



The Lenten Season begins each year on Ash Wednesday, 46 days before Easter Sunday. This year Lent starts on **March 2** and ends on Holy Thursday evening – the beginning of the Easter Triduum which in turn ends at the Easter Vigil on Holy Saturday, **April 16**.

The Lenten Season is an extraordinary time for all Catholics. It is a time to begin anew, to once again offer ourselves to God by way of reflection and self-sacrifice. Lent calls us back to our best selves and to our commitment to follow Jesus. Lent gives us the opportunity to reestablish ourselves as stewards of all of God's gifts.

Self-examination is accomplished with spiritual disciplines- prayer, Bible reading, meditation, fasting, good works, confession, generosity and the like. The true measure of a meaningful Lenten journey is the conversion to Jesus that involves the purification of our hearts as renewed Christian stewards.

I invite you and your co-parishioners to participate and join me in the **"46 DAYS OF SPIRITUAL LENTEN EXERCISE."** The exercise includes a daily schedule of brief prayers, a brief verse from Scripture and suggested activities from which you shall choose two that best fit your needs and schedules.

Lenten devotions don't have to be long or hard to be fruitful. The **"46 DAYS OF SPIRITUAL LENTEN EXERCISE"** will encourage, challenge and help us keep our hearts and minds focused on Christ throughout Lent.

Daily Lenten exercises for a full week will be emailed to you one week prior or you may pick up a hard copy at church when you come to Sunday Mass.

Among the daily activities, each week it is recommended that a participant view an episode from **FORMED.org**. You may join Formed **for free** through the Archdiocese of San Francisco account. Below is the instruction to sign up:

- 1) Go to: **formed.org**
- 2) Click: **SIGNUP** and Click on: **Sign up as a parishioner**
- 3) Under **'CREATE A NEW ACCOUNT'**, type in: **Office of the Archdiocese of San Francisco**
- 4) Then click **NEXT** which will take you to
- 5) **SIGN UP**: fill in Your Name (*e.g., Mary Jones*) and Email Address (*Mjones@gmail.com*)
- 6) Your account is now created. In the future, the most you will have to do to access Formed is type **formed.org**, sign in with your name, and identify the video recommended in the weekly exercises.

May the Lord bless us singly and in common as we all strive to commemorate Lent in a fitting way.

Yours in Christ,
Rev. Alner Nambatac,
Pastor, St. Timothy Parish
Administrator, St. Luke Parish

SPIRITUAL LENTEN EXERCISE

WEEK 1 & 2: March 2 – 12

PRAYER

*Almighty and ever-living God,
Create in us new and honest hearts, so that,
truly repenting of our sins, we may receive from you,
the God of all mercy, full pardon and forgiveness
through your Son, Jesus Christ, our Savior and Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever. Amen*



INSTRUCTIONS: First, do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

		<u>Reading & Reflection</u>	<u>Activity</u>
#	Date	<ul style="list-style-type: none"> What do you hear? How does it make you feel? Toward what are you being drawn? What do you sense are you being urged to do? 	
1	Wed, March 2	2 Corinthians 6:2 “Behold, now is a very acceptable time; behold now is the day of salvation.”	<input type="checkbox"/> Go to confession <input type="checkbox"/> Attend Mass. Wear your ashes out into the world as a witness to our faith. <input type="checkbox"/> Give up social media for the day. <input type="checkbox"/> Fast. Eat only 1 full meal and have only bread and water for the other meals.
2	Thurs, March 3	Luke 9:23-25 “ If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself?”	<input type="checkbox"/> Pray the Stations of the Cross at home or in church <input type="checkbox"/> Fast from purchasing unnecessary items. <input type="checkbox"/> Give up social media for the day <input type="checkbox"/> Pray for someone who has caused you pain in the past
3	Friday March 4	Isaiah 58:6-8 “This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke, setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and homeless; clothing the naked when you see them, and not turning your back on your own. Then your light shall break forth like the dawn...”	<input type="checkbox"/> Pray the Stations of the Cross, if possible, in church <input type="checkbox"/> Call someone instead of texting <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Day of fasting and abstinence. Eat only one full meal and have only bread and water for the other meals. Abstain from eating meat all day.
4	Sat, March 5	Luke 5:31-32 “Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners.”	<input type="checkbox"/> Make a list of people you know who are sick and pray for them. <input type="checkbox"/> Cook dinner for someone in need <input type="checkbox"/> Fast from gossiping, unkind words <input type="checkbox"/> Reflect on your Lenten journey. Think about how you can continue to grow throughout the Easter season.

