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Catholic Education  
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# Lenten Journey 2022



Pope Francis has described Lent in many ways — as a time of recovery, renewal and conversion, a time to receive the love of God and rediscover the direction of life.

In his Lenten message for 2021 the Holy Father reflected, ***“In our Lenten journey towards Easter, let us remember the One who ‘humbled Himself and became obedient unto death, even death on a cross’ (Phil 2:8). During this season of conversion, let us renew our faith, draw from the ‘living water’ of hope, and receive with open hearts the love of God, who makes us brothers and sisters in Christ.”***

For 2022, the 40-day season of lent, begins on Ash Wednesday, 2nd March 2022, and ends on Holy Thursday, 14th April 2022.

The season of Lent, as a period of preparation to celebrate the Lord’s resurrection at Easter, is an opportunity for the faithful to undertake the practices of prayer, fasting and almsgiving, described as the three pillars of Lent, as a means to know Christ better and follow His will more faithfully.

As the three pillars of Lent are not meant to be undertaken simply to fulfill the “rules” of Lent:-

- 1. Prayer, from the heart;**
- 2. Fasting from those things that interfere in strengthening a relationship with God; and**
- 3. Almsgiving with compassion for those in need**

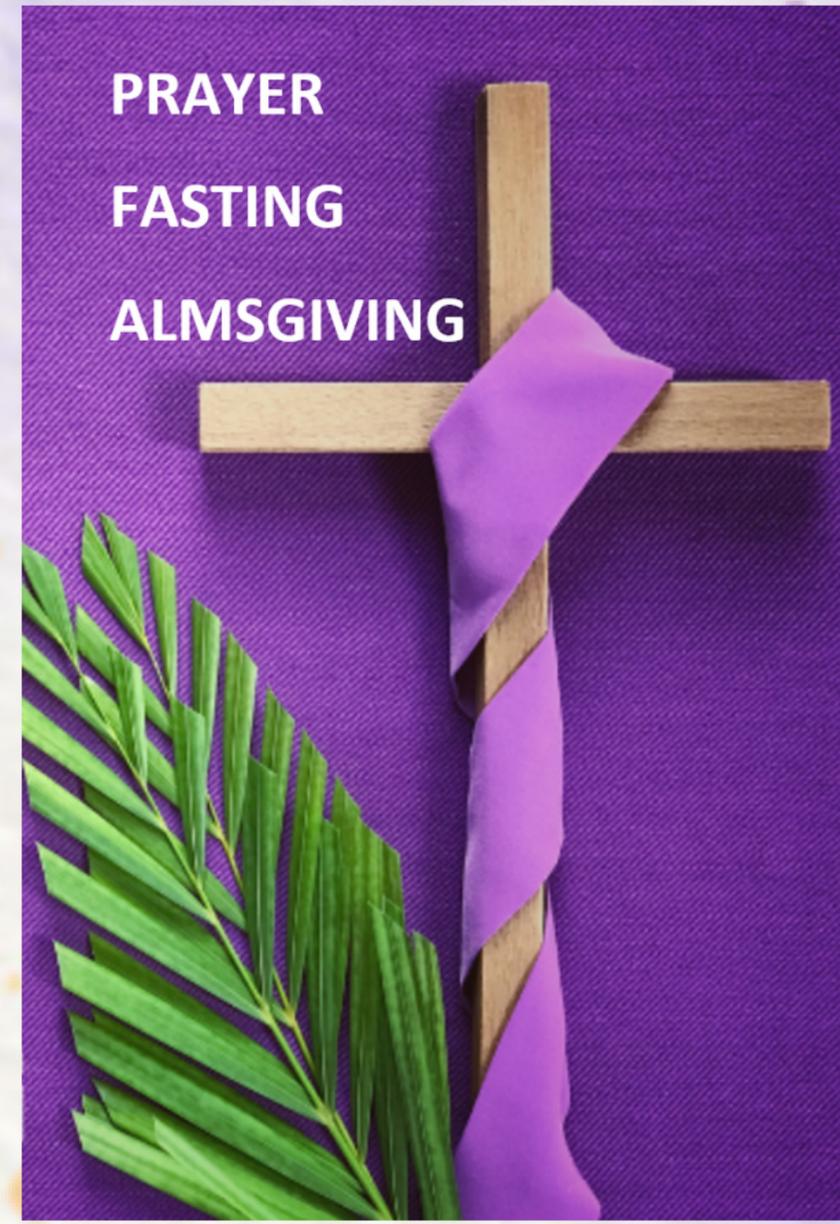
will make the Lenten journey a fruitful period of renewal.

