

Lent begins each year on Ash Wednesday, 46 days before Easter Sunday. This year Lent starts on **February 17th,** ends on Holy Thursday evening – the beginning of the Easter Triduum, which ends at the Easter Vigil on Holy Saturday, April 3rd. The Lenten season is an extraordinary time for us Catholics. It is a time for a fresh opening of ourselves to God; via a period of self-examination and abnegation, it is a chance to start anew. It calls us back to our best character goals, to our commitment to follow Jesus, and gives us a chance to realign 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 similar practices. The true measure of a meaningful Lenten journey is the conversion to Jesus that involves the purification of the heart of a Christian steward.

To encourage, challenge and keep us on track throughout all of Lent, I am inviting you to participate in the **“46 DAYS OF SPIRITUAL LENTEN EXERCISE”.** The exercise includes a daily schedule of some short prayers, a reading from Scripture and optional activities, from which you choose two that best fit your needs and availability.

Daily Lenten exercises for a full week will be emailed to you one week prior.

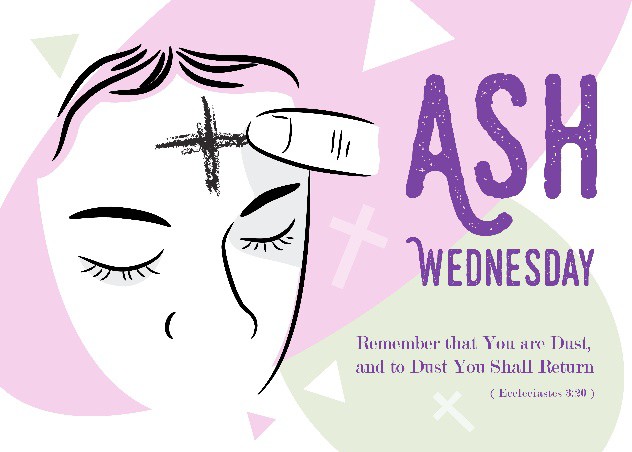
Among the daily activities, each week it is recommended that a participant view an episode from **FORMED.org**. If you have not signed up with FORMED, below is the instruction to sign up:

1. Go to: **formed.org**
2. Click: **SIGNUP** and Click on: **Sign up as a parishioner**
3. Under ‘**CREATE A NEW ACCOUNT**”, then scroll down the list and select our Parish.
4. Then click **NEX**T 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. Your Pastor

**SPIRITUAL LENTEN EXERCISE**

**WEEK 1: February 17 – February 23, 2021**

**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.

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| **#** | **Date** | **Reading & Reflection**   * ***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** |
| **1** | **Wed, Feb 17** | **Joel 2: 12-13 -** “Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and  relents from punishing.” |  Go to confession   Attend Mass. Wear your ashes out into the world as a witness to our faith.   Give up social media for the day.   Fast. Eat only 1 full meal and have only bread and water for the other meals. |
| **2** | **Thurs, Feb 18** | **1 John 1:8-9 -** “If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.” |  Fast from purchasing unnecessary items.   **Watch “Search” in FORMED: Ep 1: What Do You Seek**  https://watch.formed.org/the-search- 1/season:1/videos/thesearch-ep1   **Attend SEARCH ep. 1 group discussion via Zoom at 6:00-7:00 PM**  **Meeting ID: 889 4320 4246**  **Password: SEARCH** |
| **3** | **Fri, Feb 19** | **Psalm 25:4-5, 10 –** “Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his decrees. |  Pray or Attend the Stations of the Cross in church   Call someone instead of texting   Pray the Sorrowful Mysteries of the Rosary   Fast. Abstain from meat (but do not feast on lobsters) and eat only one full meal and have only bread and water for the other meals. |
| **4** | **Sat, Feb 20** | **Luke 5:27-28 –** ‘’Jesus said to him, ‘Follow me.’ And leaving everything behind, Levi got up and followed him.” |  **Attend Lectio Divina via Zoom: 10:00 AM-10:30AM**  **Meeting ID: 865 1572 1949**  **Passcode: LECTIO2**   Cook dinner for someone in need   Fast from gossiping, unkind words |
| **5** | **Sun, Feb 21** | **Mark 1:15 –** “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the Gospel. |  Make a list of 5 things you are grateful for today.   Pray together as a family – Attend Mass   Spend focus time together with each of your  children, or siblings or your parents. |
| **6** | **Mon, Feb 22** | **Ephesians 2:4-5 –** “But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-by grace you have been saved.” |  Spend 15 minutes thanking God for the gift of life   Pray the rosary   Pray for the poor souls in purgatory   Thank someone from our past who made a difference in your life. Send a card, call, text, or send flowers. |
| **7** | **Tues, Feb 23** | **Job 5:8-9 –** “As for me, I would seek God, and to God I would commit my cause. He does great things and unsearchable, marvelous things without number.” |  Spend at least 15 minutes with Jesus in Adoration   Pray the Liturgy of the Hours   Call a family member or friend you haven’t  spoken to in a while |