

A personal gift for you
from the Team at PastoralPlanning.com


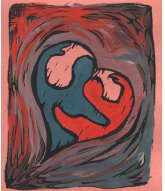


Mark Hakomaki





A Sacred Calendar
Lent 2009

Sundays & Feasts
Spiritual Goals
Personal Resolutions

The week of February 22, 2009

<p>Sunday February 22</p> <p>7th Sunday in Ordinary Time</p>	<p>The Gospel: Mark 2:1-12 Jesus forgives our sins. Question of the Week: What is the one area of your life which you most want to reform?</p> <p>As a household today: Go through this calendar together. Write in the names of people whom you want to contact during Lent with a special greeting.</p>
<p>Monday February 23</p>	<p>Spiritual goal for this week: Make sure your own spiritual house is in order by carving out extra time to pray.</p> <p>We are preparing for Ash Wednesday and Lent. Be thinking about how you will spend this time spiritually & as a household of faith.</p>
<p>Tuesday February 24</p> <p>Mardi Gras</p>	<p>Jesus, prepare my heart to receive you with joy!</p> <p>Mardi Gras is a time to celebrate with joy and fun!</p>
<p>Wednesday February 25</p> <p>Ash Wednesday</p>	<p>Feast today! Ash Wednesday Father in heaven, the light of Your truth bestows sight to the darkness of sinful eyes. May this season of repentance bring us the blessing of Your forgiveness, and the gift of your light. +Amen. (From the Collect of today's Mass.)</p>  <p>We fast today and abstain from eating meat.</p>
<p>Thursday February 26</p>	<p>Let the Ashes of yesterday become a sign that leads you through Lent.</p>
<p>Friday February 27</p> <p>We abstain from meat today</p>	<p>Eat a lighter diet today – no meat and nothing expensive. Give the savings you have to the poor. Prepare for the First Sunday of Lent this weekend.</p>
<p>Saturday February 28</p>	 <p>Lent is a good time for housecleaning! Empty those closets and give to the poor every item which someone else could use. Spend these forty days giving your home – as well as yourself – a new Heart.</p> <p>In your home, create a sacred space of quiet and prayer.</p>

The week of March 1, 2009

<p>Sunday March 1</p> <p>1st Sunday in Lent</p>	<p>The Gospel: Mark 1:12-15: Jesus forgives our sins. Question of the Week: What powerful signs have you seen that God forgives us and heals us?</p> <p><i>As a household, continue to honor your Lenten promises. But on this Sunday, celebrate God's great love and forgiveness.</i></p>
<p>Monday March 2</p>	<p>Spiritual goal for this week: In my prayer, I will open my heart to intimacy with Christ - trust him with my very life!</p>
<p>Tuesday March 3</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Jesus, help me prepare to confess my sins and prepare for Easter. Keep my eye on the real purpose of this Season - preparing for YOU. Keep me on my pathway of faith.</p> </div> </div>
<p>Wednesday March 4</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>Feast Today! The patron saint of Poland & Lithuania St. Casimir: known for his piety, prayerfulness & faith.</p> <p>Today's resolution: Invite someone to share lunch or supper with you this week, someone about whom you've been mindful lately.</p> </div> </div>
<p>Thursday March 5</p>	<p>The greatest gift you can give each other is time. Take time with one another this Lent. Talk and Listen. Not everything has to happen with the TV or Internet running.</p> 
<p>Friday March 6</p> <p><i>We abstain from meat today</i></p>	<p style="text-align: center;">Make God's love explicit to someone near you today! Show them how much God cares for them.</p>
<p>Saturday March 7</p>	<p>Don't let this Season pass without meeting Christ in the poor. There you will find him waiting.</p> <div style="text-align: right;">  <p>Visit CommonHope.org to learn more about one way to do that!</p> </div>