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PRAYER  
FASTING  
ALMSGIVING



# THREE PILLARS OF LENT

There are the three signposts for our attention during Lent: **Prayer, Fasting and Almsgiving**. These are themes for self-examination. Perhaps they can be the means for challenging ourselves, particularly in the experience of the Covid-pandemic, for re-setting our priorities, and stimulating action and change.



## Prayer

Our Lives are busy, we want to prayer, but we lose track of time. May this time be one of outward focus; Help us live a Lent focused on freedom, generosity, and encounter.



## Fasting

We practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



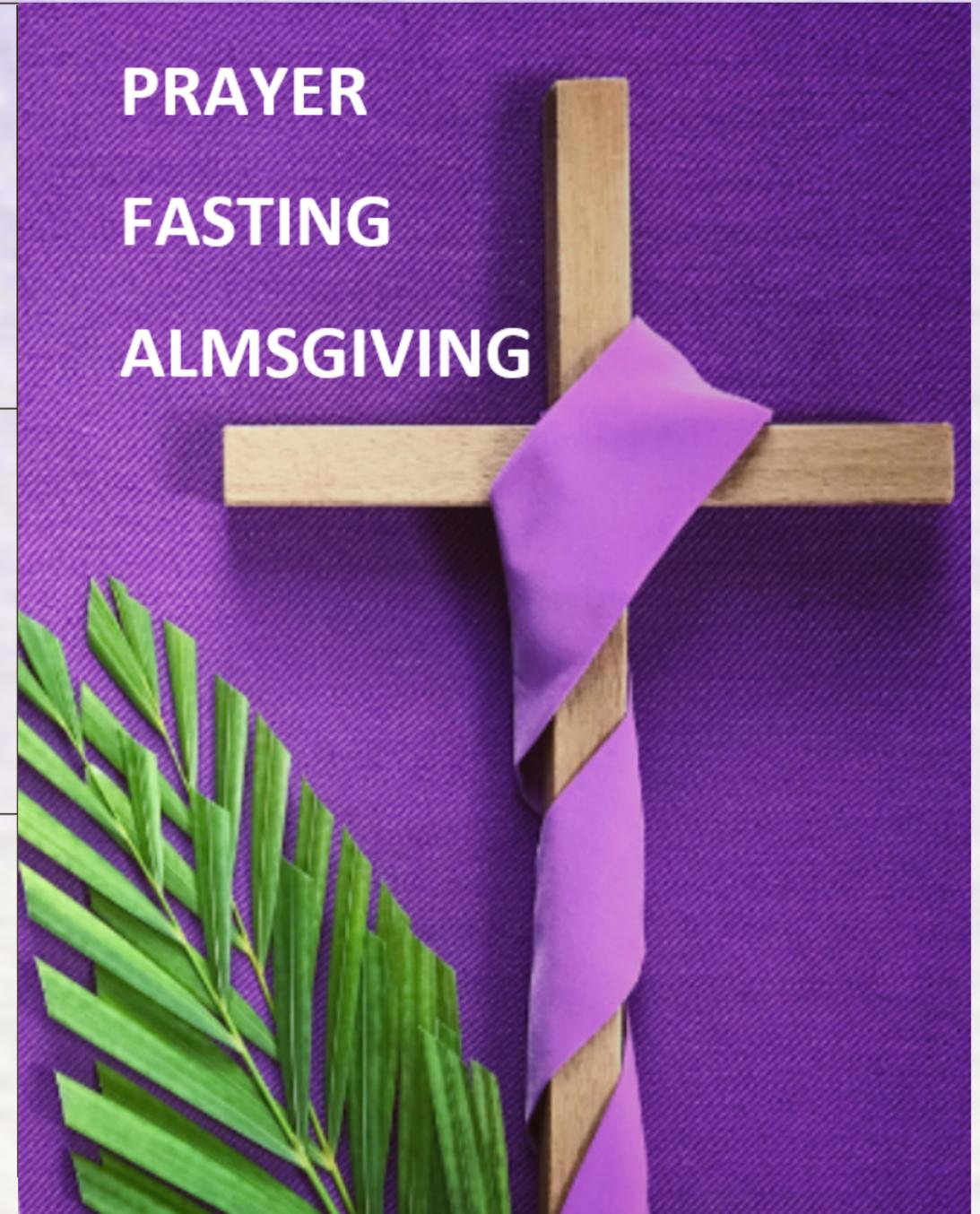
## Alms Giving

The giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents.

