



LENT 2025

 = a day of fasting and abstinence from meat

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>		March	<p>5 Ash Wednesday Attend Mass and receive ashes as a sign of penance. Ask the Lord to help you grow closer to Him this Lent.</p>	<p>6 Prayerfully choose meaningful but achievable practices of prayer, penance, almsgiving.</p>	<p>7 Wake up five minutes early to dedicate your day to God’s service.</p>	<p>8 Offer to pay for coffee, fast food, or groceries for the person in line behind you.</p>
<p>9 “Each tree is known by its own fruit” (Luke 6:44). After Mass, ask God what “good fruit” He wants your life to bear this Lent.</p>	<p>10 Practice true charity: “Have patience with all things, but first of all with yourself” (St. Francis de Sales).</p>	<p>11 Take fifteen minutes today for silent prayer. Don’t worry about finding the right words. Just be still and let Him love you.</p>	<p>12 Enjoy pretzels, a traditional Lenten snack invented by monks. They thought the folded loops resembled arms crossed in prayer.</p>	<p>13 Skim the glossary of the <i>Catechism of the Catholic Church</i> until something strikes your interest, and dive deeper.</p>	<p>14 Pray the Chaplet of Divine Mercy today, especially for the dying. You can find more information here: https://www.usccb.org/prayers</p>	<p>15 Write a note of encouragement to someone you think needs cheering up.</p>
<p>16 Stay after Mass today to pray for the intentions of the Holy Father.</p>	<p>17 St. Patrick’s Day In honor of St. Patrick’s missionary work in Ireland, offer extra prayers for those who teach the Faith.</p>	<p>18 Listening well is a small but meaningful act of courtesy. Give the gift of your full attention.</p>	<p>19 St. Joseph’s Day In honor of St. Joseph, focus on the Joyful Mysteries today, reflecting on St. Joseph’s role in each event.</p>	<p>20 Lent and Holy Week are busy times in a Catholic parish. Call or stop by your parish office and ask how you can help.</p>	<p>21 “There is no such thing as innocent slander.” (Pope Francis). Today, practice the penance of not complaining about anyone.</p>	<p>22 Contact Catholic Relief Services (877-435-7277 or www.crs.org) to see how you can support any of their projects.</p>
<p>23 Write down three points you remember from Father’s homily. Choose one you want to put into practice this week.</p>	<p>24 Honor your word, even to yourself. Perform a chore you’ve been putting off.</p>	<p>25 The Annunciation Happy Solemnity! Today, we celebrate that God became man (John 1:14). Attend daily Mass or have a dessert—or both!</p>	<p>26 Make a small sacrifice today: No cream in your coffee, no butter on your toast, no music in the car.</p>	<p>27 Ask God to show you whatever keeps you from fully experiencing His love. Resolve to deal with it before Lent ends.</p>	<p>28 Counter pride with authentic humility. Pray, “O Jesus, I surrender myself to You, take care of everything!”</p>	<p>29 “Return, O Israel, to the LORD, your God; you have collapsed through your guilt.” (Hosea 14:2) Pray the Act of Contrition and ask for forgiveness.</p>
<p>30 Laetare Sunday Today marks the halfway point to Easter! Have a dessert to celebrate that you have made it halfway to Lent.</p>	<p>31 Renew your commitment to your Lenten resolutions.</p>	<p>1 April Examine your conscience, using the Ten Commandments as a guide (Exodus 20:1-17).</p>	<p>2 Go to Confession and experience God’s mercy. Thank Him for His love and resolve to avoid future sin.</p>	<p>3 Instead of spending time on your screen, read a good spiritual classic.</p>	<p>4 Attend daily Mass or visit the Blessed Sacrament sometime today. Thank Jesus for His sacrifice of love.</p>	<p>5 Choose to forego a financial luxury, such as online shopping or eating out. Abstain from it until Easter and donate the extra money.</p>
<p>6 Extend fellowship. Invite friends to brunch after Mass, either at a restaurant or at your home.</p>	<p>7 Loving others well starts with knowing we are loved. Ask God to reveal His love to you today.</p>	<p>8 Read the Passion Narrative from the Gospel of Luke (Luke 22-23). What areas of your life and heart need His grace?</p>	<p>9 Reduce the contents of your closets. If you used or worn something in a year, donate it to charity.</p>	<p>10 Go for a walk and look for signs of Spring.</p>	<p>11 Observe a (recreational) screen fast, from 12:00pm to 3:00pm, the time Jesus hung on the Cross.</p>	<p>12 Pray the Sorrowful Mysteries of the Rosary, meditating on Christ’s Passion through the eyes of His mother.</p>
<p>13 Palm Sunday When listening to the Gospel readings at Mass, imagine yourself in the scene. How would you respond?</p>	<p>14 Pray for all those coming into the Church at Easter Vigil.</p>	<p>15 Forgive anyone who has hurt you. Ask forgiveness of anyone you have harmed.</p>	<p>16 Reflect on your Lent: where did you grow? What graces did you receive? What habits would you like to continue after Easter?</p>	<p>17 Holy Thursday Make a Holy Hour today in a church or chapel to console Jesus for the abandonment, indifference, and sacrilege He suffers by us.</p>	<p>18 Good Friday Reread Luke 23. Jesus carried His Cross out of love for you. Resolve to imitate Him more faithfully this year.</p>	<p>19 Holy Saturday Light a candle and renew your baptismal vows to remain committed to Christ.</p>