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<td>Ash Wednesday—Lent Begins</td>
<td>Begin your journey with self-reflection and allow yourself to experience the mercy of the Lord. How will you renew your commitment to prayer, fasting and almsgiving this season?</td>
<td>Abstaining from meat and other indulgences during Lent is a penitential practice. Do you have questions about fasting? We’ve got answers!</td>
<td>Begin your day with the Bible. Read or listen to the daily readings.</td>
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**February 21**

First Sunday of Lent

“This is the time of fulfillment. / The kingdom of God is at hand. / Repent, and believe in the gospel.”

(Mk 1:15, Lectionary)

February 22

Today is the feast of the Chair of St. Peter! This feast reminds us of the significance of the ministry of St. Peter and the succession of popes who followed in his footsteps. Say a prayer for Pope Francis, successor of St. Peter.

February 23

“If you forgive men their transgressions, / your heavenly Father will forgive you. / But if you do not forgive men, / neither will your Father forgive your transgressions.”

(Mt 6: 14-15)

February 24

Catechumens who have been preparing for baptism will soon be initiated into the Church. Say a prayer for all the elect, whose journeys of spiritual growth have led them to becoming our brothers and sisters in Christ.

February 25

“Will we bend down to touch and heal the wounds of others? Will we bend down and help another to get up? This is today’s challenge and we should not be afraid to face it.”

(Pope Francis, Fratelli Tutti, no. 70)

February 26

Be patient with yourself this Lent. This past year has been difficult in many ways. Take your journey one day at a time.

(Pope Francis, Fratelli Tutti, no. 70)

February 27

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

(USCCA, 536)
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<td><strong>Second Sunday of Lent</strong></td>
<td>Jesus said to his disciples: “Be merciful, just as your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven.” (Lk 6:36-37, Lectionary)</td>
<td>“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.” (1 Pt 4:10) How can you use your time and talents to help others today?</td>
<td>On the memorial 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.” (Living as Missionary Disciples, USCCB)</td>
<td>Rededicate yourself to prayer. Set aside time every day, even for just a few moments, to sit with Jesus.</td>
<td>“To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren.” (Catechism of the Catholic Church, no. 1397) Learn more about the roots of Catholic Social Teaching.</td>
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<td><strong>Third Sunday of Lent</strong></td>
<td>“The Church’s obligation to participate in shaping the moral character of society is a requirement of our faith. It is a basic part of the mission we have received from Jesus Christ.” (Forming Consciences for Faithful Citizenship, no. 9)</td>
<td>Today is the memorial 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.</td>
<td>Heart of Jesus, Son of the eternal Father, have mercy on us. (Litanies of the Sacred Heart)</td>
<td>During Lent we often pray the seven penitential psalms, like this one, “Out of the depths I call to you, LORD; / Lord, hear my cry! / May your ears be attentive / to my cry for mercy.” (Ps 130:1-2, NABRE)</td>
<td>“When we begin to separate people in our thoughts for unjust reasons, when we start to see some people as ‘them’ and others as ‘us,’ we fail to love.” (Open Wide Our Hearts, USCCB)</td>
<td>In Lent, we are called to renew our baptismal commitment. We recall those waters in which we were baptized into Christ’s death, died to sin and evil, and began new life in Christ.</td>
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<td><strong>Fourth Sunday of Lent</strong></td>
<td>“In every act we do, in every step we take, let our hand trace the Lord’s cross.” (St. Jerome, Letters, 22.37)</td>
<td>“A clean heart create for me, O God / and a steadfast spirit renew within me.” (Ps 51:12, Lectionary)</td>
<td>Today is the memorial 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)</td>
<td>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.</td>
<td><strong>Solemnity of St. Joseph</strong></td>
<td>Today is the first day of spring! “Leaving an inhabitable planet to future generations is, first and foremost, up to us.” (Pope Francis, Laudato Si’, no. 160)</td>
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*Source: USCCB*
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**Fifth Sunday of Lent**

As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger.

**March 28**

**Palm Sunday of the Passion of the Lord**

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.

**March 29**

**Holy Week is here. How have you grown throughout your Lenten journey?**

**March 30**

Take time this week to go to confession. Before celebrating the Sacrament of Penance, prepare yourself with an examination of conscience, which involves reflecting prayerfully on one's thoughts, words, and deeds in order to identify any sins.

**March 31**

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 moving liturgies of the Triduum.

**April 1**

**Holy Thursday**

“If I, therefore, the master and teacher, have washed your feet, / you ought to wash one another's feet.”

(Jn 13: 14, Lectionary)

**April 2**

**Good Friday**

As we mark the day on which Jesus was crucified, pray the Stations of the Cross to reflect on Christ's Passion.

**April 3**

**Holy Saturday**

As you prepare for Easter, reflect on your Lenten journey and think about how you can continue to grow throughout the Easter season.

**April 4**

“I ask Mary Most Holy to pray that our Lenten celebration will open our hearts to hear God’s call to be reconciled to himself, to fix our gaze on the paschal mystery, and to be converted to an open and sincere dialogue with him. In this way, we will become what Christ asks his disciples to be: the salt of the earth and the light of the world (cf. Mt 5:13-14).”

—Pope Francis, *Message for Lent*, 2020

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