Reading & Reflection

#	Date	<ul style="list-style-type: none"> • <i>What do you hear?</i> • <i>How does it make you feel?</i> • <i>Toward what are you being drawn?</i> • <i>What do you sense are you being urged to do?</i> 	Activity
5	Sun, March 6	Deuteronomy 26:7-10 “We cried to the Lord, the God of our fathers, and he heard our cry and saw our affliction, our toil and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders.”	<input type="checkbox"/> Make a list of 5 things you are grateful for today. Spend 15 minutes thanking God for his generosity. <input type="checkbox"/> Pray together as a family <input type="checkbox"/> Attend Mass in person <input type="checkbox"/> Give an additional 10% to what you regularly put in the collection basket. Example: If you regularly give \$10, add another \$1 <input type="checkbox"/> Pray the rosary for an increase of priestly and religious vocations
6	Mon, March 7	Matthew 25:35-36, 40 “For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me. Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.”	<input type="checkbox"/> Start your day by spending 15 minutes thanking God for the gift of life <input type="checkbox"/> Call a family member or friend you haven’t spoken to in a while <input type="checkbox"/> Pray the rosary for those in need <input type="checkbox"/> Spend 15 minutes thanking God for the gift of life <input type="checkbox"/> Do one act of corporal mercy
7	Tues, March 8	Matthew 6:7-8 “In praying, do not babble like the pagans, who think they will be heard because of their many words. Do not be like them. Your Father know what you need before you ask him.”	<input type="checkbox"/> Spend at least 15 minutes with Jesus in Adoration <input type="checkbox"/> Pray the Liturgy of the Hours <input type="checkbox"/> Spend 15 minutes thanking God for the gift of life <input type="checkbox"/> Kneel before the statue of the Blessed Virgin Mary and pray for 5 minutes <input type="checkbox"/> Drink only water all day. Abstain from drinking caffeinated drinks, soda, juice or alcoholic beverage
8	Wed, March 9	Jonah 3:10 “When God saw by their actions how they turned from their evil way, he repented of the evil that he threatened to do to them; he did not carry it out.”	<input type="checkbox"/> Pray the Chaplet of the Divine Mercy <input type="checkbox"/> Join “Stewardship Wednesday” at 7:00 PM SEARCH Ep. 1 – “What Do You Seek?” Reflection & Group discussion via Zoom Meeting ID: 812 9374 2742 Password: SEARCH https://us02web.zoom.us/j/81293742742?pwd=ODNqGfNMm1OcUVsOCtaLzlkajFmUT09
9	Thurs, March 10	Matthew 7:7-8 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives, and the one who seeks, finds; and the one who knocks, the door will be opened.”	<input type="checkbox"/> Spend at least 15 minutes in prayer, thanking God for all the gifts that He has given you. <input type="checkbox"/> Pray the rosary for those in need. <input type="checkbox"/> List 5 people whom God has blessed you with and pray for them
10	Friday March 11	Matthew 5:24 “Go first and be reconciled with your brother, and then come and offer your gift.”	<input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 every Friday during Lent <input type="checkbox"/> Day of fasting and abstinence. Eat only one full meal and have only bread and water for the other meals. Abstain from eating meat all day. <input type="checkbox"/> Pray the Stations of the Cross, if possible, in church <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Send a “Thinking of You” card to a distant relative or friend
11	Sat, March 12	Deuteronomy 26:17 “Today you are making this agreement with the Lord: he is to be your God and you are to walk in his ways and observe his statutes, commandments and decrees, and to hearken to his voice.”	<input type="checkbox"/> Go to confession <input type="checkbox"/> Fast from gossiping and saying unkind words <input type="checkbox"/> Reach out to someone who is in need of encouragement or hope <input type="checkbox"/> Share a meal with someone who lives alone

