

LENT 2018

Good Shepherd Catholic Church
Rev. Leon Juchniewicz, Pastor

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>			<p>February</p>	<p>14 Ash Wednesday Attend an Ash Wednesday liturgy and wear the cross of ashes as a sign that you are seeking both forgiveness and eternal life from Christ.</p>	<p>15 Start a journal for your prayer intentions. Wait and see how God, who always answers prayer, answers yours.</p>	<p>16 It is our Christian responsibility to abstain from meat on Fridays during Lent as a form of penance.</p>	<p>17 Pick a saint to learn about and imitate. Ask for his or her special help and protection during Lent.</p>
<p>18 Read today’s Gospel before you go to church (Mark 1:12-15). Write down two things you learned and keep it with you throughout the day.</p>	<p>19 Grow in your faith by believing that God is there for you. Entrust your worries to God and know he will take care of it.</p>	<p>20 Call Catholic Relief Services (877-HELP-CRS or www.catholicrelief.org) to see how you can help.</p>	<p>21 Pray the Chaplet of Divine Mercy, given to the world through St. Faustina to help repair the hurt caused by sin. Find it at www.usccb.org.</p>	<p>22 Pray for God to bless someone you don’t like, or who you know doesn’t like you.</p>	<p>23 Support your parish’s Lent collections, whether it is the Bishop’s Lenten campaign, Operation Rice Bowl or a mission collection.</p>	<p>24 Adopt a priest or member of a religious order in your diocese and pray for them every day of Lent.</p>	
<p>25 Every Sunday in Lent is a “Little Easter.” Spread joy by smiling at everyone you meet, regardless of how you feel.</p>	<p>26 Lent is a stressful time of year for priests. Offer to perform some act of service for your parish. Ask at the rectory for suggestions.</p>	<p>27 Read the seven penitential psalms in the Old Testament book of Psalms that express remorse for sins: 6, 32, 38, 51, 102, 130, and 143.</p>	<p>28 Just for today, don’t listen to the radio while you drive. Pray instead or listen to sacred music.</p>	<p>I March When older people become less active, they can also become forgotten. Visit a senior you know, take one to lunch, and just listen.</p>	<p>2 Today, replace each snack with a prayer, or, if you do snack, say an extra prayer of thanksgiving that you have enough to eat.</p>	<p>3 Attend a Reconciliation Service or go to Confession on your own. Make a sincere confession and experience God’s forgiveness.</p>	
<p>4 Take one idea from today’s Gospel reading or homily to put into practice this coming week.</p>	<p>5 Pick a virtue (prudence, justice, temperance, fortitude, faith, hope, or charity) and practice it for the rest of the week.</p>	<p>6 Ask God for a new grace today that will bring you closer to him.</p>	<p>7 Make a fresh start on your Lenten journey today. Renew your Lenten observances.</p>	<p>8 Pick one Corporal Work of Mercy to do: give food/drink to the hungry/thirsty, shelter homeless, clothe the naked, visit the sick or imprisoned, bury the dead.</p>	<p>9 Attend a Stations of the Cross service if your parish offers one. If not, find them here: www.usccb.org/prayer-and-worship/devotions/stations-of-the-cross/.</p>	<p>10 Show Jesus you are willing to carry your cross by tackling something difficult you’ve been putting off.</p>	
<p>II Laetare Sunday Make Sunday special. Invite friends and neighbors over for a potluck brunch after Mass.</p>	<p>12 Make a good examination of conscience, with the Ten Commandments as a guide. You can find them in Exodus, Chapter 20.</p>	<p>13 Gather up the loose change around the house and put it in a jar. Donate the money to a local charity.</p>	<p>14 Resolve to go the entire day without judging or criticizing anyone.</p>	<p>15 Today, do one act of kindness for someone without expecting thanks in return.</p>	<p>16 Consider making today a day of fasting. When you feel hungry, remind yourself of those for whom hunger isn’t a choice.</p>	<p>17 St. Patrick’s Day St. Patrick evangelized Ireland. In his honor, explore ways to support your parish religious education program or youth group.</p>	
<p>18 Choose someone who has passed away or needs extra help as your Mass intention today.</p>	<p>19 Solemnity of St. Joseph St. Joseph served God faithfully. What God said, he did. Resolve today to fulfill your responsibilities without complaining.</p>	<p>20 Psalm 136 is a song about God’s mercy. Read through it and think of all the ways God has shown you mercy this Lent.</p>	<p>21 Deny yourself something you would like to buy. Then, give the money you saved to the poor.</p>	<p>22 Spend time before the Eucharist in prayer and adoration. Or find time when the church is open to be with Jesus.</p>	<p>23 Today, drink only water. Pray for those who can’t afford the luxury of having iced coffee, soda, etc.</p>	<p>24 Start spring cleaning for Easter: Vacuum, dust, and straighten the rooms of the house you use the most to prepare for Jesus’ Resurrection.</p>	
<p>25 Palm Sunday Today’s Gospel narrates the events of Holy Week. Place yourself in the scene and “walk through” Holy Week with our Lord.</p>	<p>26 Tonight and every night this week, pray for the catechumens coming into the Church at the Easter Vigil.</p>	<p>27 Clean your closet of clothes you no longer need. Donate gently used items that you no longer wear to charity.</p>	<p>28 Forgive someone who hurt you; ask forgiveness of those whom you hurt.</p>	<p>29 Holy Thursday The Church celebrates the Last Supper, when Jesus instituted the Eucharist and the priesthood. Celebrate by going to church tonight.</p>	<p>30 Good Friday Today is a day of fasting and abstinence. Read and meditate on John’s account of Jesus’ passion and death (John 18-19).</p>	<p>31 Holy Saturday Jesus’ sacrifice gives us hope. Today, make a list of everything for which you have hope in this life and the next.</p>	