The week of March 8, 2009

<p>Sunday March 8</p> <p>2nd Sunday in Lent</p>	<p>The Gospel: Mark 9:2-10: He was transfigured before their eyes. Question of the Week: In what ways does Jesus speak today, ways in which you can truly “listen to him?”</p> <p><i>As a household, continue to observe the ways of Lent.</i></p>
<p>Monday March 9</p>	<p>Spiritual goal for this week: In order to really hear God speaking, I must quiet myself and listen. This week, I will allow my inner ear to do the hearing.</p> <p>Special Feast today: St. Frances of Rome Wife, mother, doer of good deeds. She once said: "A married woman, "she said, "must often leave God at the altar to find Him in her household care."</p> 
<p>Tuesday March 10</p>	 <p>Make this year unlike any other! Start as a family or household today. Take inventory of your home and give away everything someone might need. Be generous!</p>
<p>Wednesday March 11</p>	<p>Today's resolution: Give away some money this week – to someone unsuspecting but worthy. Just give it without telling anyone, even the recipient.</p>
<p>Thursday March 12</p>	 <p>As a family, work through the steps of Just Living: to learn to live more simply, more sustainably, and in greater solidarity with the poor.</p> <p>This is a web site resource. Go to: http://www.pastoralplanning.com/livesimply_pages/livetemplate.html</p>
<p>Friday March 13</p> <p><i>We abstain from meat today</i></p>	<p>Don't forget the needy among you. Visit www.CommonHope.org to learn how to help those who live in Guatemala.</p>
<p>Saturday March 14</p>	<p>Carve out a half hour today to be alone with God. Visit the parish church while running errands, or simply sit quietly and allow the voice of God to well up within your heart.</p>

The week of March 15, 2009

<p>Sunday March 15</p> <p>3rd Sunday in Lent</p>	<p>First Reading today: Exodus 20:1-17: Keep my commandments. Question of the Week: As you hear the Commandments proclaimed today, which one of them really strikes you?</p> <p><i>As a household, continue to observe the Season of Lent, but today, take a break and celebrate Sunday.</i></p>
<p>Monday March 16</p>	<p>Spiritual goal for this week: In my prayer this week, I will let myself be fully satisfied with God's grace as it plays out in my life. It is enough for me!</p>
<p>Tuesday March 17</p>	<p>Feast today! St. Patrick St. Patrick's Day is famous for partying and merriment.</p> <p>You sent the great bishop Patrick to the people of Ireland to share his faith and to spend his life in loving service. May our lives bear witness to the faith we profess, and our love bring others to the peace and joy of Your Gospel. <i>(The Collect from today's Mass)</i></p> 
<p>Wednesday March 18</p>	 <p>Examine your conscience today. Who is God calling you to become?</p>
<p>Thursday March 19</p>	 <p>Feast today! St. Joseph St. Joseph was the husband of Mary and father of Jesus. We honor him as a patron of workers. "Generations of fathers have followed in his footsteps, & imprinted on their children's souls the inestimable value of faith..." John Paul II. Angelus message, March 2002.</p>
<p>Friday March 20</p> <p><i>We abstain from meat today</i></p>	<p>On this Friday in Lent, pray the Stations of the Cross either with the parish or alone. Let each stop along the way lead you closer to Christ.</p>
<p>Saturday March 21</p>	<p>Let this Lenten Saturday be one on which you connect with someone with whom you've been estranged. Forgive seventy times seven times!</p>



The week of March 22, 2009

<p>Sunday March 22</p> <p>4th Sunday in Lent</p>	<p>The Gospel: John 3:14-21: The Light came into the world. Question of the Week: When is it difficult for you to believe? What particular line in this reading helps your faith?</p> <p><i>As a household, continue to observe the Season of Lent, but today, take a break and celebrate Sunday.</i></p>
<p>Monday March 23</p>	<p>Spiritual goal for this week: To grow able to hear God's voice echo in the depths of my soul when I awaken in the night.</p>
<p>Tuesday March 24</p>	<p>Remember today the ashes with which we began Lent. The most important thing in life is Love. When we die, the only thing we take with us is the love in our hearts.</p>
<p>Wednesday March 25</p> <p>The Annunciation</p>	<p>The Annunciation</p> <p>You have revealed the beauty of Your power by exalting the lowly virgin of Nazareth and making her the mother of our Savior. May the prayers of this woman bring Jesus to the waiting world and fill the void of incompleteness with the presence of her Child. <i>(from the Collect in today's Mass)</i></p> 
<p>Thursday March 26</p>	<p>Find a time today for silence. Let it well up around you.</p> 
<p>Friday March 27</p> <p><i>We abstain from meat today</i></p>	<p>On this Friday in Lent, pray the Stations of the Cross either with the parish or alone. Let each stop along the way lead you closer to Christ.</p>
<p>Saturday March 28</p>	<p>If you have not done so yet, plan to go to Confession this weekend as you prepare for Holy Week and Easter.</p> 