PRAYER

Almighty and merciful God, in your goodness keep us, we pray, from all things that may hurt us, that we, being ready both in mind and body, may accomplish with free hearts those things which belong to your purpose; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen

**Week 3
MARCH 13 - 19**



INSTRUCTIONS: First, do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

		<u>Reading & Reflection</u>	
#	Date	<ul style="list-style-type: none"> • <i>What do you hear?</i> • <i>How does it make you feel?</i> • <i>Toward what are you being drawn?</i> • <i>What do you sense are you being urged to do?</i> 	<u>Activity</u>
12	SUN March 13	Philippians 3:17-19 “Join with others in being imitators of me, brothers, and observe those who thus conduct themselves according to the model you have in us. For many, as I have often told you and now tell you even in tears, conduct themselves as enemies of the cross of Christ. Their end is destruction. Their God is their stomach; their glory is in their ‘shame,’ their minds are occupied with earthly things.”	<input type="checkbox"/> Spend 15 minutes reflecting on your life, list defining moments and how they transformed you. In gratitude offer the whole day to God <input type="checkbox"/> Attend Mass in person <input type="checkbox"/> Give an additional 10% to what you regularly put in the collection basket <input type="checkbox"/> Do something nice for someone who is going through a difficult time: call, text, send a card or flowers, etc. <input type="checkbox"/> Eat together as a family for at least one meal: no phones, no social media, no TV
13	MON March 14	Luke 6:36- “Be merciful, just as your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”	<input type="checkbox"/> Avoid unnecessary purchases <input type="checkbox"/> Contribute at least \$10 to some charity that provides food or lodging for the poor <input type="checkbox"/> Fast from gossiping and saying unkind words. Give words of encouragement and hope instead
14	TUES March 15	Isaiah 1:16-16-18 “Put away your misdeeds from before my eyes; cease doing evil; learn to do good. Make justice your aim; redress the wronged, hear the orphan’s plea, defend the widow. Come now, let us set things right, says the Lord.”	<input type="checkbox"/> Look at a crucifix and meditate on Christ’s passion, reflect on the intense suffering Christ accepted although He was God. <input type="checkbox"/> Pray the Stations of the Cross <input type="checkbox"/> Pray the rosary for all children, born and unborn <input type="checkbox"/> Pray for an end to abortion. Pray for all those who are contemplating abortion
15	WED March 16	Matthew 20:28 – ‘The Son of Man did not come to be served but to serve.’	<input type="checkbox"/> Sign-up to be part of the church preparation crew or clean-up crew for the Easter Triduum liturgies <input type="checkbox"/> Prepare a meal for someone who is new to the parish or an elderly who lives alone. <input type="checkbox"/> Join “Stewardship Wednesday” at 7:00 PM-8:00PM SEARCH Ep. 2 – “Who Are You?” Reflection & Group discussion via Zoom Meeting ID: 812 9374 2742 Password: SEARCH https://us02web.zoom.us/j/81293742742?pwd=ODNqaGFNMm1OcUVsOCTaLzlkajFmUT09
16	THURS March 17	Jeremiah 17:7- 8 - “Blessed is the man who trusts in the Lord, whose hope is the Lord. He is like a tree planted beside the waters that stretches out its roots to the stream: It fears not the heat when it comes, its leaves stay green; In the year of the drought it shows no distress, but still bears fruit.”	<input type="checkbox"/> Pray for all bishops, priests, deacons and religious <input type="checkbox"/> Pray the rosary for all missionaries <input type="checkbox"/> Spend at least 30 minutes in Eucharistic adoration <input type="checkbox"/> Abstain from social media today. Use the extra time reading about your favorite saint
17	FRI March 18	Matthew 21:37-39 “Finally, he sent his son to them, thinking, ‘They will respect my son.’ But when the tenants saw the son, they said to one another, ‘This is the heir. Come, let us kill him and acquire his inheritance. ‘ They seized him, threw him out of the vineyard, and killed him.”	<input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 every Friday during Lent <input type="checkbox"/> Pray for the person who has hurt you the most. Ask God to bless him or her. <input type="checkbox"/> Fast. Eat only one full meal and have only bread and water for the other meals. <input type="checkbox"/> Donate the money you saved from fasting to charity or buy something for someone in need. <input type="checkbox"/> Pray the Stations of the Cross
18	SAT March 19	Matthew 1:24 – “When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home.”	<input type="checkbox"/> Reflect on your Lenten journey. Think about how you can continue to grow throughout the Easter season. <input type="checkbox"/> Pray for the health and intentions of the Holy Father. <input type="checkbox"/> Go to confession <input type="checkbox"/> Pray the Act of Faith



