

LENT 2022

Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>CNS/Paul Haring</p>			<p>March 2 </p> <p>Ash Wednesday—<i>Lent Begins</i></p> <p>“During this season of conversion, let us renew our <i>faith</i>, draw from the ‘living water’ of <i>hope</i>, and receive with open hearts the <i>love</i> of God, who makes us brothers and sisters in Christ.”</p> <p>(Pope Francis, Message for Lent 2021)</p>	<p>March 3</p> <p>As we begin our Lenten journey, reflect on how well you are living your baptismal promises with God’s grace and commit to some practice of prayer, fasting, and almsgiving to purify your heart and help you to follow Jesus more closely.</p>	<p>March 4 </p> <p>Fridays in Lent are days of abstinence for persons 14 years of age and older. Learn more about fasting and abstinence here.</p>	<p>March 5</p> <p>“<i>Fasting, prayer and almsgiving</i>, as preached by Jesus (cf. Mt 6:1-18), enable and express our conversion. The path of poverty and self-denial (<i>fasting</i>), concern and loving care for the poor (<i>almsgiving</i>), and childlike dialogue with the Father (<i>prayer</i>) make it possible for us to live lives of sincere faith, living hope and effective charity.”</p> <p>(Pope Francis, Message for Lent 2021)</p>
<p>March 6</p> <p>First Sunday of Lent</p> <p>“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”</p> <p>(Romans 10:9)</p>	<p>March 7</p> <p>Today we remember Sts. Felicity and Perpetua who died for their faith. Say a prayer for all those who suffer religious persecution.</p>	<p>March 8</p> <p>“The Lord accompanies us in many ways, but none as profound as when we encounter him in the Eucharist. On our journey toward eternal life, Christ nourishes us with his very self.</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 5)</p>	<p>March 9</p> <p>Those who will be baptized at the Easter Vigil celebrated the Rite of Election on Sunday. Say a prayer for the elect, for those who will be received into the Church, and for all who seek God with a sincere heart.</p>	<p>March 10</p> <p>“Many couples and families bear witness to the joy of faithful love by steadfast commitment and fruitful sacrifice within their daily lives.”</p> <p>(USCCB, <i>Called to the Joy of Love</i>, p.7 [pdf])</p>	<p>March 11 </p> <p>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.</p>	<p>March 12</p> <p>“Jesus Christ is constantly reaching out to all persons, but there needs to be a response from us. We need not fear that the invitation is meant for someone else and not us. We can respond with a sure hope.”</p> <p>(USCCB, <i>Encountering Christ in Harmony</i>, p.10 [pdf])</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 13</p> <p>Second Sunday of Lent</p> <p>“But our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ.”</p> <p>(Philippians 3:20)</p>	<p>March 14</p> <p>“Let the grace of your baptism bear fruit in a path of holiness. Let everything be open to God; turn to him in every situation. Do not be dismayed, for the power of the Holy Spirit enables you to do this, and holiness, in the end, is the fruit of the Holy Spirit in your life (cf. Gal 5:22-23).”</p> <p>(Pope Francis, <i>Gaudete et Exsultate</i>, no. 5)</p>	<p>March 15</p> <p>Make a good examination of conscience and plan to receive the Sacrament of Penance before Easter.</p>	<p>March 16</p> <p>“In the words and gestures of the Last Supper, Jesus makes it clear that out of love for us he is freely offering his life for the forgiveness of our sins. In doing so, he is both the priest offering a sacrifice and the victim being offered.”</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 13)</p>	<p>March 17</p> <p>St. Patrick first came to Ireland as a slave. On his feast day, learn more about modern day victims of slavery and human trafficking.</p>	<p>March 18 </p> <p>Saint Cyril of Jerusalem was renowned as a preacher and catechist. Say a prayer for bishops, priests, deacons, catechists, and all those who teach the faith.</p>	<p>March 19</p> <p>Solemnity of St. Joseph</p> <p>“Even through Joseph’s fears, God’s will, his history and his plan were at work. Joseph, then, teaches us that faith in God includes believing that he can work even through our fears, our frailties and our weaknesses. . . . At times, we want to be in complete control, yet God always sees the bigger picture.”</p> <p>(Pope Francis, <i>Patris Corde</i>, no. 2)</p>
<p>March 20</p> <p>Third Sunday of Lent</p> <p>“All ate the same spiritual food, and all drank the same spiritual drink, for they drank from a spiritual rock that followed them, and the rock was the Christ.”</p> <p>(1 Corinthians 10:3-4)</p>	<p>March 21</p> <p>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!)</p>	<p>March 22</p> <p>“At the Last Supper, Jesus reveals himself to be the Paschal Lamb (‘Behold the Lamb of God’) whose sacrifice brings liberation from slavery to sin and whose blood marks out a new people belonging to God.”</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 15)</p>	<p>March 23</p> <p>St. Turibius of Mogrovejo served as archbishop of Lima and confirmed two other saints: Rose of Lima and Martin de Porres. How have you shared your faith with others?</p>	<p>March 24</p> <p>“The home is where husband and wife live the bond of marriage and where parents teach their children to know, love, and serve God. Christian parents, by virtue of their Baptism, are called to bear witness to their faith, especially within the home.”</p> <p>(USCCB, <i>Called to the Joy of Love</i>, p. 11 [pdf])</p>	<p>March 25 </p> <p>Solemnity of the Annunciation of the Lord</p> <p>Join the Walking with Moms in Need initiative to ask the Blessed Virgin Mary to draw mothers facing unexpected or challenging pregnancies close to her heart.</p>	<p>March 26</p> <p>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.</p>
