidden crevices of society. By its very nature, Christian love is prophetic: it works miracles and knows no limits. It makes what was apparently impossible happen. Love is above all a way of looking at life and a way of living it. A Church that sets no limits to love, that knows no enemies to fight but only men and women to love, is the Church that the world needs today."</p> <p style="text-align: right;">—Pope Leo XIV, <i>Dilexi te</i>, no. 120</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 Lectionary for Mass for Use in the Dioceses of the United States, 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 The Order of Penance © 2019, International Commission on English in the Liturgy Corporation. Used with permission. Copyright © 2026, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p> | | | | | |



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