**PRAYER**

**FASTING**

**ALMSGIVING**



# LENT 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>ASH WEDNESDAY 2ND MARCH</b> <b>A DAY OF FASTING FOR PEACE</b></p>  <p>I invite everyone to make this coming 2nd March, Ash Wednesday, a Day of Fasting for Peace: let believers dedicate themselves intensively to prayer and fasting. May the Queen of Peace preserve the world from the madness of war. - Pope Francis</p> <p><small>@catholicbishops</small></p>			<p><b>March 2</b></p> <p>Ash Wednesday— <i>Lent Begins</i></p> <p>“During this season of conversion, let us renew our <i>faith</i>, draw from the ‘living water’ of <i>hope</i>, and receive with open hearts the <i>love</i> of God, who makes us brothers and sisters in Christ.”</p> <p><i>(Pope Francis, Message for Lent 2021)</i></p>	<p><b>March 3</b></p> <p>As we begin our Lenten journey, reflect on how well you are living your baptismal promises and commit to some practice of prayer, fasting, and almsgiving to help you to follow Jesus more closely.</p>	<p><b>March 4</b></p>  <p>Fridays in Lent by tradition are days to abstain from eating meat. Meat was chosen as a sacrifice because it was a celebratory food. By abstaining, Catholics can share a common experience in remembrance of Jesus' sacrifice.</p>	<p><b>March 5</b></p> <p><i>“Fasting, prayer and almsgiving, as preached by Jesus (cf. Mt 6:1-18), enable and express our conversion. The path of poverty and self-denial (fasting), concern and loving care for the poor (almsgiving), and childlike dialogue with the Father (prayer) make it possible for us to live lives of sincere faith, living hope and effective charity”.</i></p> <p><i>(Pope Francis, Lent 2021)</i></p>
<p><b>March 6</b></p> <p>First Sunday of Lent</p> <p>The Lord accompanies us in many ways, but none as profound as when we encounter him in the Eucharist.</p> <p>Attend mass and the Eucharist today.</p>	<p><b>March 7</b></p> <p>Today we remember Saints Felicity and Perpetua who died for their faith.</p> <p>Say a prayer today for all those who suffer religious persecution.</p>	<p><b>March 8</b></p> <p>One does not live on bread alone, but on the Word of God (MT 4:4).</p> <p>The WORD of God is love. Say “I love you” to one you rarely do.</p>	<p><b>March 9</b></p> <p>Say a prayer for all those preparing for baptism at Easter and who will be received into the Church, and for all who seek God with a sincere heart.</p>	<p><b>March 10</b></p> <p>For I was a stranger and you welcomed me (MT 25:35).</p> <p>Who needs your welcome and acceptance? Offer it warmly.</p>	<p><b>March 11</b></p>  <p>Before going to bed tonight, take some quiet time to reflect on your day. Notice where God was present and how you responded to his presence. Resolve to be more attentive to God's presence tomorrow.</p>	<p><b>March 12</b></p> <p>Jesus Christ is constantly reaching out to all persons, but there needs to be a response from us. We need not fear that the invitation is meant for someone else and not us. We can respond with a sure hope.</p>

