

LENT 2020

Good Shepherd Catholic Church









Rev. Christopher Frazer, Pastor



= a day of fasting and abstinence from meat



= 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>		<p>February</p>	<p>26 Ash Wednesday Get ashes on Ash Wednesday and keep them on all day.</p> 	<p>27 Choose something small but challenging: no snacking, rising early (or on time), etc. Let your sacrifice remind you of Christ’s.</p>	<p>28 Pray the Divine Mercy Chaplet for the Church. Learn how here: www.thedivinemercy.org.</p> 	<p>29 List some ways you can serve God at home, church, or work. Pick one to do before Easter.</p>
<p>1 March After Mass, decide what you need to change in your life in order to truly experience Jesus’ love during Lent.</p>	<p>2 Pick a Lenten saint and learn about them. Ask him or her to be your patron. Think of a virtue of theirs to imitate.</p>	<p>3 Ask God to give you the grace to better know his love for you this Lent.</p>	<p>4 “Take ten” and: pray, go for a walk, read a good book, or simply enjoy the quiet for ten minutes.</p>	<p>5 Read Galatians 2:20. Consider that Jesus gave himself up - sacrificing for you, personally. What can you do for him today?</p>	<p>6 Share a meatless meal with friends and tell them why you are abstaining.</p> 	<p>7 Spring-clean like a saint. Donate clothes you haven’t worn in a year. Pray for those who might use them in the future.</p>
<p>8 Pick a situation in the news and pray over it today.</p>	<p>9 Ask Jesus to heal whatever keeps you from feeling God’s bountiful love.</p>	<p>10 Pope Francis said the mark of a saint is never speaking ill of another. Today, say only kind, encouraging things.</p>	<p>11 Do a screen fast. No texting while eating, driving, conversing, or praying. Chances are, it can wait.</p>	<p>12 Deal with anyone in your life who may be interfering with your relationship with God.</p>	<p>13 Scope out your parish fish fry. Yum! Go with a group of friends or make new ones while you’re there.</p> 	<p>14 Visit Jesus who is truly present in the Eucharist. Pray before the tabernacle of your church. Speak to him as you would a friend.</p>
<p>15 Take one idea from today’s Gospel reading or homily to implement during the coming week.</p>	<p>16 This week, practice the Heroic Minute. Get up when the alarm goes off. Offer your day to God’s service.</p>	<p>17 St. Patrick’s Day In St. Patrick’s honor, evangelize silently by wearing a symbol of your faith (e.g. a cross or a medal).</p>	<p>18 Make a fresh start on your Lenten journey today. Renew your Lenten observances.</p>	<p>19 Call Catholic Relief Services (877-HELP-CRS or www.crs.org) to see how you can help.</p>	<p>20 Enjoy pretzels – a traditional Lent snack. Recall that Catholics used to give up milk, eggs, and fat.</p> 	<p>21 Examine your conscience and attend Confession. Seek out God’s loving forgiveness. Resolve to do better.</p>
<p>22 Laetare Sunday Celebrate the halfway point of Lent. Do something fun after Mass today.</p>	<p>23 Pick a topic in the <i>Catechism of the Catholic Church</i>. Read what the Church teaches about it.</p>	<p>24 Do an act of kindness today without being asked. Do it for God’s glory; it’s really him you’re serving.</p>	<p>25 Today, offer up not having everything perfect: room temperature, music, meals and more.</p>	<p>26 Consider tithing – giving 10% of your money to your church or donating it to a charity of your choice.</p>	<p>27 Attend a Stations of the Cross service. Otherwise, the Stations are listed here: www.usccb.org.</p> 	<p>28 Visit a nursing home and read to a resident, take one for a walk, or pay someone some attention.</p>
<p>29 Try to find the time to read an entire Gospel at one sitting. (Hint: St. Mark’s Gospel is the shortest.)</p>	<p>30 Show patience today. This is a work of mercy pleasing to God. Remember, be patient with yourself, too.</p>	<p>31 Resist “idle curiosity.” Don’t research every question or read every magazine. Unless it’s crucial, it’s OK not to know.</p>	<p>1 April Visit a Catholic/Christian bookstore and find some good spiritual reading.</p>	<p>2 Today, pray for someone you don’t like.</p>	<p>3 If possible, observe a prayerful silence from noon to 3 PM, the time Christ hung on the Cross.</p> 	<p>4 Look around your neighborhood today for signs of new life.</p>
<p>5 Palm Sunday Place palms around each image of Jesus in your home. Welcome the Messiah into your heart!</p>	<p>6 Pray for all those who are preparing to enter the Church this Easter.</p>	<p>7 Ask God for a new grace today that will bring you closer to him.</p>	<p>8 Forgive someone who has hurt you.</p>	<p>9 Holy Thursday Look for someone who is poor or homeless and share your food.</p>	<p>10 Good Friday Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one.</p> 	<p>11 Holy Saturday Think about a way in which you might have betrayed Jesus. Ask his pardon.</p>