<p>March 27</p> <p>Fourth Sunday of Lent</p> <p>“We implore you on behalf of Christ, be reconciled to God.”</p> <p>(2 Corinthians 5:20)</p>	<p>March 28</p> <p>As Lent reaches its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.</p>	<p>March 29</p> <p>“To worship God on Sundays, then, is not the mere observance of a rule but the fulfillment of our identity, of who we are as members of the Body of Christ. Participation in the Mass is an act of love.”</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 28)</p>	<p>March 30</p> <p>Take some time today to read Scripture or listen to the daily readings.</p>	<p>March 31</p> <p>“The evangelizing efforts of the baptized are not simply focused on those who have not heard of Christ. They are also directed toward our brothers and sisters who no longer join us around the Lord’s table. Furthermore, the baptized disciple of Christ is also continually evangelized through ongoing renewal of faith and living out that same faith.”</p> <p>(USCCB, <i>Living as Missionary Disciples</i>, p. 6)</p>	<p>April 1 </p> <p>Instead of playing practical jokes, follow St. Paul’s example: “We are fools on Christ’s account, but you are wise in Christ; we are weak, but you are strong; you are held in honor, but we in disrepute” (1 Cor 4:10).</p>	<p>April 2</p> <p>April is Child Abuse Prevention Month. Say a prayer for victims and survivors of abuse.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">April 3</p> <p>Fifth Sunday of Lent</p> <p>“I consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ and be found in him.”</p> <p>(Philippians 3:8-19)</p>	<p style="text-align: center;">April 4</p> <p>St. Isidore of Seville is often considered the patron saint of the Internet. Pray that your interaction on social media will be marked by respect and model the love to which Christ calls us.</p>	<p style="text-align: center;">April 5</p> <p>Pray the Sorrowful Mysteries of the Rosary for the Pope’s Intention for April: For health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.</p>	<p style="text-align: center;">April 6</p> <p>“The person who shares worthily in the Eucharist is enabled more and more to live the new law of love given by Christ precisely because Christ communicates himself in the sacrament of the altar. The foundation of our personal and moral transformation is the communion with himself that Christ establishes in Baptism and deepens in the Eucharist.”</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 34)</p>	<p style="text-align: center;">April 7</p> <p>St. John Baptist de la Salle was a great Catholic educator, especially devoted to ensuring that the poor could receive a Catholic education. Say a prayer for the success of efforts to make Catholic education more widely available.</p>	<p style="text-align: center;">April 8</p> <p>As Lent draws to a close, pray the Stations of the Cross and reflect on Jesus’ saving Passion and Death.</p>	<p style="text-align: center;">April 9</p> <p>“Sharing in Christ’s own mission, the family through Baptism is ‘priest, prophet and king’; priest, through the offering of sacrificial love and adoration of God; prophet through the witness to supernatural reality of God’s Kingdom; and king, through the order and harmony that the family fosters within the home, community, and Church.”</p> <p>(USCCB, <i>Called to the Joy of Love</i>, p.11 [pdf])</p>
<p style="text-align: center;">April 10</p> <p>Palm Sunday of the Passion of the Lord</p> <p>“Then Jesus said, ‘Father, forgive them, they know not what they do.’”</p> <p>(Luke 23:34)</p>	<p style="text-align: center;">April 11</p> <p>“We confess that we have sinned, and we implore the Lord’s mercy. This is necessary since we are all sinners and sometimes fail to live up to our vocation as disciples of Jesus and to the promises of our Baptism. We need continually to heed Christ’s call to conversion.”</p> <p>(USCCB, <i>The Mystery of the Eucharist in the Life of the Church</i>, no. 44)</p>	<p style="text-align: center;">April 12</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 style="text-align: center;">April 13</p> <p>Lent officially ends tomorrow as the Mass of the Lord’s Supper begins. Contact your parish to learn more about how you can participate in the liturgies of the Triduum.</p>	<p style="text-align: center;">April 14</p> <p>Holy Thursday</p> <p>Jesus instituted the Eucharist at his Last Supper with his disciples. Renew your faith in the Holy Eucharist with the resources at www.eucharisticrevival.org.</p>	<p style="text-align: center;">April 15</p> <p>Good Friday</p> <p>Fast from social media, television, etc. from noon to three today in memory of Jesus’ saving Death on the Cross. <i>We adore you, O Christ, and we bless you, for by your holy Cross, you have redeemed the world.</i></p>	<p style="text-align: center;">April 16</p> <p>Holy Saturday</p> <p>“Why do you seek the living one among the dead?”</p> <p>(Luke 24:5)</p>
<p style="text-align: center;">April 17</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>“Christ is alive! He is our hope, and in a wonderful way he brings youth to our world, and everything he touches becomes young, new, full of life.”</p> <p>(Pope Francis, <i>Christus Vivit</i>, no. 1)</p>	<p>“Dear brothers and sisters, every moment of our lives is a time for believing, hoping and loving. The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us—as communities and as individuals—to revive the faith that comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father.”</p> <p style="text-align: right;">—Pope Francis, <i>Message for Lent</i>, 2021</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. Quote from the <i>New American Bible, revised edition</i>, copyright © 2010, 1991, 1986, 1970, Confraternity of Christian Doctrine, Inc., Washington, DC. All rights reserved. Excerpts from the <i>Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition</i> © 2001, 1998, 1997, 1986, 1970, Confraternity of Christian Doctrine, Inc., Washington, DC. Used with permission. All rights reserved. Quotes from Pope Francis copyright © Libreria Editrice Vaticana (LEV), Vatican City State. Used with permission. All rights reserved. Copyright © 2022, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					 <p style="text-align: right; font-size: small;">CNS/Paul Haring</p>