

## LENT

ASH WEDNESDAY – FEBRUARY 17, 2021, marks the beginning of the Season of Lent:

ABSTINENCE: *All Catholics who have reached their 14<sup>th</sup> birthday are bound to abstain totally from meat on the following days: ASH WEDNESDAY, all FRIDAYS of Lent and GOOD FRIDAY.*

FASTING: *All Catholics between their 18<sup>th</sup> and 59<sup>th</sup> birthdays are also bound to observe the Law of Fast on the following days: ASH WEDNESDAY and GOOD FRIDAY. This practice involves limiting oneself to a single full meal and avoiding food between meals. Light sustenance may be taken on two other occasions in the course of the day.*

EASTER DUTY: *After they have been initiated into the Most Holy Eucharist, all the faithful are bound by the obligation of receiving Communion at least once a year. This precept must be fulfilled during the Easter season, unless for a good reason it is fulfilled at another time during the year. This obligation may be fulfilled between February 21 (First Sunday in Lent) and May 30 (Trinity Sunday).*

### THE FOLLOWING SHOULD ALSO BE NOTED:

RECONCILIATION: *Catholics are bound by an obligation faithfully to confess serious sins at least once a year (Canon 989).*

OTHER FRIDAYS OF YEAR: *Catholics should be reminded that all other Fridays of the year remain as days of penance, in prayerful remembrance of the Passion of Jesus Christ.*

OBLIGATION: *We have as members of the Church to do penance, is a serious one. Furthermore, the obligation to observe, as a whole or “substantially”, the penitential days specified by the Church is a serious one. While no one should hold themselves lightly excused, one should not become unduly scrupulous. Failure to observe individual days of penance is less serious than the failure to observe any penitential days at all or a substantial number of such days.*

AN INVITATION: *In the name of peace, and in union with the Bishops of our country, the faithful of this Diocese are invited to add voluntary fasting to the practice of penance during the Fridays of the year. Together with works of charity and service toward our neighbors, this practice would become a sign of our commitment to conversion, reconciliation and peace. (The Challenge of Peace, Art. 298).*

**COVID-19 Protocol for Ashes:** Due to the ongoing COVID-19 pandemic, ashes will not be imposed on a person’s forehead in the usual manner. Instead, the European custom of sprinkling ashes on the crown of a person’s head will be employed.



# 2021 Lent Calendar

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