








LENT 2025

Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>March 5 </p> <p>Ash Wednesday— Lent Begins</p> <p>Rend your hearts, not your garments, and return to the LORD, your God. (Joel 2:13)</p>	<p>March 6</p> <p>“Prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us.” (Pope Francis, Message for Lent 2024)</p>	<p>March 7 </p> <p>Explore some new meatless recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources.</p>	<p>March 8</p> <p>Many 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 full communion of the Catholic Church, and for all who seek God with a sincere heart.</p>
			<p>March 9</p> <p>First Sunday of Lent “You shall worship the Lord, your God, and him alone shall you serve. (Luke 4:8)</p>	<p>March 10</p> <p>“Lent is a season of conversion, a time of freedom.” (Pope Francis, Message for Lent 2024)</p>	<p>March 11</p> <p>Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent.</p>	<p>March 12</p> <p>“Both in the liturgy and in liturgical catechesis, through remembrance of Baptism or preparation for it, and by penitence, Lent renews the community of the faithful together with the elect and disposes them to recall the Paschal Mystery.” (<i>Order of Christian Initiation of Adults</i>, no. 138) (see <i>Constitution on the Sacred Liturgy</i>, no. 109)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 16</p> <p>Second Sunday of Lent</p> <p>Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ.</p> <p>(Philippians 3:20)</p>	<p>March 17</p> <p>On this memorial of Saint Patrick ask God for the graces you need to become a missionary disciple.</p>	<p>March 18</p> <p>After dinner, pray a decade of the Rosary for those who feel unwelcomed, unheard, and unloved.</p>	<p>March 19</p> <p>Solemnity of Saint Joseph</p> <p>On the Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary, we pray 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>“To the extent that this Lent becomes a time of conversion, an anxious humanity will notice a burst of creativity, a flash of new hope.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>March 21 </p> <p>“The time of purification and enlightenment is given to a more intense preparation of spirit and heart, which has the character of recollection rather than of catechesis, and is intended to purify hearts and minds by examination of conscience and penitence.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 139)</p>	<p>March 22</p> <p>If possible, apologize to someone you have hurt or offer forgiveness to someone who has hurt you.</p>
<p>March 23</p> <p>Third Sunday of Lent</p> <p>“This is my name forever; thus am I to be remembered through all generations.”</p> <p>(Exodus 3:15)</p>	<p>March 24</p> <p>Pray one of the Penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, 143) and give thanks for God’s mercy.</p>	<p>March 25</p> <p>Solemnity of the Annunciation of the Lord</p> <p>On this 25th Anniversary of Saint John Paul II’s encyclical <i>Evangelium vitae</i>, pray with this prayer resource from Walking with Moms in Need: WWMIN-prayer-guide-03.pdf (usccb.org)</p>	<p>March 26</p> <p>“In Baptism nothing other than the Paschal Mystery is recalled and accomplished, because in it human beings pass from the death of sin into life.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, General Introduction no. 6)</p>	<p>March 27</p> <p>As Lent nears its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.</p>	<p>March 28 </p> <p>“Today too, the cry of so many of our oppressed brothers and sisters rises to heaven. Let us ask ourselves: Do we hear that cry? Does it trouble us? Does it move us?”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>March 29</p> <p>Lord Jesus, have mercy on me, a sinner.</p>
<p>March 30</p> <p>Fourth Sunday of Lent</p> <p>“But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found”</p> <p>(Luke 15:32)</p>	<p>March 31</p> <p>Gentle and merciful God, who are revealed in pardoning and who delight in making holy, graciously wipe away the stain of sin from us who are penitent and restore our hearts to life</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 296)</p>	<p>April 1</p> <p>If possible, spend some time in prayer before the Blessed Sacrament, asking God to fill you with his grace so that you may draw ever closer to the Body of Christ.</p>	<p>April 2</p> <p>“It is time to act, and in Lent, <i>to act also means to pause</i>. To pause in <i>prayer</i>, in order to receive the word of God, to pause like the Samaritan <i>in the presence of a wounded brother or sister</i>.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p>April 3</p> <p>Pray for peace in all the troubled parts of our world, in our communities, and in our families.</p>	<p>April 4 </p> <p>Pray the Stations of the Cross (Stations Of The Cross USCCB), either in your parish or on your own.</p>	<p>April 5</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>

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<p style="text-align: center;">April 6</p> <p>Fifth Sunday of Lent</p> <p>Remember not the events of the past, the things of long ago consider not; see, I am doing something new!</p> <p>(Isaiah 43:18-19a)</p>	<p style="text-align: center;">April 7</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 style="text-align: center;">April 8</p> <p>“In the presence of God, we become brothers and sisters, more sensitive to one another: in place of threats and enemies, we discover companions and fellow travelers.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p style="text-align: center;">April 9</p> <p>Do not let the power of death hold back those who by their faith will share in the triumph of your Resurrection.</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 175)</p>	<p style="text-align: center;">April 10</p> <p>Pray for a deeper respect for all human life, especially for the most vulnerable: the unborn, the infirm, those with disabilities, those on death row, and the terminally ill.</p>	<p style="text-align: center;">April 11</p> <p>On this final Friday of Lent, let your sacrifices unite you with your suffering brothers and sisters and with Jesus’ perfect sacrifice on the Cross.</p>	<p style="text-align: center;">April 12</p> <p>If possible, make plans to participate next week in your parish’s celebration of the moving liturgies of the Triduum (Holy Thursday through Easter Sunday).</p>
<p style="text-align: center;">April 13</p> <p>Palm Sunday of the Passion of the Lord</p> <p>“I tell you, if they keep silent, the stones will cry out!”</p> <p>(Luke 19:40)</p>	<p style="text-align: center;">April 14</p> <p>“The community together with the neophytes, by meditation on the Gospel, by participation in the Eucharist, and by the exercise of charity, makes progress in understanding the Paschal Mystery more deeply.”</p> <p>(<i>Order of Christian Initiation of Adults</i>, no. 244)</p>	<p style="text-align: center;">April 15</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 style="text-align: center;">April 16</p> <p>“We need to combat a deficit of hope that stifles dreams and the silent cry that reaches to heaven and moves the heart of God.”</p> <p>(Pope Francis, Message for Lent 2024)</p>	<p style="text-align: center;">April 17</p> <p>Holy Thursday</p> <p>On the night before he died, Jesus instituted the Sacrament of the Eucharist at his Last Supper with his friends. Pray for the grace to be ever aware of Jesus’ Real Presence in the Eucharist.</p>	<p style="text-align: center;">April 18</p> <p>Good Friday</p> <p>We adore you, O Christ, and we bless you, because by your Holy Cross you have redeemed the world.</p>	<p style="text-align: center;">April 19</p> <p>Holy Saturday</p> <p>If possible, spend today in quiet prayer, praying for those who receive Sacraments of Initiation tonight and that you will have renewed strength to live your baptismal call.</p>
<p style="text-align: center;">April 20</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>Why do you seek the living one among the dead? He is not here, but he has been raised.</p> <p>(Luke 24:5-6)</p>	<p style="text-align: center;">“Prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us.”</p> <p style="text-align: right;">—Pope Francis, <i>Message for Lent, 2024</i></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. 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 copyright © Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Excerpts from the English translation of The Order of Penance © 2019, International Commission on English in the Liturgy Corporation. Used with permission. Copyright © 2024, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</p>					 <p style="text-align: right; font-size: small;">CNS/Lola Gomez</p>