Prayer • Fasting • Almsgiving

PRAYER

Lord God, you give to us in abundance desiring that we use your good gifts to benefit all people. Empower us to respond in faith in all that we do so that our actions bring glory to your holy name. Amen.

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Reading & Reflection			
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19	SUN March 20	Luke 13:1-3 “At that time some people who were present there told him about the Galileans whose blood Pilate had mingled with the blood of their sacrifices. He said to them in reply, ‘Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did!’”	<input type="checkbox"/> Spend the first 15 minutes of your day thanking God and offer the whole day to Him. <input type="checkbox"/> Go to confession <input type="checkbox"/> Arrive at Mass 15 mins early to pray quietly <input type="checkbox"/> Do something nice for someone who is going through a difficult time: call, text, send a card or flowers, etc. <input type="checkbox"/> Give an additional 10% to what you regularly put in the collection basket
20	MON March 21	2 Kings 5:13- “My father,” they said, “if the prophet had told you to do something extraordinary, would you not have done it? All the more now, since he said to you, ‘Wash and be clean,’ should you do as he said.”	<input type="checkbox"/> Think of a person who made a great impact in your life. Pray for this person and ask God to continue to bless and protect this person. If he or she is no longer living, light a candle in church and pray for the repose of his or her soul. <input type="checkbox"/> List 3 habits you want to change. Commit to working on 1 habit for the rest of Lent
21	TUES March 22	Matthew 18:32-35 “His master summoned him and said to him, ‘You wicked servant! I forgave you your entire debt because you begged me to. Should you not have had pity on your fellow servant, as I had pity on you?’ Then in anger his master handed him over to the torturers until he should pay back the whole debt. So will my heavenly Father do to you, unless each of you forgives his brother from his heart.”	<input type="checkbox"/> Pray the rosary to end capital punishment <input type="checkbox"/> Fast from gossiping and saying unkind words. Give words of encouragement and hope instead. <input type="checkbox"/> Spend 15 mins listing your blessings. Thank God for them. <input type="checkbox"/> Volunteer to do someone else’s chore <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Pray for a sick person in your family or parish and send a short note letting him/her know you are praying for him/her
22	WED March 23	Matthew 5:19 – “Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven.	<input type="checkbox"/> Go to a church you have not been to and pray there for at least 15 minutes <input type="checkbox"/> Prepare a meal for someone who is new to the parish or an elderly who lives alone. <input type="checkbox"/> Pray for an end to abortion. Pray for all those who are contemplating abortion <input type="checkbox"/> Join “Stewardship Wednesday” at 7:00 PM-8:00PM SEARCH Ep. 3 – “Why A God?” Reflection & Group discussion via Zoom Meeting ID: 812 9374 2742 Password: SEARCH https://us02web.zoom.us/j/81293742742?pwd=ODNqaGFNMmI0cUVsOCTaLzlkajFmUT09
23	THURS March 24	Luke 11:17, 23- “Every kingdom divided against itself will be laid waste and house will fall against house. Whoever is not with me is against me, and whoever does not gather with me scatters.”	<input type="checkbox"/> Pray for the evangelization of all those who have not yet heard and accepted the Good News about Jesus <input type="checkbox"/> Spend at least 30 minutes in Eucharistic adoration <input type="checkbox"/> Do one random act of kindness
24	FRI March 25	Matthew 10:8-10 “First he says, ‘Sacrifices and offerings, holocausts and sin offerings, you neither desired nor delighted in.’ These are offered according to the law. Then he says, ‘Behold. I come to do your will.’ He takes away the first to establish the second. By this “will,” we have been consecrated through the offering of the body of Jesus Christ once for all.”	<input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 every Friday during Lent <input type="checkbox"/> Pray for the person who has hurt you the most. Ask God to bless him or her <input type="checkbox"/> Fast. Eat only one full meal and have only bread and water for the other meals. <input type="checkbox"/> Donate the money you saved from fasting to charity or buy something for someone in need. <input type="checkbox"/> Pray the Stations of the Cross
25	SAT March 26	Luke 18:14 – “For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”	<input type="checkbox"/> Reflect on your Lenten journey. Think about how you can continue to grow throughout the Easter season. <input type="checkbox"/> Pray Psalm 131 <input type="checkbox"/> Stay off from social media for half a day <input type="checkbox"/> Pray for Catholic unity, that there would be one flock and one shepherd

