



# 2010 Lent Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		February	17 <i>Ash Wednesday</i> Attend an ash Wednesday liturgy and wear the cross of ashes all day.	18 Choose Lenten offerings of prayer, penance, and almsgiving.	19 Abstain from eating meat today, and make your meals truly penitential.	20 Pick a saint to learn about and imitate. Ask for his or her special help and protection during Lent. 
21 After Mass, decide what you need to move aside in your life in order to truly experience Jesus during Lent.	22 Raise the level of your prayer and really think about the meaning of the words you are saying.	23 Put a cross, crucifix, or other image of Jesus in each room of your home to help keep you focused. 	24 As an extra Lenten offering, give up something you enjoy — just for today.	25 Resolve to say only positive things about yourself today.	26 Pray for the people in the world who can't afford to have meat as a regular part of their diets. 	27 Make a list of the ways you can support the poor and resolve to do one activity each week.
28 Choose someone who has passed away or needs extra help as your Mass intention today.	1 March Pray an extra Rosary today and every day this week. 	2 Forgive someone who has hurt you.	3 Ask Jesus to heal whatever separates you from feeling God's bountiful love.	4 Read the Ten Commandments (Exodus 20:1-17) and renew your commitment to keep them. 	5 Share a meatless meal with friends and tell them why you are abstaining.	6 Visit a local nursing home and read to a resident, take one for a walk, or just give someone your attention.
7 Take one idea from today's Gospel reading or homily to implement during the coming week.	8 At the end of the day, make an examination of conscience. Resolve to amend your life.	9 Look for evidence of God at work in your life today.	10 Deal with anyone in your life who may be interfering with your relationship with God.	11 Try to find the time to read an entire Gospel at one sitting. 	12 Make a fresh start on your Lenten journey today. Renew your Lenten observances.	13 Attend a parish Reconciliation Service or go to Confession on your own. 
14 <i>Laetare Sunday</i> Celebrate the halfway point of Lent. Do something fun after Mass today.	15  Go to a private room, close the door, and pray to your Father in secret.	16 Ask God for a new grace today that will bring you closer to him.	17  Resolve to go the entire day without judging or criticizing anyone.	18 Pick one way you can simplify your lifestyle to make more room for God.	19 Figure out how much money you saved by not eating meat today and give it to the poor.	20 Trim down your possessions and give what you don't need to the poor.
21 Look around your neighborhood today for signs of new life. 	22 Get up an extra 15 minutes each day for the next 2 weeks and spend that time in prayer.	23 Call Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help.	24 Make a conscious effort to see everyone with loving eyes today.	25 Today, pray for someone you don't like. 	26 Eat pretzels today as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.	27 Perform some act of service for your parish. Ask at the rectory for suggestions.
28 Place Palms around each of the images of Jesus in your home. Welcome the Messiah into your heart.	29 Recite the Profession of Faith or the Apostle's Creed each day this week.	30 Notice someone who may be hungry for love or attention and satisfy that hunger.	31 Try to find a reasonable explanation for some offense you may have suffered and let God be the final judge.	1 Look for someone who is poor or homeless and share your food.	2 Meditate on the Stations of the Cross today. Try to imagine yourself at the scene of each one. 	3 Think about a way in which you might have betrayed Jesus today. Ask his pardon.