








LENT 2023

Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>February 22</p> <p>Ash Wednesday— Lent Begins</p> <p>Remember that you are dust, and to dust you shall return.</p>	<p>February 23</p> <p>“Lent ... is a time of grace, a time for letting God gaze upon us with love and in this way change our lives. We were put in this world to go from ashes to life.” Pope Francis, Homily, February 26, 2020</p>	<p>February 24</p> <p>“The season of Lent has traditionally been a time of prolonged penance for the Christian community. Together we prepare for the great Easter mysteries by committing ourselves to fulfill our baptismal call to maturity, holiness, service, and community.” Penitential Practices for Today's Catholics</p>	<p>February 25</p> <p>Those 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 Church, and for all who seek God with a sincere heart.</p>
<p>February 26</p> <p>First Sunday of Lent</p> <p>“One does not live on bread alone, but on every word that comes forth from the mouth of God.” Matthew 4:4b</p>	<p>February 27</p> <p>Make going to confession a priority during Lent this year.</p>	<p>February 28</p> <p>“Voluntary fasting from food creates in us a greater openness to God’s Spirit and deepens our compassion for those who are forced to go without food. The discomfort brought about by fasting unites us to the sufferings of Christ.” Penitential Practices for Today's Catholics</p>	<p>March 1</p> <p>“In this season of conversion, sustained by God’s grace and by the communion of the Church, let us not grow tired of doing good. The soil is prepared by fasting, watered by prayer and enriched by charity.” Pope Francis, Message for Lent 2022</p>	<p>March 2</p> <p>During Lent, we are called to give alms to those who are in need. Explore ways to give in you parish, diocese, or through a national collection: Help Now USCCB</p>	<p>March 3</p> <p>Today is the memorial of Saint Katharine Drexel. She “taught a spirituality based on prayerful union with the Eucharistic Lord and zealous service of the poor and the victims of racial discrimination (Pope Saint John Paul II, October 1, 2000). Pray the prayer to heal racial division: Prayer to Heal Racial Division USCCB</p>	<p>March 4</p> <p>“The need for conversion and salvation is unchanging, as is the necessity that, confessing our sinfulness, we perform, personally and in community, acts of penance in pledge of our inward penitence and conversion.” Statement on Penance and Abstinence, no. 2</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 5</p> <p>Second Sunday of Lent</p> <p>“Bear your share of hardship for the gospel with the strength that comes from God.”</p> <p>2 Timothy 1:8b</p>	<p>March 6</p> <p>Spend time in adoration before the Blessed Sacrament and ask for the grace to encounter Jesus in the Eucharist.</p>	<p>March 7</p> <p>Today our Jewish brothers and sisters celebrate the feast of Purim, when God saved the Jewish people from a plot to destroy them. Pray for all those who suffer persecution for their religious beliefs.</p>	<p>March 8</p> <p>“At the heart of all penance is the call to conversion. Jesus’ imperative ‘Repent, and believe in the gospel’ (Mk 1:15) makes explicit this connection between authentic discipleship and penitential discipline.”</p> <p>Penitential Practices for Today’s Catholics</p>	<p>March 9</p> <p>Today is the Memorial of Saint Frances of Rome, a wife and mother known for her care of the poor and sick. Follow her example by reaching out to the homebound or those in need.</p>	<p>March 10</p> <p>On this Lenten Friday, fast from social media, streaming, gaming, or other entertainment.</p> 	<p>March 11</p> <p>Prepare for Sunday Mass by praying with the Gospel using lectio divina: lent-3.pdf (wordpress.com)</p>
<p>March 12</p> <p>Third Sunday of Lent</p> <p>“But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth.”</p> <p>John 4:23</p>	<p>March 13</p> <p>Today is the tenth anniversary of Pope Francis’ election as Pope. Pray for him and for the Church throughout the world.</p>	<p>March 14</p> <p>“Because we are called by Jesus to give our whole selves to the Father, conversion means a radical reorientation of our whole lives toward God’s kingdom. We turn away from evil, resolve not to sin, and trust in God’s amazing grace.”</p> <p>Penitential Practices for Today’s Catholics</p>	<p>March 15</p> <p>Learn more about how you can support the sanctity of life by Walking with Moms in Need: Walking with Moms in Need</p>	<p>March 16</p> <p>Pray that the Holy Spirit will guide the upcoming Synod on Synodality and that all members of the Church will listen faithfully to the Spirit’s voice: Prayer for the Synod on Synodality USCCB</p>	<p>March 17</p> <p>Today is the Memorial of Saint Patrick, a missionary who brought the Gospel to Ireland. Pray for all missionary disciples who share the joy of the Gospel with those they meet.</p> 	<p>March 18</p> <p>Saint Cyril of Jerusalem is remembered for his catechetical homilies. Strengthen your knowledge of the faith by reading the United States Catholic Catechism for Adults: U.S. Catholic Catechism for Adults USCCB</p>
