

# LENT 2022



= a day of fasting and abstinence



= a day of abstinence from meat

| 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> |  | <b>March</b>  | <p>2 <i>Ash Wednesday</i></p> <p>Go to an Ash Wednesday liturgy and wear the cross of ashes all day. </p> | <p>3</p> <p>Choose Lenten offerings of prayer, penance, and almsgiving.</p>   | <p>4 </p> <p>Abstain from eating meat today, and make your meals truly penitential.</p>  | <p>5</p> <p>Make a list of the ways you can support the poor. Do one activity each week.</p>   |
| <p>6</p> <p>Put a cross, crucifix, or other image of Jesus in each room of your home to help keep you focused on him.</p>  | <p>7</p> <p>Look for evidence of God at work in your life.</p>                                   | <p>8</p> <p>Call Catholic Charities (703-549-1390, <a href="http://www.catholiccharitiesusa.org/">www.catholiccharitiesusa.org/</a>) to see how you can help.</p> | <p>9</p> <p>Give up something good you enjoy, just for today. Offer it for the souls in Purgatory.</p>    | <p>10</p> <p>See what luxuries you spend the most money on. Take a tenth of that and donate it to the poor.</p>   | <p>11 </p> <p>Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.</p>                 | <p>12</p> <p>Make a short visit to the Blessed Sacrament in church and thank Jesus for all He’s done for you.</p>                    |
| <p>13</p> <p>Pick one way you can simplify your lifestyle to make more room for God.</p>   | <p>14</p> <p>Complete a task or errand you have been putting off.</p>                            | <p>15</p> <p>Make a conscious effort to see everyone with loving eyes today.</p>  | <p>16</p> <p>At the end of the day, make an examination of conscience. Pick one change to make.</p>       | <p>17 <i>St. Patrick’s Day</i></p> <p>Explore ways to support your parish religious education program.</p>  | <p>18 </p> <p>Pray for the people in the world who can’t afford to have meat as a regular part of their diets.</p>               | <p>19 <i>St. Joseph’s Day</i></p> <p>Ask St. Joseph, Protector of the Church, to watch over you and help you grow closer to God.</p> |
| <p>20</p> <p><i>Screen-free Sunday</i><br/>Limit screen time to necessities and do something that lifts your soul.</p>   | <p>21</p> <p>Today, resolve not to be critical of others. Use only kind words.</p>               | <p>22</p> <p>Perform some act of service for your parish. Ask at the rectory for suggestions.</p>   | <p>23</p> <p>Do an examination of conscience based on the Ten Commandments.</p>                           | <p>24</p> <p>Offer a Rosary for increased faith in the Real Presence of Christ in the Eucharist.</p>  | <p>25 </p> <p>Make one small sacrifice today: cream in your coffee, an impulse purchase, 10 minutes of sleep, etc.</p>           | <p>26</p> <p>Attend a Reconciliation Service or go to Confession on your own.</p>  |
| <p>27</p> <p><i>Laetare Sunday</i><br/>Celebrate the halfway point of Lent. Do something fun after Mass today.</p>   | <p>28</p> <p>Make a fresh start on your Lenten journey today. Renew your Lenten observances.</p> | <p>29</p> <p>Give a kind smile to everyone, regardless of how you feel.</p>   | <p>30</p> <p>Trim down your possessions and give what you don’t need to the poor.</p>                     | <p>31</p> <p>Refuse to gossip. Pray for the person instead.</p>   | <p>1 <b>April</b> </p> <p><i>First Friday Devotion</i><br/>Attend daily Mass. Thank Jesus for His presence in the Eucharist.</p> | <p>2</p> <p>Write down all your tasks and prayer intentions and entrust them to God. “Jesus, I trust in you.”</p>                    |
| <p>3</p> <p>Try to find the time to read an entire Gospel in one sitting. (Hint: St. Mark’s Gospel is the shortest.)</p>   | <p>4</p> <p>Deepen the level of your prayer. Slow down and think about what you’re saying.</p>   | <p>5</p> <p>Ask at the parish office for anything you can volunteer with for Holy Week.</p>   | <p>6</p> <p>Resolve to say only positive things about yourself and others.</p>                            | <p>7</p> <p>Pray the Chaplet of Divine Mercy for the needs of the Church. Find it here: <a href="http://www.usccb.org/prayers">www.usccb.org/prayers</a>.</p> | <p>8 </p> <p>Forgive an offense you may have suffered and let God be the final judge.</p>  | <p>9</p> <p>Ask Jesus to heal whatever keeps you from feeling God’s bountiful love.</p>  |
| <p>10</p> <p><i>Palm Sunday</i><br/>Place palms around each image of Jesus in your home. Welcome the Messiah into your heart.</p>  | <p>11</p> <p>Ask God for a special grace that will bring you closer to Him.</p>                  | <p>12</p> <p>Notice someone who may be hungry for love or attention and satisfy that hunger.</p>  | <p>13</p> <p>Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>                | <p>14</p> <p>Attend Mass. Offer prayers for an increase in vocations to the priesthood.</p>   | <p>15 <i>Good Friday</i> </p> <p>Find time today to read the Passion Narratives in all four Gospels.</p>                         | <p>16 <i>Holy Saturday</i></p> <p>Today, light a candle and renew your commitment to Christ.</p>                                     |