PRAYER

Lord, bless our home and family. **Make us one, Lord.**

Bless all those who enter here. **Make us one, Lord.**

Bless our family wherever they are, (especially...). **Make us one Lord.**

Bless all of your children, all of our brothers and sisters around the word. **Make us one, Lord.**

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26	Sunday March 27	2 Corinthians 5:17-18 – “Whoever is in Christ is a new creation: the old things have passed away; behold, new things have come. And all this is from God, who reconciled us to himself through Christ.”	<input type="checkbox"/> Today is Laetare Sunday. Wear something PINK to Mass. <input type="checkbox"/> Pray for the poor souls in purgatory <input type="checkbox"/> Do a good deed in secret, without expecting recognition <input type="checkbox"/> Compliment at least one person today. <input type="checkbox"/> Spend focus time together with each of your children, or siblings or your parents.
27	Monday March 28	John 5:48 – “Unless you people see signs and wonders, you will not believe.”	<input type="checkbox"/> Pray the Apostles Creed and the Act of Faith <input type="checkbox"/> Read the Beatitudes, be inspired toward humility & service <input type="checkbox"/> Look at a crucifix and meditate on Christ’s passion
	Tuesday March 29	John 5:6 – “Do you want to be well?”	<input type="checkbox"/> Say a prayer for persons you pass by and ask God to bless them <input type="checkbox"/> Pray for the sick – for comfort, strength and healing <input type="checkbox"/> Thank someone from your past who made a difference in your life
29	Wednesday March 30	John 5:25 – “Amen, amen, I say to you, the hour is coming and is now here when the dead will hear the voice of the Son of God, and those who hear will live.”	<input type="checkbox"/> Cook for someone who lives alone or is elderly <input type="checkbox"/> Volunteer to do someone else’s chore <input type="checkbox"/> Pray for someone you have hurt in the past <input type="checkbox"/> Reach out to someone you have not had any contact with in the last 6 months <input type="checkbox"/> Attend SEARCH Ep. 5 – “WHO IS JESUS?” Reflection & Group discussion via Zoom 5:30PM-6:30PM Meeting ID: 869 0200 5883 Passcode: LENT2022
30	Thursday March 31	John 5:44 – “How can you believe, when you accept praise from one another and do not seek the praise that comes from the only God. ”	<input type="checkbox"/> Pray for bishops, priests, seminarians and deacons <input type="checkbox"/> Arrive 15 mins early at Mass to pray quietly <input type="checkbox"/> Evangelize by thanking someone with a promise to pray for that person. But be sure to do it!
31	Friday April 1	Wisdom 2:20-21 – “Let us condemn him to a shameful death; for according to his own words, God will take care of him.’ These were their thoughts, but they erred: for their wickedness blinded them.”	<input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 every Friday during Lent <input type="checkbox"/> Say one decade of the rosary that the Supreme Court protects life and religious freedom <input type="checkbox"/> Fast. Abstain from meat and eat only one full meal and have only bread and water for the other meals
32	Saturday April 2	John 7:46 – “Never before has anyone spoken like him.”	<input type="checkbox"/> Write down five new blessings you have received this week and thank God for them <input type="checkbox"/> Pray for young people in your parish who are “nones” <input type="checkbox"/> Do at least one random act of kindness <input type="checkbox"/> Pray for the souls in purgatory

PRAYER

Generous, compassionate, empathetic God, you alone created, redeemed me to live in the Spirit. Give me continual strength and guidance to seek your loving Spirit in me. Help me to commune with you through acts of compassion, empathy, and generosity. In the name of your Son, Jesus Christ our Lord, Amen.

