

# LENT 2014: GIVE UP, TAKE UP, LIFT UP!

DAILY INSPIRATION FOR YOUR LENTEN JOURNEY MARCH 5 – APRIL 16 · [WWW.USCCB.ORG/LENT](http://WWW.USCCB.ORG/LENT)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>In his Lenten message for 2014, Pope Francis takes inspiration from the words of St. Paul (<a href="#">Cor 8:9</a>), and asks us to contemplate Paul's invitation to live "a life of evangelical poverty." Embrace his call by fasting from or "giving up" material things, including food, superfluous to your basic needs; "taking up" charitable habits directed to helping and caring for others; and "lifting up" those in need through giving alms, praying and participating in devotional practices.</p> <p>Take inspiration for your Lenten journey from the words of Pope Francis featured on this calendar and contemplate the suggestions for <a href="#">prayer</a>, <a href="#">fasting</a> and <a href="#">almsgiving</a>.</p>			<p><b>5</b> Ash Wednesday – Lent begins In many parishes today, the <a href="#">Collection for the Church in Central &amp; Eastern Europe</a> is taken up. Please give!</p>	<p><b>6</b> As Lent begins, consider participating in Catholic Relief Services' <a href="#">Rice Bowl Program</a> to help you pray, fast and give. Download the Rice Bowl app to help you along!</p>	<p><b>7</b> Today, we remember two early Christian martyrs, Perpetua and Felicity, who are always mentioned together for good reason. <a href="#">Read about these saints</a> and you'll understand why.</p>	<p><b>8</b> Today as we remember St. John of God, <a href="#">read some of this compassionate saint's thoughts</a> on reaching out to the poor. This weekend, Learn about and give to the <a href="#">Collection for Black &amp; Indian Missions</a>.</p>
<p><b>9</b> First Sunday of Lent Listen to an audio retreat based on today's readings in <a href="#">English</a> or <a href="#">Spanish</a> with Bishop Joe Vásquez of Austin.</p>	<p><b>10</b> Pray for the elect who will be baptized at Easter and learn how catechists prepare them to be received into the Church through the <a href="#">Rite of Christian Initiation of Adults</a>.</p>	<p><b>11</b> Lent &amp; Discipline: The 40 days of Lent are a good, set time to work on personal discipline in general. Instead of giving something up, do something positive such as praying or exercising more.</p>	<p><b>12</b> "Christ's poverty which enriches us is his taking flesh and bearing our weaknesses and sins as an expression of God's infinite mercy to us." – <a href="#">Message for Lent 2014</a></p>	<p><b>13</b> Today is the first anniversary of Pope Francis' election as Supreme Pontiff. Take time today to pray for him and to thank God for the gift of his papacy.</p>	<p><b>14</b> "...we could also say that there is only one real kind of poverty: not living as children of God and brothers and sisters of Christ." – <a href="#">Message for Lent 2014</a></p>	<p><b>15</b> Today we remember St. Louise de Marillac who greatly helped St. Vincent de Paul in his work among the poor and is the founder of the <a href="#">Sisters of Charity</a>.</p>
<p><b>16</b> Second Sunday of Lent Listen to an audio retreat based on today's readings in <a href="#">English</a> or <a href="#">Spanish</a> with Archbishop Timothy J. Broglio of the Military Services.</p>	<p><b>17</b> Today we recall the life of St. Patrick, the apostle to Ireland. Reflect on his words: "<i>Christ in the heart of every person who thinks of me, Christ in the eye that sees me, Christ in the ear that hears me.</i>"</p>	<p><b>18</b> "God's wealth passes not through our wealth, but invariably and exclusively through our personal and communal poverty, enlivened by the spirit of Christ." – <a href="#">Message for Lent 2014</a></p>	<p><b>19</b> Solemnity of St. Joseph, Husband of the Blessed Virgin Mary St. Joseph, the model of humility, and one of our greatest saints, is known for his silence. Read about <a href="#">the poignant silence of Joseph</a>.</p>	<p><b>20</b> Today is the vernal or spring equinox, when the hours of light and darkness are equal. Celebrate spring and light by reading Pope Francis' encyclical <a href="#">The Light of Faith</a>.</p>	<p><b>21</b> "Desititution is not the same as poverty: destitution is poverty without faith, without support, without hope." – <a href="#">Message for Lent 2014</a></p>	<p><b>22</b> Today we remember St. Nicholas Owen, who spent 20 years building secret passages for Christians to escape persecution. <a href="#">Read about</a> this extraordinary saint's ministry and martyrdom.</p>
<p><b>23</b> Third Sunday of Lent Listen to an audio retreat based on today's readings in <a href="#">English</a> or <a href="#">Spanish</a> with Bishop Liam Cary of Baker.</p>	<p><b>24</b> "Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor." – <a href="#">Evangelii Gaudium</a></p>	<p><b>25</b> Solemnity of the Annunciation of the Lord On this day, we mark the <a href="#">the Blessed Virgin Mary's encounter with the Angel Gabriel</a> and her "yes" to bearing the Son of God.</p>	<p><b>26</b> How is your Lenten prayer going? Remember that Lent is essentially an act of prayer spread out over 40 days. As we pray, we are brought closer to Christ and are changed by the encounter with him.</p>	<p><b>27</b> "By making himself poor, Jesus did not seek poverty for its own sake but, as St. Paul says '<i>that by his poverty, you might become rich.</i>'" – <a href="#">Message for Lent 2014</a>.</p>	<p><b>28</b> "Our faith in Christ, who became poor, and was always close to the poor and the outcast, is the basis of our concern for the integral development of society's most neglected members." – <a href="#">Evangelii Gaudium</a></p>	<p><b>29</b> This weekend, the Catholic Relief Services Collection is taken up in many parishes. <a href="#">Learn more about the work of CRS</a> and consider a gift to assist in their international humanitarian work.</p>

