

The glory of these forty days we celebrate with songs of praise
 For Christ, by whom all things were made, Him we have loved and His power
 Then grant us, Lord, like them to be, full often in fast and prayer with Thee;
 Our spirits strengthen with Thy grace, and give us joy to see Thy face.

LENT 2020



Lenten Guidelines

PRAYER

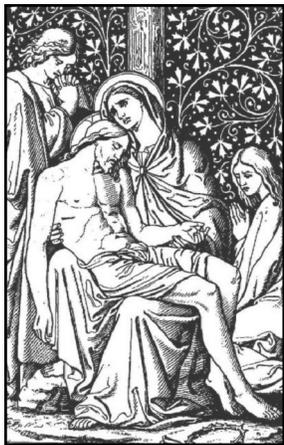
Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation in preparation for the celebration of Christ's Passion, Death and Resurrection.

FASTING AND ABSTINENCE

Catholics of age 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

ALMSGIVING

Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God's abundant grace.



Mary: Our Lenten Guide and Teacher

The Lenten season must not be faced with an "old" spirit, as if it were a heavy and tedious obligation, but with the new spirit of the one who has found in Jesus and his paschal mystery the meaning of life, and now feels that everything must make reference to him.

May our guide and teacher in our Lenten journey be Mary Most Holy,

who, when Jesus went with determination to Jerusalem to suffer the passion, followed him with total faith. As a "new amphora" [vessel] she received the "new wine" prepared by the Son for the messianic betrothal (cf. Mark 2:22). And, in this way, she was the first to receive under the Cross that grace, poured out by the pierced heart of the son, incarnation of the love of God for humanity.

Pope Benedict XVI

Lenten Prayer for Spiritual Renewal

God, heavenly Father,
 Look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit.

Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will.

Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love. God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. Open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus.

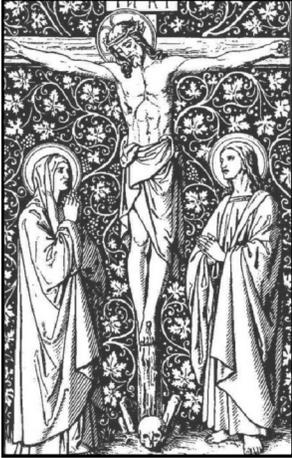
Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer.

Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Holy Mass and Penance.

Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will.

Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom. I ask this through our Lord Jesus Christ, Your Son, Who lives and reigns with You and the Holy Spirit, one God, forever. Amen.





The Word of the Lord

Lent is a wonderful time to renew our love of Sacred Scripture. Prayerfully reading a short passage from the Bible each day allows us to be fed by God speaking to us in His Word.

Suggested Format

1. Sign of the Cross
2. Reading from Sacred Scripture
3. Quiet Reflection
4. The Lord's Prayer
5. Sign of the Cross

Mealtime Prayers During Lent

Lord Jesus Christ, May our Lenten fasting turn us toward all our brothers and sisters who are in need. Bless this table, our good food, and ourselves. Send us through Lent with good cheer, and bring us to the fullness of Passover. Amen

We thank you, O Lord, Who give us this food to eat. We pray that you may also provide food for those who are hungry and gather us all together at the table of your heavenly kingdom. We ask this through Christ our Lord. Amen

Daily Prayers During Lent

Merciful God, you called us forth from the dust of the earth; you claimed us for Christ in the waters of baptism. Look upon us as we enter these Forty Days bearing the mark of ashes, and bless our journey through the desert of Lent to the font of rebirth. May our fasting be hunger for justice; our alms, a making of peace; Our prayer, the chant of humble and grateful hearts. All that we do and pray is in the name of Jesus, for in his cross you proclaim your love for ever and ever. Amen

Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Lord our God, you formed man from the clay of the earth and breathed into him the spirit of life, but he turned from your face and sinned. In this time of repentance we call out for your mercy. Bring us back to you and to the life your Son won for us by his death on the cross, for he lives and reigns for ever and ever.

Prayer for those in the RCIA

God of our ancestors and God of all creation, we ask you to look favorably on your servants; make them fervent in spirit, joyful in hope, and always ready to serve your name. Lead them, Lord, to the sacraments of baptism, confirmation, and Eucharist, so that, living a fruitful life in the company of your faithful, they may receive the eternal reward that you promise. We ask this through Christ, our Lord. Amen.

Daily Readings

ASH WEDNESDAY WEEK

February 26	Mt 6:1-6,16-18
February 27	1 Peter 5:1-4
February 28	Is 58:1-9a
February 29	Ps 86:1-6

FIRST WEEK OF LENT

March 1	Mt 4:1-11
March 2	Mt 25:31-46
March 3	Is 55:10-11
March 4	Ps 51
March 5	Mt 7:7-12
March 6	Mt 5:20-26
March 7	Mt 5:43-48

SECOND WEEK OF LENT

March 8	Mt 17:1-9
March 9	Lk 6:36-38
March 10	Is 1:10, 16-20
March 11	Mt 20:17-28
March 12	Jer 17:5-10
March 13	Mt 21:33-43,45-46
March 14	Ps 103:1-4, 9-12

THIRD WEEK OF LENT

March 15	John 4:5-42
March 16	Lk 4:24-30
March 17	Psalm 25
March 18	Mt 5:17-19
March 19	Jer 7:23-28
March 20	Mk 12:28-34
March 21	Lk 5:1-11

FOURTH WEEK OF LENT

March 22	John 9:1-41
March 23	Jn 4:43-54
March 24	Ez 47:1-9, 12
March 25	Is 49:8-15
March 26	Jn 5:31-47
March 27	Ps 34:17-21,23
March 28	Jer 11:18-20

FIFTH WEEK OF LENT

March 29	Jn 11:1-45
March 30	Jn 8:1-11
March 31	Jn 8:21-30
April 1	Jn 8:31-42
April 2	Gn 17:3-9
April 3	Ps 18:2-7
April 4	Ez 37:21-28

HOLY WEEK

April 5	Mt 21:1-11
April 6	Is 42:1-7
April 7	Jn 13:21-33,36-38
April 8	Mt 26:14-25
April 9	Jn 13:1-15