Week 6
APRIL 3-9



INSTRUCTIONS: Do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

#	Date	Reading & Reflection <ul style="list-style-type: none"> • What do you hear? • How does it make you feel? • Toward what are you being drawn? • What do you sense are you being urged to do? 	Activity
33	Sunday April 3	John 8:12 – “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.”	<input type="checkbox"/> Palm Sunday: Bring the entire family to Mass <input type="checkbox"/> Arrive 15 mins early to Mass; light a candle and reflect on the blessings you received last week. Thank God for them. <input type="checkbox"/> Pray for bishops, priests, seminarians and deacons <input type="checkbox"/> Donate some canned goods to the Parish Pantry or Food bank
34	Monday April 4	John 8:7 – “Let the one among you who is without sin be the first to throw a stone at her.”	<input type="checkbox"/> Pray for the poor souls in purgatory <input type="checkbox"/> Fast from gossip and saying unkind words <input type="checkbox"/> Say one decade of the rosary for those whom you may have hurt intentionally or unintentionally in the past.
35	Tuesday April 5	Numbers 21:7 – “We have sinned in complaining against the Lord and you.”	<input type="checkbox"/> Abstain from complaining about anybody or anything, instead focus on your blessings <input type="checkbox"/> Spend some time outdoors. Appreciate the beauty of God’s creation in nature <input type="checkbox"/> Pray for the unity of our Church
36	Wednesday April 6	John 8:31-32 – “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.”	<input type="checkbox"/> Resist looking at your phone when you are with others <input type="checkbox"/> Look at a crucifix and meditate on Christ’s passion, reflect on the intense suffering he accepted. <input type="checkbox"/> Read the “Beatitudes” to be inspired toward humility and service <input type="checkbox"/> Say a prayer for persons you pass by and ask God to bless them <input type="checkbox"/> Attend SEARCH Ep. 5 – “WHO IS JESUS?” Reflection & Group discussion via Zoom 7:00PM-8:00PM Meeting ID: 812 9374 2742 Passcode: SEARCH
37	Thursday April 7	Genesis 17:9 - “On your part, you and your descendants after you must keep my covenant throughout the ages.”	<input type="checkbox"/> Pray for bishops, priests, seminarians and deacons <input type="checkbox"/> Pray for vocations to women’s religious congregations <input type="checkbox"/> Say a decade of the rosary for persecuted Christians around the world <input type="checkbox"/> Buy a GREEN SCAPULAR for every family member who has fallen away from the Catholic faith.
38	Friday April 8	Jeremiah 20:13 – “Sing to the Lord, praise the Lord, for he has rescued the life of the poor from the power of the wicked!” ”	<input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 every Friday during Lent <input type="checkbox"/> Pray for the poor souls in purgatory <input type="checkbox"/> Say one decade of the rosary that the Supreme Court protects life and religious freedom <input type="checkbox"/> Fast. Abstain from meat and alcoholic beverage <input type="checkbox"/> Pray the Stations of the Cross
39	Saturday April 9	Ezekiel 37:27 – “My dwelling shall be with them; I will be their God and they shall be my people.”	<input type="checkbox"/> Spend 30 minutes in Adoration <input type="checkbox"/> Go to Confession <input type="checkbox"/> Write down five new blessings you have received this week and thank God for them

PRAYER

Almighty God, your Son our Savior suffered at human hands and endured the shame of the cross. Grant that we may walk in the way of his cross and find it the way of life and peace, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Week 7
APRIL 10-16**



INSTRUCTIONS: Do the “Reading & Reflection” for the day, then pick at least two activities assigned for the day.