# LENT 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>March 13</b></p> <p>Second Sunday of Lent            “But our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ.”            (Philippians 3:20)</p>	<p><b>March 14</b></p> <p>“Let the grace of your baptism bear fruit in a path of holiness. Let everything be open to God; turn to him in every situation. Do not be dismayed, for the power of the Holy Spirit enables you to do this, and holiness, in the end, is the fruit of the Holy Spirit in your life.            (Pope Francis, <i>Gaudete et Exultate</i>, no. 5)</p>	<p><b>March 15</b></p> <p>He opens my ears that I may hear (IS 50:4).</p> <p>Really listen to a friend or loved one’s concerns today</p>	<p><b>March 16</b></p> <p>I will make you a light to the nations (IS 49:6)?</p> <p>Support the immigrants in your area.</p>	<p><b>March 17</b></p> <p>St. Patrick first came to Ireland as a slave. <u>On his feast day, learn more about modern day victims of slavery and human trafficking.</u></p>	<p><b>March 18</b></p> <p>Saint Cyril of Jerusalem was renowned as a preacher and catechist. Say a prayer for bishops, priests, deacons, catechists, and all those who teach the faith.</p>	<p><b>March 19</b></p> <p>Solemnity of St. Joseph            “Even through Joseph’s fears, God’s will, his history and his plan were at work. Joseph, then, teaches us that faith in God includes believing that he can work even through our fears, our frailties and our weaknesses. . . . At times, we want to be in complete control, yet God always sees the bigger picture.”            (Pope Francis, <i>Patris Corde</i>, no. 2)</p>
<p><b>March 20</b></p> <p>Third Sunday of Lent            “All ate the same spiritual food, and all drank the same spiritual drink, for they drank from a spiritual rock that followed them, and the rock was the Christ.”            (1 Corinthians 10:3-4)</p>	<p><b>March 21</b></p> <p>As spring brings new life to the earth, take a walk in your community and appreciate God’s creation and the beauty of our environment.</p>	<p><b>March 22</b></p> <p>You shall love your neighbor as yourself (MK 12:31)!</p> <p>Instead of judging the imperfections of others today, offer a kind word.</p>	<p><b>March 23</b></p> <p>St. Turibius of Mogrovejo served as Archbishop of Lima and confirmed two other saints: Rose of Lima and Martin de Porres.</p> <p>How have you shared your faith with others?</p>	<p><b>March 24</b></p> <p>Feast of St Oscar Romero - Archbishop from El Salvador who campaigned for the rights of poor people and spoke out against violence during El Salvador’s civil conflict. Pray today for all those who live in war torn regions.</p>	<p><b>March 25</b></p> <p>The Annunciation of the Lord.</p> <p>Pray to the Blessed Virgin Mary asking her to draw mothers facing unexpected or challenging pregnancies close to her heart.</p>	<p><b>March 26</b></p> <p>Say a prayer for all those discerning a vocation to the priesthood, the consecrated life, or the diaconate, that they will have the courage to say “Yes,” to God’s call.</p>
<p><b>March 27</b></p> <p>Fourth Sunday of Lent &amp; Mothers Day            Give thanks today for Mothers and Grandmothers.</p>	<p><b>March 28</b></p> <p>As Lent reaches its <b>halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.</b></p>	<p><b>March 29</b></p> <p>We are reminded to live as one of Jesus’ disciples, and whenever you have a problem, ask yourself... “What would Jesus do?”</p>	<p><b>March 30</b></p> <p>Pray that hatred can be turned into <u>love</u>, fear to trust, despair to hope, oppression to freedom, that violent encounters may be replaced by loving embraces and peace &amp; justice can be experienced by all.</p>	<p><b>March 31</b></p> <p>Do not be afraid (LK 1:30).</p> <p>Remember the great things the Lord has done and give thanks for your many blessings.</p>	<p><b>April 1</b></p> <p>Deliver us from evil (MT 6:13).</p> <p>Be a moral leader. Use your voice and vote to support truth and good.</p>	<p><b>April 2</b></p> <p>No prophet is accepted in his native place (LK 4:24).</p> <p>Be open to the wisdom of others. Read opposing views on a hot topic.</p>

