

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 22 Ash Wednesday Fast for God's sake, not your own. "Search me, God, and know my heart; test me and know..." (Psalm 139:23).	Feb 23 Have patience with all things, but first of all, with yourself. "Create in me a clean heart, O God; and renew a right spirit within me" (Psalm 51:10).	Feb 24 During Lent, let us find concrete ways to overcome our indifference. "So, whether you eat or drink, or whatever you do, do all to the glory of God" (1 Cor. 10:31).	Feb 25 Today, wherever you go, carry the intention of peace, love, and harmony in your heart. "Devote yourselves to prayer, being watchful and thankful" (Col. 4:2).
First Sunday of Lent 26 Lent comes providentially to awaken us, to shake us from our lethargy "...for he satisfies the thirsty and fills the hungry with good things" (Psalm 107:9).	27 Who needs your welcome and acceptance? Offer it warmly. "...but those who hope in the LORD will renew their strength. They will soar on wings like eagles..." (Isaiah 40:31).	28 Nothing great is ever achieved without much enduring "I had heard of you by the hearing of the ear, but now my eye sees you; therefore I despise myself, and repent in dust and ashes." Job 42:5-6	Mar 1 Say an act of contrition. Make amends to one person you've offended. All go to one place. All are from the dust, and to dust all return. Ecclesiastes 3:20	2 Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.. When I wept and humbled my soul with fasting, it became my reproach. Psalm 69:10	3 Set up an <u>almsgiving box</u> —you simply set out a box, and take 1 thing from your food cupboard every day of Lent. At the end of Lent, take the box to a food bank. "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning Joel 2:12	4 The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks. Daniel 10:3
Second Sunday of Lent 5 Learn as if you will live forever, live like you will die tomorrow And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. Acts 14:23	6 Today's goals Start with God Stay with God End with God While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Acts 13:2	7 When you change your thoughts, remember to also change your world At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. Mark 1:12- 14	8 In return for healing love you've received, offer it to others. Look, you are well. Do not sin anymore (JN 5:14).	9 God never tires of forgiving us; we are the ones who tire of seeking his mercy But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33	10 Give someone the chance to learn a skill from you. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 1 Peter 5:6	11 God is not interested in your art but, your heart. But he answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God.'" Matthew 4:4
Third Sunday of Lent 12 Setting goals is the first step in turning the invisible into the visible Love your enemies (MT 5:44).	13 "Prayer does not change the purpose of God. But prayer does change the action of God. But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. Psalm 35:13	14 May your unfailing love be with us, LORD, even as we put our hope in you. Wait for the Lord; be strong and take heart and wait for the Lord. Psalm 27:14	15 Follow your intuition, it will always lead you to the right destination. I wait for the Lord, my whole being waits, and in his word, I put my hope. I wait for the Lord more than watchmen wait for the morning. Psalm 130:5-6	16 Be a positive energy trampoline – absorb what you need and rebound more back So we fasted and implored our God for this, and he listened to our entreaty. Ezra 8:23	17 St Patrick's Day Beannachtaí na Féile Padraig Ort And then he told them, "Go into all the world and preach the Good News to everyone. Mark 16:15	18 Don't let someone else's opinion of you become your reality I fast twice a week; I give tithes of all that I get. Luke 18:12

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Forth Sunday Of Lent 19 Tap into your creative side and try using colouring as a way to pray and meditate during Lent And then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. Luke 2:37	20 Choose truth, love, and kindness whenever you speak Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 1 Peter 5:6	21 Mornings are better when you talk to God first. No, I tell you; but unless you repent, you will all likewise perish. LUKE 13:3	22 Father help me to seek you daily. Your will. Your plan. Your strength My soul thirsts for God, for the living God. When can I go and meet with God? Psalm 42:2	23 Rivers know this: there is no hurry. We shall get there some day. For where your treasure is, there your heart will be also Matthew 6:21	24 A beautiful day begins with a beautiful mind set. Wait for the Lord; be strong and take heart and wait for the Lord Psalm 27:14	The Annunciation 25 Angel Gabriel tells Mary that she will give birth to Jesus. Say the Rosary with love. Be joyful in hope, patient in affliction, faithful in prayer. Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12	
Fifth Sunday of Lent 26 There's something about it that makes sense, Lent. You give something up, and everything's more joyful. Then you will call on me and come and pray to me, and I will listen to you. Jeremiah 29:12	27 If you really want to do something, you'll find a way. If you don't, you'll find an excuse But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me. Michah 7:7	28 There are three elements that are almost always part of Lent: prayer, giving something up and giving something back. Your word I have treasured in my heart, That I may not sin against You. Psalm 119:11	29 The kingdom of God ought to reshape our vision of what matters. I say only what the Father has taught me (JN 8:28) .	30 Prayer does not change the purpose of God. But prayer does change the action of God I will put my spirit in you that you may live (EZ 37:14) .	31 When you put down your phone, it's easier to lift up your eyes. The Lord looks into your heart (1 SM 16:7) .	April 1 Seek a relationship when you pray, not answers. You won't always find answers, but you will always find Jesus. And saying, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel Mark 1:15	
Palm Sunday 2 Let all your dreams be fulfilled Took branches of palm trees, and went forth to meet him, and cried, Hosanna: Blessed [is] the King of Israel that cometh in the name of the Lord. John 12:13	3 It always seems impossible until it's done. After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst." John 19:28	4 Our greatest glory is not in never falling, but in rising every time we fall To you I have entrusted my cause (JER 11:20)	5 May you live every day of your life. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, Ephesians 2:8	Maundy Thursday 6 Set a time during which you 'stay and watch' with the Lord as he requested. A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. John 14:6	Good Friday Unless there is Good Friday in your life, there can be no Easter Sunday. For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16	8 There is a great silence on earth today. A great silence and stillness. Silence because the king is asleep. God has died in the flesh and hell trembles with fear. He came and took his body (JN 19:38) .	
Easter Sunday 9 We are destined for Glory. Spread the Good News and follow God's way! Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die." John 11:25	<h1>Let Light Shine Out of Darkness</h1>						<h1>St Bernadette's and Holy Rosary Parish Pastoral Councils</h1>