<p>March 19</p> <p>Fourth Sunday of Lent</p> <p>“You were once darkness, but now you are light in the Lord. Live as children of light.”</p> <p>Ephesians 5:8</p>	<p>March 20</p> <p>Solemnity of St. Joseph</p> <p>This year, this celebration is transferred from March 19 to March 20. “Joseph, who is a carpenter from Nazareth and who trusts in God’s plan for his young fiancée and for himself, reminds the Church to fix her gaze on what the world deliberately ignores.” Pope Francis, Audience, November 17, 2021</p>	<p>March 21</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 22</p> <p>“Witnessing to gospel values helps to transform our culture. Our culture is in great need of justice and charity, virtues that cannot be achieved without grace and openness to conversion.”</p> <p>Penitential Practices for Today’s Catholics</p>	<p>March 23</p> <p>“The Christian family is called to radiate God’s love to the world. When the world sees a joyful family, it sees God working in history.”</p> <p>Called to the Joy of Love</p>	<p>March 24</p> <p>Pray for vocations to the priesthood, the permanent diaconate, and the consecrated life.</p> 	<p>March 25</p> <p>Solemnity of the Annunciation</p> <p>Today is the Solemnity of the Annunciation of the Lord, celebrating the incarnation of Christ in Mary’s womb. It’s a great day to pray the Hail Mary.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 26</p> <p>Fifth Sunday of Lent</p> <p>“I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die.”</p> <p>John 11:25-26</p>	<p>March 27</p> <p>Pray for the souls of those who have died who have no one to pray for them..</p>	<p>March 28</p> <p>“Penitential practices take many forms: apologizing to an injured party, healing divisions within our families, fasting . . . , or graciously accepting the menial tasks of life. The purpose of penance is not to diminish life but to enrich it.”</p> <p>Penitential Practices for Today's Catholics</p>	<p>March 29</p> <p>Consider ways that you can become more involved with the National Eucharistic Revival: Get Involved: How Will You Respond? (eucharisticrevival.org).</p>	<p>March 30</p> <p>Learn about Welcome Circles (Welcome Circles USCCB) and what you can do to welcome migrants and refugees.</p>	<p>March 31</p> <p></p> <p>“Faith is a doorway through which we, like the saints and mystics before us, may enter into a deeper perception of the mercy and love manifested in and through Christ’s sacramental presence in our midst. While one thing is seen with our bodily eyes, another reality is perceived through the eyes of faith.”</p> <p>The Mystery of the Eucharist in the Life of the Church, no. 21</p>	<p>April 1</p> <p>April is Child Abuse Prevention Month. Say a prayer for victims and survivors of abuse: https://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Bilingual-PC.pdf.</p>
<p>April 2</p> <p>Palm Sunday of the Passion of the Lord</p> <p>“Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest.”</p> <p>Matthew 21:9</p>	<p>April 3</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>April 4</p> <p>Say a prayer for all the elect, who are waiting to be baptized into the Church on Holy Saturday.</p>	<p>April 5</p> <p>Lent officially ends tomorrow as the Mass of the Lord’s Supper begins. Try to participate in the moving liturgies of the Triduum in your parish.</p>	<p>April 6</p> <p>Holy Thursday</p> <p>“For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.”</p> <p>1 Corinthians 11:28</p>	<p>April 7</p> <p></p> <p>Good Friday</p> <p>On this day when we recall the Lord’s Passion, pray the Stations of the Cross (https://www.usccb.org/prayer-worship/prayers-devotions/stations) and reflect on Jesus’ love expressed in his saving death.</p>	<p>April 8</p> <p>Holy Saturday</p> <p>As we await with hope the celebration of the Resurrection, let us keep silent vigil like the women who sat facing Jesus’ tomb (cf. Matthew 27:61)</p>
<p>April 9</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>“This is the day the LORD has made; let us be glad and rejoice in it.”</p> <p>Psalms 118:24</p>	<p>Dear Brothers and Sisters, Lent is a favourable time for personal and community renewal, as it leads us to the paschal mystery of the death and resurrection of Jesus Christ. For our Lenten journey in 2022, we will do well to reflect on Saint Paul’s exhortation to the Galatians: “Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity (kairós), let us do good to all” (Gal 6:9-10).</p> <p style="text-align: right;">-Pope Francis, <i>Message for Lent, 2022</i></p> <p><small>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 and Pope Saint John Paul II copyright © Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Copyright © 2023, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</small></p>					 <p>CNS/Paul Haring</p>