# LENT 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>April 3</b></p> <p><b>Fifth Sunday of Lent</b></p> <p>“I consider everything as a loss because of the supreme good of knowing Christ Jesus my Lord. For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ and be found in him.”</p> <p>(Philippians 3:8-19)</p>	<p><b>April 4</b></p> <p>St. Isidore of Seville is often considered the patron saint of the Internet.</p> <p><u>Pray</u> that your interaction on social media will be marked by respect and model the love to which Christ calls us.</p>	<p><b>April 5</b></p> <p>Pray for Health Care workers who serve the sick and the elderly, especially in the poorest countries during this pandemic.</p> <p>May they be adequately supported by governments and local communities.</p>	<p><b>April 6</b></p> <p>Settle with your opponent quickly (MT 5:25).</p> <p>Let go of a hurt before it turns into resentment.</p>	<p><b>April 7</b></p> <p>St. John Baptist de la Salle was a great Catholic educator, especially devoted to ensuring that the poor could receive a Catholic education. Say a prayer for the success of efforts to make Catholic education more widely available.</p>	<p><b>April 8</b></p> <p>As Lent draws to a close, remember the words spoken by Jesus "<i>This is My commandment, that you love one another as I have loved you</i>".</p> <p>Make a conscious effort to reach out the hand of friendship today.</p>	<p><b>April 9</b></p> <p>He shall bring forth justice to the nations (IS 42:1).</p> <p>Take one step toward righting an injustice today.</p> <p>Say a special prayer for the people of Ukraine.</p>
<p><b>April 10</b></p> <p><b>Palm Sunday of the Passion of the Lord</b></p> <p><i>“Then Jesus said, Father, forgive them, they know not what they do.”</i></p> <p>(Luke 23:34)</p> <p>Forgive someone who needs your forgiveness.</p>	<p><b>April 11</b></p> <p>As Lent draws to a close, reflect on your Lenten journey. How have you grown closer to God? Give thanks to God for accompanying you in this season.</p>	<p><b>April 12</b></p> <p>Today we recall the bad decisions and choices that Judas made.</p> <p>Don't give in to temptation to turn from God. Commit to better today.</p>	<p><b>April 13</b></p> <p>Lent officially ends tomorrow as the Mass of the Lord's Supper begins. Contact your parish to learn more about how you can participate in the liturgies of the Triduum.</p>	<p><b>April 14</b></p> <p><b>Holy Thursday</b></p> <p>Jesus instituted the Eucharist at his Last Supper with his disciples. Renew your faith in the Holy Eucharist with your attendance at Mass this evening.</p>	<p><b>April 15</b></p> <p><b>Good Friday</b></p> <p>Fast from social media, television, etc. from noon to three today in memory of Jesus' Death on the Cross</p>	<p><b>April 16</b></p> <p><b>Holy Saturday</b></p> <p>“Why do you seek the living one among the dead?” (Luke 24:5)</p> <p>Celebrate the many blessings God has given us through his death and resurrection. Rejoice and be glad!</p>
<p><b>April 17</b></p> <p><b>Easter Sunday</b></p> <p>“Christ is alive! He is our hope, and in a wonderful way he brings youth to our world, and everything he touches becomes young, new, full of life.”</p> <p>(Pope Francis, <i>Christus Vivit</i>, no. 1)</p>	<p><i>“Dear brothers and sisters, every moment of our lives is a time for believing, hoping and loving. The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us—as communities and as individuals—to revive the faith that comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father.”</i></p> <p>—Pope Francis, <i>Message for Lent, 2021</i></p>					

# ASH WEDNESDAY

"Lent calls us to make daily choices that will help us to grow in our relationship with ourselves, God and others. When Easter finally arrives we can look back at all our preparations and efforts and know we can celebrate the resurrection with joy and faith."

- Br Michael Moore OMI



The  
**OBLATES**  
ALWAYS CLOSE to the PEOPLE

## DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

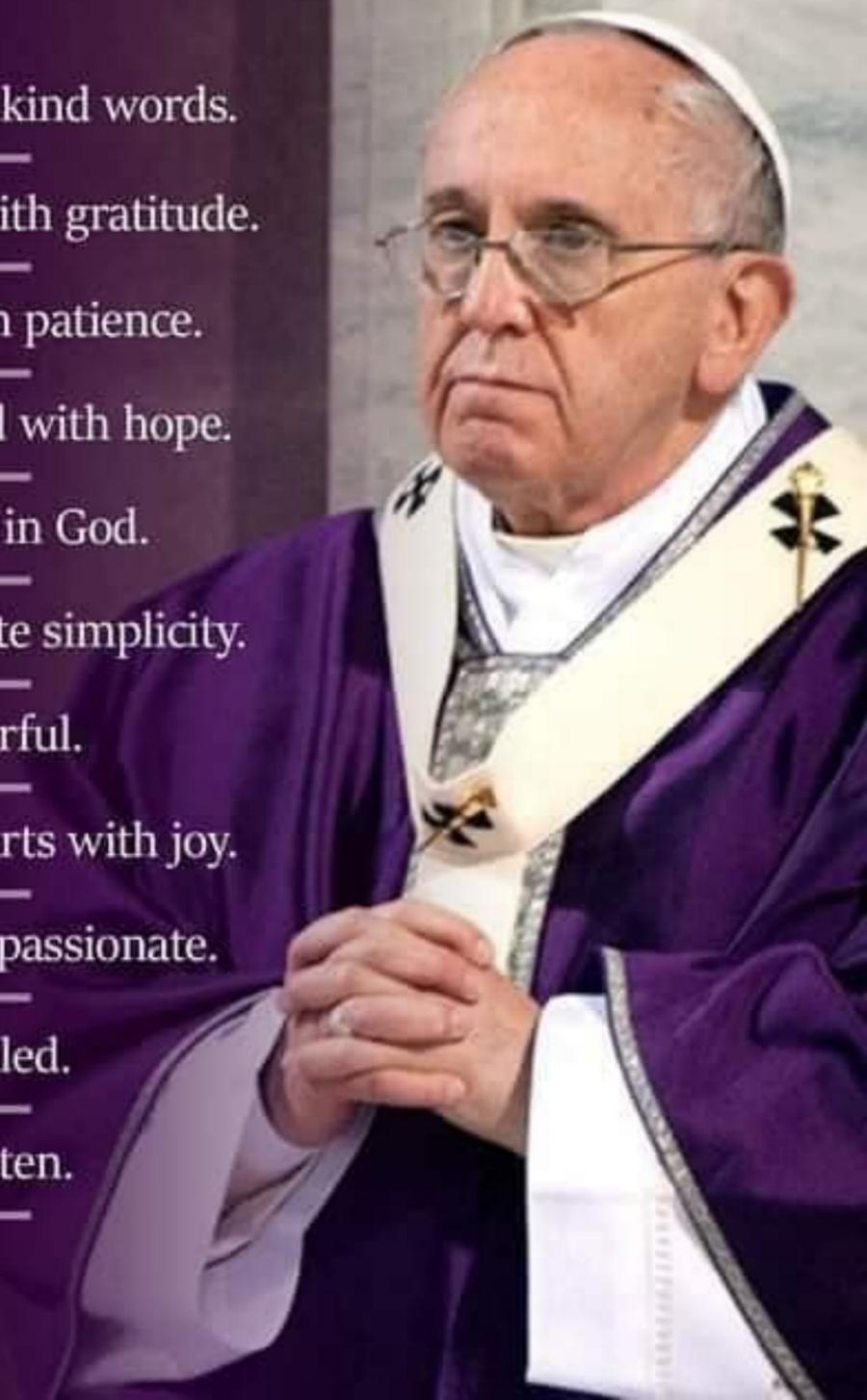
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



