

# Join the journey through Lent 2025

**MARCH 4**  
**Shrove Tuesday**  
 LET THEM EAT PANCAKES!

**Ash Wednesday**  
 MARCH 5  
 In the liturgy for this day, we ask God to create in us a new and contrite heart. Start the season with that prayer.

**MARCH 6 THURSDAY**  
 Lent is a season for self-denial. What might you give up this season?

**MARCH 7 FRIDAY**  
 Read the gospel for this coming Sunday. (Luke 4: 1-13). What phrase strikes you?

**MARCH 8 SATURDAY**  
 Commit to at least one act of kindness each day this Lent.

**First Sunday in Lent**  
 MARCH 9  
 Today's gospel describes Jesus tempted in the wilderness. When have you faced tests in the wilderness?

**MARCH 10 MONDAY**  
 Do something today to feed someone who is hungry.

**MARCH 11 TUESDAY**  
 Lent is a season for prayer. Set aside time each day to have a talk with God.

**MARCH 12 WEDNESDAY**  
 Jesus told his disciples to take up their cross. How will you do that this Lent?

**MARCH 13 THURSDAY**  
 Read the gospel for this coming Sunday. (Luke 13: 31-35). What word or phrase strikes you?

**MARCH 14 FRIDAY**  
 Lent is a season to focus on God's Word. Find a way to do that.

**MARCH 15 SATURDAY**  
 Reach out today to someone who is lonely.

**MARCH 16 SUNDAY**  
 Read the gospel for this coming Sunday. (Luke 13: 1-9). What word or phrase strikes you?

**MARCH 17 MONDAY**  
 Feast of St. Patrick

**MARCH 18 TUESDAY**  
 Lent is a season for renewal. Where do you need that in your life?

**MARCH 19 WEDNESDAY**  
 Feast of St. Joseph

**MARCH 20 THURSDAY**  
 Spring Equinox. Lent is a season for new growth.

**MARCH 21 FRIDAY**  
 Read the gospel for this coming Sunday. (Luke 13: 1-9). What word or phrase strikes you?

**Second Sunday in Lent**  
 MARCH 16  
 Today's Gospel shows Jesus' compassion for Jerusalem. How have you felt Jesus' compassion?

**MARCH 22 SATURDAY**  
 Do something today to care for this fragile earth, our island home.

**Third Sunday in Lent**  
 MARCH 23  
 In today's gospel, Jesus calls his followers to bear fruit. What would it mean for you to bear holy fruit in this season?

**MARCH 24 MONDAY**  
 On this day, the Feast of Oscar Romero, pray for justice and peace.

**MARCH 25 TUESDAY**  
 Feast of the Annunciation  
 HAIL MARY!

**MARCH 26 WEDNESDAY**  
 "I really only love God as much as the person I love the least."  
 - Dorothy Day

**MARCH 27 THURSDAY**  
 Read the gospel for this coming Sunday. (Luke 15: 1-3, 11b-32)

**MARCH 28 FRIDAY**  
 Lent is a season for fasting. Can you unplug from social media for 24 hours?

**MARCH 29 SATURDAY**  
 Reach out today to someone who is grieving.

**Fourth Sunday in Lent**  
 MARCH 30  
 Today's gospel offers the Parable of the Prodigal Son. There are two sons in the story. Which one is most like you?

**MARCH 31 MONDAY**  
 Feast of John Donne, who said: "No man is an island, entire of itself."

**APRIL 1 TUESDAY**  
 On April Fools Day, reflect on what St. Paul meant by being a fool for Christ. (1 Cor. 4: 10)

**APRIL 2 WEDNESDAY**  
 Lent is a season for repentance. Where do you need to hang a spiritual u-turn?

**APRIL 3 THURSDAY**  
 Say a prayer for peace today.

**APRIL 4 FRIDAY**  
 Lent is a season for self-examination. Today, take your own spiritual inventory.

**APRIL 5 SATURDAY**  
 Pray for your clergy as they prepare to lead Holy Week liturgies.

**APRIL 6 SUNDAY**  
 Feast of Dietrich Bonhoeffer. In honor of the day, consider the cost of discipleship.

**APRIL 7 MONDAY**  
 Lent is a season to be reconciled. With Whom do you need to make peace?

**APRIL 8 TUESDAY**  
 "The root of prayer is interior silence."  
 - Thomas Keating  
 SHHH!

**APRIL 9 WEDNESDAY**  
 Today's gospel tells about a lavish offering in worship. What might you offer in the coming Holy Week?

**APRIL 10 THURSDAY**  
 Reread the Litany of Penitence (from Ash Wednesday). Where do you see yourself?

**APRIL 11 FRIDAY**  
 Feast of Dr. Martin Luther King.  
 I HAVE A DREAM!

**APRIL 12 SATURDAY**  
 Read the gospel for this coming Sunday. (John 12: 1-8). What phrase strikes you?

**Palm Sunday**  
 APRIL 13

**APRIL 14 MONDAY**  
 IN HOLY WEEK

**APRIL 15 TUESDAY**  
 IN HOLY WEEK

**APRIL 16 WEDNESDAY**  
 IN HOLY WEEK

**APRIL 17 THURSDAY**  
 Maundy Thursday  
 We remember that Jesus washed the disciples' feet. How can you be of service today?

**APRIL 18 FRIDAY**  
 Good Friday

**APRIL 19 SATURDAY**  
 Holy Saturday  
 Carve out some silent time today.

**APRIL 20 SUNDAY**  
 EASTER DAY  
 On this day the Lord has acted; we will rejoice and be glad in it. Psalm 118: 24

HOW ARE YOU OBSERVING HOLY WEEK THIS YEAR?