#	Date	Reading & Reflection <ul style="list-style-type: none"> • What do you hear? • How does it make you feel? • Toward what are you being drawn? • What do you sense are you being urged to do? 	Activity
40	PALM SUNDAY April 10	Isaiah 50:5 – “The Lord God opened my ear; I did not refuse, did not turn away.”	<input type="checkbox"/> Today is Palm Sunday. Have the family wear elegant clothes to Mass <input type="checkbox"/> Pray for an increase of vocations to the priesthood and to religious life <input type="checkbox"/> Have at least one meal today with the whole family
41	MONDAY April 11	John 12:3 – “Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair!”	<input type="checkbox"/> Do small acts of generosity. Work on being a giver. <input type="checkbox"/> Volunteer in a soup kitchen <input type="checkbox"/> Sign up to clean the church on Holy Saturday so it will be ready for Easter Sunday
42	TUESDAY April 12	Isaiah 49:6 – “I will make you a light to the nations, that my salvation may reach to the ends of the earth.”	<input type="checkbox"/> Say a decade of the rosary for persecuted Christians around the world <input type="checkbox"/> Kneel before statue of Blessed Mother and pray for 5 minutes <input type="checkbox"/> Tell an acquaintance of yours who is sick that you are praying for her
43	WEDNESDAY April 13	Matthew 26:31 – “This night all of you will have your faith in me shaken.”	<input type="checkbox"/> Look at a crucifix and meditate on Christ’s passion, reflect on the intense suffering he accepted. <input type="checkbox"/> Read the “Beatitudes” to be inspired toward humility and service <input type="checkbox"/> Go to confession <input type="checkbox"/> Pray the Apostles Creed <input type="checkbox"/> Attend SEARCH Ep. 6 – “AM I SAVED?” Reflection & Group discussion via Zoom 7:00PM-8:00PM <input type="checkbox"/> Meeting ID: 812 9374 2742 Passcode: SEARCH
44	HOLY THURSDAY April 14	John 13:12 – “Do you realize what I have done to you?”	<input type="checkbox"/> Holy Thursday: Attend Mass of the Lord’s Supper <input type="checkbox"/> Pray for bishops, priests, seminarians and deacons <input type="checkbox"/> Arrive 15 mins early at Mass to pray quietly <input type="checkbox"/> Go to confession
45	GOOD FRIDAY April 15	Isaiah 52:13-15 – “See my servant shall prosper, he shall be raised high and greatly exalted. Even as many were amazed at him—so marred were his features, beyond that of mortals his appearance, beyond that of human beings— So shall he startle many nations, kings shall stand speechless; for those who have not been told shall see, those who have not heard shall ponder it.”	<input type="checkbox"/> Good Friday: Attend the Passion of the Lord, usually at 3pm <input type="checkbox"/> Pray the Stations of the Cross <input type="checkbox"/> Pray the Sorrowful Mysteries of the Rosary <input type="checkbox"/> Day of fasting and abstinence. Eat only one full meal and abstain from eating meat all day. <input type="checkbox"/> Say one decade of the rosary for Christians who are being persecuted <input type="checkbox"/> Read what used to be called the Last Gospel, John 1:1-14 <input type="checkbox"/> Go to confession
46	HOLY SATURDAY April 16	Romans 6:3 – “Are you unaware that who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by glory of the Father, we too might live in newness of life.”	<input type="checkbox"/> Holy Saturday: Attend the Easter Vigil, usually at 7:30 PM <input type="checkbox"/> Abstain from complaining about anybody or anything <input type="checkbox"/> Pray for the sick in your family or parish <input type="checkbox"/> Go to Confession <input type="checkbox"/> Resist looking at your phone when you are with others

Easter Sunday, April 17

Enjoy this day the Lord has made. Let the risen Jesus be with you and your family. Feel the joy of Jesus’ resurrection and life within you. Celebrate his love all the days of your life. Christ is risen. Alleluia! Alleluia!

Happy and blessed Easter! God bless you and your beautiful family.