The week of March 29, 2009

<p>Sunday March 29</p> <p>5th Sunday in Lent</p>	<p>The Gospel: John 22:20-33: If it dies, it produces much grain. Question of the Week: Name one area in your life that you need to let go of, to die to, in order to rise with new life.</p> <p><i>As a household, continue to observe the Season of Lent, but today, take a break and celebrate Sunday.</i></p>
<p>Monday March 30</p>	<p>Spiritual goal for this week: Learning to die to myself never ends. This week I will find small ways with those I love to do so.</p>
<p>Tuesday March 31</p>	 <p>Evaluation Day. Sometimes at this point in Lent we grow weary of our fasting, almsgiving, and prayer. Pause today to recharge your Lenten heart and if you need to, make a fresh start. It's not too late!</p>
<p>Wednesday April 1</p>	<p>April Fools Day Spring is in the air! Be a "fool for Christ" and act in ways which the world rejects but which we Christians embrace: give up a grudge, share your money, say a kind word to a stranger, love your enemies and do good to those who harm you...</p>
<p>Thursday April 2</p>	<p>Feast today! St. Francis of Paola St. Francis was a hermit, who led many to deep intimacy with Christ. May his example help us who live in the world to also seek communion with Christ.</p> 
<p>Friday April 3</p> <p><i>We abstain from meat today</i></p>	<p>On this Friday in Lent, pray the Stations of the Cross either with the parish or alone. Let each stop along the way lead you closer to Christ.</p>
<p>Saturday April 4</p>	 <p>Feast Today! St. Isidore He applied knowledge to the work of God and used his great intellect for good. For figs are not gathered from thorns, nor are grapes picked from a bramble bush. (Luke 6:44 – from today's Mass)</p>

The week of April 5, 2009: Holy Week

<p>Sunday April 5</p> <p>6th Sunday in Lent</p>	<p>Second Reading: Philippians 2:6-11 He emptied himself. Question of the Week: As you hear this powerful hymn from the early church, what words or phrases strike you in it? Which line of this ancient hymn touches your heart?</p> <p><i>As a household, it's time to prepare for Triduum. Plan your week to include all the liturgical celebrations of this, the "holiest week of the year."</i></p>
<p>Monday April 6</p>	<p>Spiritual goal for this week: In my prayer this week, I will become more grateful to God for sending light and love into the world through Christ.</p>
<p>Tuesday April 7</p>	<div style="display: flex; align-items: center;">  <div> <p>Feast Today! John Baptist de la Salle Founder of the Christian Brothers</p> <p>You chose Saint John Baptist de la Salle to give young people a Christian education. Give Your Church teachers who will devote themselves to helping Your children grow as Christian men and women. <i>(The Collect from today's Mass)</i></p> </div> </div>
<p>Wednesday April 8</p>	<p style="text-align: center;">Lent</p> <p style="text-align: center;">The Sacred Season of Lent comes to a close tomorrow. We begin Triduum - three days of observance to mark the Paschal Mystery.</p> 
<p>Thursday April 9</p> <p>Holy Thursday</p>	<p>Holy Thursday</p> <p>We celebrate the beginning of the Liturgy of the Eucharist where the Priest, the People, the Bread & Wine, and the Word of God come together to "do this is memory of me."</p>
<p>Friday April 10</p> <p>Good Friday</p>	<p>Good Friday</p> <p>We observe on this day the passion and death of Christ. We enter into this same death ourselves at baptism.</p>
<p>Saturday April 11</p> <p>Holy Saturday & the Easter Vigil</p>	<p>The Easter Vigil</p> <p>On this most holy of nights, we remember the story of our salvation, bless new water and fire, and initiate into the church those ready to be baptized.</p> <p style="text-align: center;">Exult, Heavenly Powers!</p>

Sunday
April
12

The Gospel: John 20: 1-9 Mary Magdalene came to the tomb.

Question of the Week: (Breaking Open the Word):

Step One: *Listen to the Word*

As you hear this lovely retelling of the story of Mary at the tomb, what words or phrases strike you? What image or feeling lingers for you?

Step Two: *Look into Your Life*

What are the ways in which you have experienced God's promise of Resurrection after also experiencing "the dark night of the soul?"

Easter! We rejoice and celebrate because now we know that God is with us, raising us up to new life in Christ.

**Easter
Sunday**

Exult, Heavenly Powers!



Happy
Happy
Easter!