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<p><b>30</b> Fourth Sunday of Lent Listen to an audio retreat based on today's readings in <a href="#">English</a> or <a href="#">Spanish</a> with Archbishop José Gomez of Los Angeles</p>	<p><b>31</b> "When power, luxury and money become idols, they take priority over the need for a fair distribution of wealth." — <a href="#">Message for Lent 2014</a></p>	<p><b>1</b> Today, we remember St. Isidore of Seville, patron of a medium that didn't exist when he lived, the Internet! <a href="#">Read what Pope Benedict XVI has to say</a> about this saint.</p>	<p><b>2</b> "Our consciences thus need to be converted to justice, equality, simplicity and sharing." — <a href="#">Message for Lent 2014</a></p>	<p><b>3</b> Last Sunday marked the halfway point of lent. Have you been to confession yet? If you haven't been in a while, here's how to <a href="#">Rediscover the Sacrament of Penance</a>.</p>	<p><b>4</b> Discipline: Lent helps us concentrate on less than Christ-like aspects of our lives. We join in the mysteries of Christ's suffering and death by suffering, dying with Christ and being resurrected in a purified form</p>	<p><b>5</b> "Jesus wants evangelizers who proclaim the good news not only with words, but above all by a life transfigured by God's presence." — <a href="#">Evangelii Gaudium</a></p>
<p><b>6</b> Fifth Sunday of Lent Listen to an audio retreat based on today's readings in <a href="#">English</a> with Bishop William Michael Mulvey of Corpus Christi or in <a href="#">Spanish</a> with Bishop Mark Seitz of El Paso.</p>	<p><b>7</b> Today, we recall the life of St. John the Baptist de la Salle, founder of the Christian Brothers and patron of teachers. <a href="#">Learn more about him</a>.</p>	<p><b>8</b> Keeping it Simple: It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. After all, Lent comes every year and we spend our entire lives growing closer to God.</p>	<p><b>9</b> "I distrust a charity that costs nothing and does not hurt." — <a href="#">Message for Lent 2014</a></p>	<p><b>10</b> Patience: When confronted with your own weakness during Lent, don't give in to anger, frustration and self-pity. Be patient and see yourself as God does, with unconditional love</p>	<p><b>11</b> Today we mark the life of St. Stanislaus, patron of Poland. <a href="#">Read what his countryman</a>, Pope John Paul II, had to say about this saint.</p>	<p><b>12</b> "Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance." — <a href="#">Message for Lent 2014</a></p>
<p><b>13</b> Passion Sunday: Listen to an audio retreat based on today's readings in English with Archbishop Dennis Schnurr of Cincinnati or in Spanish with Archbishop Joseph Tobin of Indianapolis.</p>	<p><b>14</b> Holy Week is here. Reflect on how well you have lived your Lenten promises to give up, take up, and lift up during this journey through the desert to the foot of the cross.</p>	<p><b>15</b> "The Eucharist, although it is the fullness of sacramental life, is not a prize for the perfect but a powerful medicine and nourishment for the weak." — <a href="#">Evangelii Gaudium</a></p>	<p><b>16</b> Lent officially ends tomorrow as the Mass of the Last Supper begins. Plan to participate in the <a href="#">Stations of the Cross</a> and the moving liturgies of the <a href="#">Triduum</a> in your parish.</p>	<p><b>17</b> Holy Thursday "To encounter the living God it is necessary to tenderly kiss Jesus' wounds in our hungry, poor, sick and incarcerated brothers and sisters." — <a href="#">Homily for the Feast of St. Thomas the Apostle</a>.</p>	<p><b>18</b> Good Friday The Franciscans take care of the places where Jesus last walked and the living stones — Christians — who live in the Holy Land today. Please give today to the <a href="#">Holy Land collection</a>.</p>	<p><b>19</b> Holy Saturday "We by Baptism, are immersed in that inexhaustible source of life which is the death of Jesus, the greatest act of love in all of history..." — <a href="#">General Audience, 1/8/14</a></p>
<p><b>20</b> Easter – He Has Risen! Listen to an audio retreat based on the readings for Easter in <a href="#">English</a> or <a href="#">Spanish</a> with Bishop Emeritus Michael Pfeifer of San Angelo.</p>						<p><b>The Triduum</b></p> <p>The summit of the Liturgical Year is the Easter Triduum—from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.</p>