





LENT 2021 | Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>CNS/Nancy Wiehceh</p>			<p>February 17 </p> <p>Ash Wednesday—<i>Lent Begins</i></p> <p>Ashes are sprinkled on our heads so that the fire of love can be kindled in our hearts. We are citizens of heaven, and our love for God and neighbor is our passport to heaven.</p> <p>(Pope Francis, Ash Wednesday, 2020)</p>	<p>February 18</p> <p>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?</p>	<p>February 19 </p> <p>Abstaining from meat and other indulgences during Lent is a penitential practice. Do you have questions about fasting? We've got answers!</p>	<p>February 20</p> <p>Begin your day with the Bible. Read or listen to the daily readings.</p>
			<p>February 21</p> <p>First Sunday of Lent</p> <p>“This is the time of fulfillment. / The kingdom of God is at hand. / Repent, and believe in the gospel.”</p> <p>(Mk 1:15, <i>Lectionary</i>)</p>	<p>February 22</p> <p>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.</p>	<p>February 23</p> <p>“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.”</p> <p>(Mt 6: 14-15)</p>	<p>February 24</p> <p>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.</p>

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<p>February 28</p> <p>Second Sunday of Lent</p> <p>As one of the three pillars of Lenten practice, almsgiving is “a witness to fraternal charity” and “a work of justice pleasing to God.”</p> <p><i>(Catechism of the Catholic Church, no. 2462)</i></p> <p>Consider making a recurring gift to your parish.</p>	<p>March 1</p> <p>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.”</p> <p><i>(Lk 6:36-37, Lectionary)</i></p>	<p>March 2</p> <p>“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.”</p> <p><i>(1 Pt 4:10)</i></p> <p>How can you use your time and talents to help others today?</p>	<p>March 3</p> <p>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.”</p> <p><i>(Living as Missionary Disciples, USCCB)</i></p>	<p>March 4</p> <p>Rededicate yourself to prayer. Set aside time every day, even for just a few moments, to sit with Jesus.</p>	<p>March 5</p> <p>“To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren.”</p> <p><i>(Catechism of the Catholic Church, no. 1397)</i></p> <p>Learn more about the roots of Catholic Social Teaching.</p>	<p>March 6</p> <p>“Only by identifying with the least [will we] come at last to be the brothers of all. May God inspire that dream in each one of us.”</p> <p><i>(Pope Francis, Fratelli Tutti, no. 287)</i></p>
<p>March 7</p> <p>Third Sunday of Lent</p> <p>In today’s first reading, we are reminded of the Ten Commandments. Which commandment do you struggle with the most? Aim for one small improvement this week.</p>	<p>March 8</p> <p>“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.”</p> <p><i>(Forming Consciences for Faithful Citizenship, no. 9)</i></p>	<p>March 9</p> <p>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.</p>	<p>March 10</p> <p>Heart of Jesus, Son of the eternal Father, have mercy on us.</p> <p><i>(Litany of the Sacred Heart)</i></p>	<p>March 11</p> <p>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.”</p> <p><i>(Ps 130:1-2, NABRE)</i></p>	<p>March 12</p> <p>“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.”</p> <p><i>(Open Wide Our Hearts, USCCB)</i></p>	<p>March 13</p> <p>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.</p>
<p>March 14</p> <p>Fourth Sunday of Lent</p> <p>The Fourth Sunday of Lent is the midpoint and known as Laetare Sunday. Laetare means “rejoice” and the Church expresses hope and joy in the middle of our penitential Lenten practices.</p>	<p>March 15</p> <p>“In every act we do, in every step we take, let our hand trace the Lord’s cross.”</p> <p><i>(St. Jerome, Letters, 22.37)</i></p>	<p>March 16</p> <p>“A clean heart create for me, O God / and a steadfast spirit renew within me.”</p> <p><i>(Ps 51:12, Lectionary)</i></p>	<p>March 17</p> <p>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.”</p> <p><i>(St. Patrick, Confession, 3)</i></p>	<p>March 18</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>March 19</p> <p>Solemnity of St. Joseph</p> <p>In celebration of the <i>Year of St. Joseph</i>, 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>March 20</p> <p>Today is the first day of spring! “Leaving an inhabitable planet to future generations is, first and foremost, up to us.”</p> <p><i>(Pope Francis, Laudato Si’, no. 160)</i></p>

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<p>March 21</p> <p>Fifth Sunday of Lent</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>March 22</p> <p>Why is the Lenten season forty days long? In the Bible, forty is typically indicative of a time of testing, trial, penance, purification, and renewal.</p>	<p>March 23</p> <p>Today, we mark the memorial 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>March 24</p> <p>“Keep your eyes fixed on the outstretched arms of Christ crucified, let yourself be saved over and over again.”</p> <p>(Pope Francis, <i>Christus Vivit</i>, no. 123)</p>	<p>March 25</p> <p>Solemnity of the Annunciation of the Lord</p> <p>Today is the Solemnity of the Annunciation of the Lord, celebrating the incarnation of Christ in Mary’s womb. Take time to pray the Hail Mary, taken in part from the angel’s words to Mary.</p>	<p>March 26</p> <p>“Forgiveness first sets free the person who had the courage to grant it.”</p> <p>(Pope Benedict XVI, Address, May 6, 2006)</p>	<p>March 27</p> <p>“My dwelling shall be with them; / I will be their God, and they shall be my people.”</p> <p>(Ez 37:27, <i>Lectionary</i>)</p>
<p>March 28</p> <p>Palm Sunday of the Passion of the Lord</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>March 29</p> <p>Holy Week is here. How have you grown throughout your Lenten journey?</p>	<p>March 30</p> <p>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.</p>	<p>March 31</p> <p>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.</p>	<p>April 1</p> <p>Holy Thursday</p> <p>“If I, therefore, the master and teacher, have washed your feet, / you ought to wash one another’s feet.”</p> <p>(Jn 13: 14, <i>Lectionary</i>)</p>	<p>April 2</p> <p>Good Friday</p> <p>As we mark the day on which Jesus was crucified, pray the Stations of the Cross to reflect on Christ’s Passion.</p>	<p>April 3</p> <p>Holy Saturday</p> <p>As you prepare for Easter, reflect on your Lenten journey and think about how you can continue to grow throughout the Easter season.</p>
<p>April 4</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>“This is the day the Lord has made; let us rejoice and be glad.”</p> <p>(Ps 118:24, <i>Lectionary</i>)</p>	<p>“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).”</p> <p>—Pope Francis, <i>Message for Lent</i>, 2020</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, 2019, 2020 Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission.</p> <p>Copyright © 2021, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					 <p>CNS/Paul Haring</p>