

# LENT 2020 | Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>February 26</b></p> <p><b>Ash Wednesday— Lent Begins</b></p> <p>“By the sweat of your brow / you shall eat bread, / Until you return to the ground, / from which you were taken; / For you are dust, / and to dust you shall return.” (Gn 3:19, NABRE)</p>	<p><b>February 27</b></p> <p>Today is the feast day of St. Gabriel Possenti, a Passionist religious known to have been extraordinarily patient and kind. Take time to do something kind for another person today.</p>	<p><b>February 28</b></p> <p>Explore some new <a href="#">meatless recipes</a> to enjoy on Fridays during the Lenten season.</p>	<p><b>February 29</b></p> <p>“Even now, says the LORD, / return to me with your whole heart, / with fasting, and weeping, and mourning.” (Jl 2:12, <i>Lectionary</i>)</p>
<p><b>March 1</b></p> <p><b>First Sunday of Lent</b></p> <p>“A clean heart create for me, O God / and a steadfast spirit renew within me.” (Ps 51:12, <i>Lectionary</i>)</p>	<p><b>March 2</b></p> <p>“The more we strive to secure a common good corresponding to the real needs of our neighbors, the more effectively we love them.” (<i>Caritas in veritate</i>, no. 7)</p>	<p><b>March 3</b></p> <p>On the feast of St. Katharine Drexel, who gave up her wealth to be a missionary, we are reminded, “As a Church, we are called to be missionary disciples who know and live the faith and confidently share the Gospel” (<i>Living as Missionary Disciples</i>, USCCB).</p>	<p><b>March 4</b></p> <p>“Cast away from you all the crimes you have committed, says the LORD, and make for yourselves a new heart and a new spirit.” (Ez 18:31, <i>Lectionary</i>)</p>	<p><b>March 5</b></p> <p>“The things that pertain to sobriety and temperance must be more diligently observed at this season, so that a lasting habit may be contracted from a brief zeal.” (St. Leo the Great, <i>Sermons</i>, 68.4)</p>	<p><b>March 6</b></p> <p>“Fasting wakes us up. It makes us more attentive to God and our neighbor.” (Pope Francis, Message for Lent, 2018)</p>	<p><b>March 7</b></p> <p>Today is the feast of Sts. Perpetua and Felicity, both martyrs. Pope Benedict XVI once said, “[God’s love] is a powerful force that impels us on the path of holiness, if necessary even to martyrdom” (Pope Francis, Homily, March 25, 2007).</p>

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<p><b>March 8</b></p> <p><b>Second Sunday of Lent</b></p> <p>“Our soul waits for the LORD, / who is our help and our shield. / May your kindness, O LORD, be upon us / who have put our hope in you.” (Ps 33:20, 22)</p>	<p><b>March 9</b></p> <p>Today is the feast day of St. Frances of Rome, who organized a women’s religious order—the Oblates of Mary—and was known for her great charity. In her honor today, let us pray for those in consecrated life.</p>	<p><b>March 10</b></p> <p>Almsgiving is about more than throwing a few extra dollars in the collection plate; it’s about reaching out to others and helping them without question as a way of sharing the experience of God’s unconditional love.</p>	<p><b>March 11</b></p> <p>During Lent we often pray the seven penitential psalms, like this one, “You are my shelter; you guard me from distress; /with joyful shouts of deliverance you surround me” (Ps 32:7, NABRE).</p>	<p><b>March 12</b></p> <p>Lent is a time many often rededicate themselves to prayer. Check out these <a href="#">9 ways to pray</a> from USCCB’s We Are Salt and Light for ideas on how to expand your prayer life this season.</p>	<p><b>March 13</b></p>  <p>Did you know that the norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onward? If you have younger children at home, encourage them to participate in abstinence from meat today by helping prepare a meatless meal for dinner.</p>	<p><b>March 14</b></p> <p><a href="#">Make going to confession</a> a priority during Lent this year.</p>
<p><b>March 15</b></p> <p><b>Third Sunday of Lent</b></p> <p>Jesus Prayer</p> <p>Lord Jesus Christ, Son of the living God, have mercy on me, a sinner. (USCCA, 536)</p>	<p><b>March 16</b></p> <p>“There is a joy that is affliction; misery is hidden within it. There is a misery that is profit; it is a fountain of joys in the new world.” (St. Ephrem of Syria, <i>Nisibene Hymns</i>, 4.13)</p>	<p><b>March 17</b></p> <p>Today is the feast day of St. Patrick, the “apostle to Ireland”! He wrote “Our way to repay God is to exalt him and confess his wonders before every nation under heaven” (St. Patrick, Confession, 3).</p>	<p><b>March 18</b></p> <p>St. Cyril of Jerusalem, honored today, was known for his “Catechetical Instructions.” Give thanks for the catechists in your community and all they do to educate children and adults alike.</p>	<p><b>March 19</b></p> <p><b>Solemnity of St. Joseph</b></p> <p>On the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, we pray today for all fathers, that through the example of St. Joseph, they may fully embrace their vocation and accept the privilege and responsibility of caring for their children as St. Joseph cared for Jesus.</p>	<p><b>March 20</b></p>  <p>Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.</p>	<p><b>March 21</b></p> <p>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.</p>
<p><b>March 22</b></p> <p><b>Fourth Sunday of Lent</b></p> <p>The Fourth Sunday of Lent, known as Laetare Sunday, is the halfway point of Lent. Do an honest check-in with yourself today on your Lenten spiritual journey so far.</p>	<p><b>March 23</b></p> <p>Today, we mark the feast day of St. Turibius of Mogrovejo, a Spanish-born evangelizer who was sent as a missionary to Peru and opened the first seminary in the New World. In his honor, pray for vocations.</p>	<p><b>March 24</b></p> <p>“We need to reject the desire to identify only with those who are sinless. How could the Church have excluded sinners from her ranks? It is for their salvation that Jesus took flesh, died and rose again.” (Pope Benedict XVI, Meeting, May 25, 2006)</p>	<p><b>March 25</b></p> <p><b>Solemnity of the Annunciation of the Lord</b></p> <p>Today is the Solemnity of the Lord, celebrating the incarnation of Christ in Mary’s womb. It’s a great day to pray the Hail Mary.</p>	<p><b>March 26</b></p> <p>“You are a vessel; but as yet you are full. Pour out what you have, that you may receive what you have not.” (St. Augustine, <i>Homilies on the First Epistle of John</i>, 2.9)</p>	<p><b>March 27</b></p>  <p>“Almsgiving sets us free from greed and helps us to regard our neighbor as a brother or sister. What I possess is never mine alone.” (Pope Francis, Message for Lent, 2018)</p>	<p><b>March 28</b></p> <p>“Forgiveness first sets free the person who had the courage to grant it.” (Pope Benedict XVI, Address, May 6, 2006)</p>