# LENT 2022

Lent, of course, means springtime. The new life is beginning to break through the soil all around us. May we, after all these months, prepare to celebrate the new life of Easter.

This Lent take the opportunity to consider **Prayer, Fasting and Almsgiving** in a new way and give time to the challenges that these present to each one of us.



# Monday

## Complaining

For many of us, complaining is something we view as a basic right, rather than something to avoid. Reflect on your life to see if this is true for you.

***Perhaps then consider this Lent as the perfect opportunity to intentionally choose gratitude over grumbling!***

**Philippians 2:14:  
“Do everything  
without  
complaining or  
arguing.”**

# Tuesday

## Gossiping

It's incredibly easy to talk about someone else and pick apart their life choices. Whether the subject is someone you know really well, an acquaintance, or a public figure, vocalizing doubts about their intentions, disagreements with a decision they've made, or plainly insulting something they've done can roll off the tongue effortlessly. These 40 days have the potential to help tame and transform your tongue in a beautifully biblical way!

**Ephesians 4:29 ,  
“Let no corrupting  
talk come out of  
your mouths, but  
only such as is  
good for building  
up, as fits the  
occasion, that it  
may give grace to  
those who hear.”**

# Wednesday

## Putting Others First

One way to deepen your relationship with Christ during Lent is to put others before yourself. After all, Jesus explained that the two greatest commandments are to ***“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength”*** and ***“Love your neighbour as yourself”*** (Mark 12:30-31).

So, during Lent this year, you can try certain things like praying for other people more than you pray about your own life, ask others questions and listen to their responses instead of talking so much about yourself in conversations, etc.

**Philippians 2:3**  
**“In humility count others more significant than yourselves.”**

# Thursday

## Make-Up

Depending on your life in quarantine, you may have “given up” makeup long ago. However, committing to no makeup for the entirety of Lent (even during Zoom calls) may give you a different perspective on vulnerability and vanity.



**Samuel 16:7**  
“Man looks at the outward appearance, but the Lord looks at the heart.”

# Friday

## Worrying

While we wish it was possible to stop fears and concerns completely, choosing to go to God with our smaller day-to-day worries instead of spending time thinking through all of the “what if’s” is one Lenten idea that could help you live out your faith. If you are struggling with deeper anxiety? This could be the right timing for pursuing therapy and trusting Jesus, our “*Wonderful Counselor*” (Isaiah 9:6), with taking the first steps to positively address your mental health.

**Peter 5:7:**  
“**Cast all your anxieties on him, because he cares for you.**”.