



# 1 Today is Ash Wednesday.

As you receive the ashes, intentionally enter into Lent as you remember that Christ died that you may have eternal life.

# 5 Pray for vocations.

Pray for men to hear and answer the call to the complete self-gift of the priesthood.



# 2 Repent.

Commit to a daily examination of conscience at the end of the day and resolve to turn away from sin and repent for sins of the past.

# 6 Go to confession.

Draw closer to Christ through the Sacrament of Reconciliation.



# 3 Fasting and prayer.

Consider going beyond the prescribed Ash Wednesday, Good Friday fasting and abstinence from meat on Fridays and commit to abstaining each Wednesday and Friday in Lent.



# 8 Give something up.

When considering what to "give up" during Lent, challenge yourself to choose something that will truly be a sacrifice. Christ sacrificed it all for us. Let's draw closer to Him through joyfully denying ourselves.



# 4 Intercede for someone.

Is there a family member or friend who has fallen away from faith? Is there someone struggling with a particular addiction or challenge in his or her life? Pray for that person each day during Lent.



# 9 Volunteer.

Step out and find ways to use your time and talent to serve others by checking out opportunities at your parish.



# 10 Attend Adoration.

Find opportunities for Adoration at local churches and spend an hour with Him. Our world is so noisy, and it is difficult in the noise to hear His still, small voice. Enter into silence with Him, the One Who loves you!

# 11 Attend Stations of the Cross.

Remember what Christ suffered for love of us.

# 12 Pray for new Catholics.

Find out if there are people preparing to enter the Church in your parish this Easter. Pray for all those throughout the diocese who will become part of the Catholic Church this Easter!



# 13 Read.

Cut back on TV and Netflix binge watching and use the extra time to read Sacred Scripture or books on the Catholic faith.



# 17 Read the daily Gospel.

Then ask God for what He is saying to you personally through the Gospel reading. Is there a word or a phrase that stands out to you?

# 21 Spend time as a family

reading and discussing the bible verses in the Family Bible Challenge.



# 14 Play!

Sign up to be part of the Family Bible Challenge at the Institute for Catholic Formation.

# 18 Attend a daily Mass.

The Eucharist provides the grace, the life of Christ in us, to help us navigate this world.



# 15 Discover.

Explore the great outdoors and thank God for the gift of His creation.



# 19 Write a letter

to someone who has been helpful or particularly kind to you. Let them know how much you appreciate them.



# 16 Arrive at Mass early.

Spend 10 minutes in prayer before Mass begins to prepare your mind, your heart and your spirit to more intentionally receive Jesus in the Eucharist.



# 20 Recommit yourself.

If you have been challenged in your commitment to "give up" something, challenge yourself to start again.

# 24 Testify!

Tell a friend or family member a story of how your faith helped you in a particular situation.



# 25 Clean.

Choose an area in your home to clean out. Donate or throw away items and discover how cleaning our physical space can help us to clean out the clutter in our minds.

# 26 Be the Face of Prayer.

Text the word *pray* to 55778 and receive a text alert with a daily intention from Bishop Caggiano every day.



# 27 Appreciate silence.

Deepen your appreciation of silence by spending a few minutes in silence each day. Then a few more. Then more...

# 29 Celebrate the solemnities!

The Solemnity of St. Joseph is on March 19 and the Solemnity of the Annunciation is on March 25. The Virgin Mary's response to the Angel Gabriel was "yes." Spend time asking the Holy Spirit for His leading and then, as Mary did, demonstrate your obedience by saying, "Let it be done to me according to Your word."

# 33 Listen.

Take a moment to listen to the glorious Exultet which is chanted at the start of the Easter Vigil. Check out Youtube for recordings of this great prayer.



# 28 Show gratitude.

Find an opportunity to thank the priests and deacons in your parish for their good work.

# 34 Learn.

Is there a particular teaching of the Church that challenges you? Bring your concerns to your pastor and ask him to help you better understand the teachings.



# 36 Attend the Chrism Mass

at 10 am on Holy Thursday at St. Augustine Cathedral. Hear the priest renew their sacred promises and pray with the Bishop as he blesses the Holy Oils to be used in the coming year.

# 39 Tune in.

Listen to Bishop Caggiano's podcast, Let Me Be Frank, as you prepare for Easter.



# 40 Rejoice!

Christ is Risen! Alleluia! We are an Easter people, and Alleluia is our song! Continue to celebrate Easter every day!

