



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			March 5 May your Ash Wednesday be a time of reflection and promise. 1 Peter 5:6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.	6 You must do the things you think you cannot do. Isaiah 58:6 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?	7 Light a candle in Church or at home and pray for someone you know. Psalm 42:2 My soul thirsts for God, for the living God. When can I go and meet with God?	8 The Sun is weak when it rises but gathers strength and courage as the day gets on. Matthew 6:21 For where your treasure is, there your heart will be also.
First Sunday of Lent 9 Today's Gospel is Lk 4:1-13. Reflect on today's Gospel. What lessons can we learn from this reading?	10 Clear your mind of other things and sit quietly with God Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.	11 Happiness is not something readymade; it comes from your own actions. Psalm 27:14 Wait for the Lord; be strong and take heart and wait for the Lord.	12 Say thank you to God for one of the blessings in your life. Isaiah 40:31 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.	13 Some people look for a beautiful place. Others make a place beautiful. Matthew 6:21 For where your treasure is, there your heart will be also.	14 Do not let what you cannot do interfere with what you can do. 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.	15 Stay close to anything that makes you glad you are alive. Micah 7:7 But as for me, I watch in hope for the Lord, I wait for God my Saviour; my God will hear me.
16 Today's Gospel is Lk 9:28-36. Reflect on today's Gospel. What does it encourage us to do this week?	17 St Patrick's Day Beannachtaí na Féile Pa draig Ort Luke 9:35 'This is my son the chosen one. Listen to him.'	18 Try to be a rainbow in someone else's cloud. Hosea 12:6 But you must return to your God; maintain love and justice and wait for your God always.	19 Call or visit someone who lives on their own. Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.	20 If you want to lift yourself up, lift up someone else. 1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.	21 Give someone a compliment today. Galatians 5:5 For through the Spirit we eagerly await by faith the righteousness for which we hope.	22 Life is like riding a bicycle. To keep your balance, you must keep moving. Jeremiah 29:12 Then you will call on me and come and pray to me, and I will listen to you.
Third Sunday of Lent 23 Today's Gospel is Lk 13:6-9 Reflect on today's Gospel. What lessons can we learn from this reading?	24 Tough times never last, but tough people do. Psalm 25:4-5 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.	25 The Annunciation You are never in control of what happens around you, but you are always in control of what happens within you. John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.	26 You define your own life. Don't let other people write your script. John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world	27 Take time to ring someone today instead of texting. 'It's good to talk.' We love because he first loved us. — 1 John 4:19.	28 During Lent, let us find concrete ways to overcome our indifference. - Pope Francis LUKE 13:3 No, I tell you; but unless you repent, you will all likewise perish.	29 Life changes very quickly, in a very positive way, if you let it (1 SM 16:7) The Lord looks into your heart

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Forth Sunday Of Lent 30 Mother's Day Ask God to bless Mums and Grandmas today. Today's Gospel is Lk 15:11-32. Reflect on today's Gospel. What does it teach us about God the Father?	31 Jesus taught us how to be hopeful. Where do we see signs of hope today? Mark 1:15 And saying, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel	April 1 2 Keep your face always toward the sunshine — and shadows will fall behind you. John 19:28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst.	3 Father, help me to seek you daily. Your will. Your plan. Your strength Psalm 25:4 Show me your ways, Lord, teach me your paths	4 Happiness often sneaks in through a door you didn't know you left open. Psalm 30:5 "...weeping may stay for the night, but rejoicing comes in the morning."	5 When we work, we work. When we pray, God works. 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.	6 If you see someone without a smile, give them yours! 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 6 Today's Gospel is Jn 8:1-11. Reflect on today's Gospel. What does it teach us about making judgments?	7 Attend (or read at home) the Stations of the Cross. <i>MT 7:7. Knock and the door will be open to you</i>	8 Spread love everywhere you go. 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."	9 Pray the Rosary (or just a decade) with your family. Acts 15:9: "And he made no distinction between us and them, having cleansed their hearts by faith."	10 In a gentle way, you can shake the world. Galatians 5:5: "For through the Spirit we eagerly await by faith the righteousness for which we hope."	11 Write a list of things you are grateful for <i>JL 2:12. Return to me with your whole heart</i>	12 What you are is God's gift to you, what you become is your gift to God. 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."
Palm Sunday 13 Find a quiet place and thank God for sending Jesus to love and guide us Today's Gospel is Lk 19:28-40. Reflect on today's Gospel. What does it teach us about who Jesus is?	14 God never tires of forgiving us; we are the ones who tire of seeking his mercy. In him was life, and that life was the light of all mankind. — John 1:4	15 Today we recall Judas' bad choice. Ask God to help you make good choices this week. Psalm 27:13 "I remain confident of this: I will see the goodness of the LORD in the land of the living."	16 Today Jesus and his disciples planned the Last Supper. Thank God for the food you'll eat today. 1 Peter 5:6 - Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.	Maundy Thursday 17 Let God's promises shine on your problems. Philippians 3:10-11 "I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead."	Good Friday 18 Observe silence at 3 p.m. today in reverence for Jesus' sacrifice. 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.	19 Today we wait as Jesus lies in the tomb. Say a prayer for those who are grieving today. He came and took his body (JN 19:38).
Easter Sunday 20 We are destined for glory. Spread the Good News and follow God's way!				<h1>St Bernadette's & Holy Rosary Parish Pastoral Councils</h1>		