




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 14 Ash Wednesday Go to mass today. Discover why we get ashes today Isaiah 58:6 – F Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?	15 Ask a family member or a friend about their day, listen carefully to them 1 Peter 5:6 – Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time	16 Take a photo of something that brings you joy and share it Matthew 6:21 – For where your treasure is, there your heart will be also.	17 Think of 3 things you're grateful for and write them down Psalm 42:2 – My soul thirsts for God, for the living God. When can I go and meet with God?
18 <i>First Sunday of Lent</i> Light a candle in church or at home and pray for someone in your life Isaiah 30:18 – Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!	19 Write down 3 things that you want to achieve by the end of the week Matthew 6:33 – But seek first his kingdom and his righteousness, and all these things will be given to you as well.	20 Get out into green space and feel the joy that nature brings Jeremiah 29:12 – Then you will call on me and come and pray to me, and I will listen to you.	21 Do something healthy which makes you feel good Psalm 33:20-22 – We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in His holy name. May your unfailing love be with us, Lord, even as we put our hope in you.	22 Ask a friend what made them happy recently Isaiah 40:31 – <i>But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.</i>	23 Bring joy to others by doing something kind for them Micah 7:7 – <i>But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me.</i>	24 Write a gratitude letter to thank someone Hosea 12:6 – <i>But you must return to your God; maintain love and justice and wait for your God always.</i>
25 Ask for forgiveness from anyone you have wronged, even God John 19:28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), “I thirst.	26 Thank someone who has been a good influence in your life Psalm 25:4-5 – <i>Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.</i>	27 Clear your mind of other things and sit quietly with God Lamentations 3:25 The Lord is good to those whose hope is in him, to the one who seeks him;	28 Pray for someone who is preparing for their First Penance or First Holy Communion. Psalm 30:5 "...weeping may stay for the night, but rejoicing comes in the morning."	29 Genuinely compliment someone who isn't expecting it Psalm 27:14 Wait for the Lord; be strong and take heart and wait for the Lord.	Mar 1 Decide to look for what's good every day this month Job 42:5-6 - 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."	2 Share a happy memory with someone who means a lot to you Psalm 130:5-6 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.
3 <i>Third Sunday of Lent</i> In Lent we choose to give things up and put God first. What could you give up this week. Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer. Be joyful in hope, patient in affliction, faithful in	4 When God is all you have, then you have what you only need. Galatians 5:5 For through the Spirit we eagerly await by faith the righteousness for which we hope.	5 You're braver than you believe and stronger than you seem, and smarter than you think. Genesis 3:19 - By the sweat of your face you shall eat bread, for out of it you were taken; for you are dust, and to dust you shall return."	6 When you focus on the good, the good increases. Psalm 62:5 For God alone, O my soul, wait in silence, for my hope is from him.	7 Show your lighter side today and be a joy for others. Acts 15:9: "And he made no distinction between us and them, having cleansed their hearts by faith."	8 Today, wherever you go, carry the intention of peace, love, and harmony in your heart. LUKE 13:3No, I tell you; but unless you repent, you will all likewise perish.	9 <i>Follow your intuition, it will always lead you to the right destination.</i> (1 SM 16:7). The Lord looks into your heart

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Forth Sunday of Lent 10 Mothers Day Find a quiet place and ask God to bless all Mothers and Grandmothers Ephesians 6:1-3'Honour your father and mother'— which is the first commandment with a promise –	11 Look for something to be thankful for where you least expect it Mark 1:15 And saying, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel	12 Speak to others in a warm and friendly way Genesis 3:19 - By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."	13 Take time to notice things that you find beautiful John 16:33 - In this world you will have trouble. But take heart! I have overcome the world.	14 Look for something good in a difficult situation Acts 15:9: "And he made no distinction between us and them, having cleansed their hearts by faith."	15 Send a positive message to a friend who needs encouragement John 3:16 For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.	16 Watch something funny and enjoy how it feels to laugh Isaiah 43:25: "I, I am he who blots out your transgressions for my own sake, and I will not remember your sins."
Fifth Sunday of Lent 17 ST Patrick's Day  May the choicest blessings of St Patrick always be with you. May happiness, good luck and good health be yours forever. Mark 16:15 And then he told them, "Go into all the world and preach the Good News to everyone.	18 Be kind to you. Do something that brings you joy Mark 10:27 "Jesus looked at them and said, 'With man this is impossible, but not with God; all things are possible with God.'"	19 Share a friendly smile with people you see today EZ 37:14 . I will put my spirit in you that you may live	20 Make a list of the joys in your life (and keep adding to it) Psalm 27:13 "I remain confident of this: I will see the goodness of the LORD in the land of the living."	21 Take a step towards one of your life goals, however small Hosea 12:6But you must return to your God; maintain love and justice, and wait for your God always.	22 What are your most important values, use them today MT 7:7. Knock and the door will be open to you	23 Thank God for someone who has been an influence in your life Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.
Palm Sunday 24 Thank God for sending Jesus to love and guide us. John 12:13 "They took branches of palm trees and went forth to meet him, and cried, Hosanna! Blessed is he who comes in the name of the Lord!"	25 Today, set aside time to pray for peace in the the war-torn parts of our world. Psalm 34:14 Turn from evil and do good; seek peace and pursue it.	26 What does sacrifice mean? What could you sacrifice for someone today. JL 2:12 . Return to me with your whole heart	27 Be grateful for the little things even in difficult times. I say only what the Father has taught me (JN 8:28).	Maundy Thursday 28 Today Jesus had his last supper with friends, thank God for your food and for those who go hungry. 1 John 4:19 "We love because he first loved us."	29 Good Friday Observe silence at 3 p.m. today in reverence for Jesus' sacrifice. Galatians 6:9 "We must not get tired of doing good, for we will reap at the proper time if we don't give up. Find a quiet place and thank God for	30 Easter Saturday Today we wait as Jesus lies in the tomb. Tomorrow we celebrate as Jesus rises to new life. He came and took his body (JN 19:38).
Easter Sunday 31 We are destined for glory. Spread the Good News and follow God's way! He had to rise from the dead (JN 20:9)!	Let Light Shine Out of Darkness 			St Bernadette's and Holy Rosary Parish Pastoral Councils		