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<p><b>March 29</b></p> <p><b>Fifth Sunday of Lent</b></p> <p>As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger.</p>	<p><b>March 30</b></p> <p>In this last week of Lent before Holy Week, take stock in your Lenten journey so far. Are you keeping to the spiritual goals you set at the beginning of the season?</p>	<p><b>March 31</b></p> <p>“In every act we do, in every step we take, let our hand trace the Lord’s cross.” (St. Jerome, <i>Letters</i>, 22.37)</p>	<p><b>April 1</b></p> <p>“For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.” (Lk 18:14, NABRE)</p>	<p><b>April 2</b></p> <p>“By devoting more time to prayer, we enable our hearts to root out our secret lies and forms of self-deception, and then to find the consolation God offers. He is our Father and he wants us to live life well.” (Pope Francis, Message for Lent, 2018)</p>	<p><b>April 3</b></p> <p>“God so loved the world that he gave his only-begotten Son, so everyone who believes in him might have eternal life.” (Jn 3:16, <i>Lectionary</i>)</p>	<p><b>April 4</b></p> <p>Today, we remember St. Isidore of Seville, patron of a medium that didn’t exist when he lived, the internet! Read what <a href="#">Pope Benedict XVI has to say</a> about this saint.</p>
<p><b>April 5</b></p> <p><b>Palm Sunday of the Passion of the Lord</b></p> <p>In one week, we will celebrate Easter Sunday. Pray that the Lord allow you to accompany him serenely during these Easter mysteries and you may emerge from them renewed in faith, hope and charity.</p>	<p><b>April 6</b></p> <p>Holy Week is here. If your Lenten journey has been difficult, remember that willing sacrifice helps us grow. Giving of ourselves in the midst of our suffering and self-denial helps us to love like Christ, who suffered and poured himself out unconditionally on the Cross for love of us.</p>	<p><b>April 7</b></p> <p>Say a prayer for all the elect, who are waiting to be baptized into the Church on Holy Saturday.</p>	<p><b>April 8</b></p> <p>Lent officially ends tomorrow as the Mass of the Lord’s Supper begins. Plan to participate in the moving liturgies of the Triduum in your parish.</p>	<p><b>April 9</b></p> <p><b>Holy Thursday</b></p> <p>“With the institution of the Eucharist, Jesus gave the Passover its new and definitive meaning. He showed himself to be the High Priest of the New Covenant, offering himself as the perfect sacrifice to the Father.” (USCCA, 216)</p>	<p><b>April 10</b></p> <p><b>Good Friday</b></p> <p>As we mark the day on which Jesus was crucified, pray the <a href="#">Stations of the Cross</a> to reflect on Christ’s Passion.</p>	<p><b>April 11</b></p> <p><b>Holy Saturday</b></p> <p>As you prepare for Easter, reflect on how well you have lived your Lenten promises during this journey through the desert to the foot of the Cross.</p>
<p><b>April 12</b></p> <p><b>Easter Sunday of the Resurrection of the Lord</b></p> <p>“Christ is risen from the dead! Rise with him! Christ is returned again to himself! So you, too, return! Christ is freed from the tomb! Be freed from the bond of sin!” (St. Gregory Nazianzen, <i>Orations</i>, 45.1)</p>	<p>“The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery.”</p> <p>—Pope Francis, Message for Lent, 2019</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. <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. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Scripture excerpts used in this work are taken from the <i>New American Bible, Revised Edition</i>, copyright © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All rights reserved. Quotes from Pope Francis, Pope Benedict XVI, copyright © 2006, 2008, 2014, 2018, Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission.</p> <p>Copyright © 2020, United States Conference of Catholic Bishops, Washington, DC. All rights reserved. Photos: CNS/Paul Haring.</p>					