



A LENTEN JOURNEY IN THE JUBILEE YEAR OF *Mercy*

*In this Jubilee Year, let us allow God to
surprise us. ~ Pope Francis*

FEBRUARY

10 Ash Wednesday – Read the jubilee proclamation of Jesus in Luke 4:15-30. How will your Lent live out this passage of scripture?

11 Feast of Our Lady of Lourdes/World Day of the Sick – Send a card to someone who is sick; plan to visit someone in the hospital or nursing home.

12 Fast from judging others; feast on God dwelling in them.

13 Do some spring cleaning. Get rid of one unnecessary possession each day between now and Easter.



14 First Sunday of Lent

How much I desire that the year to come will be steeped in mercy, so that we can go out to every man and woman, bringing the goodness and tenderness of God! May the balm of mercy reach everyone, both believers and those far away, as a sign that the Kingdom of God is already present in our midst! ~ Pope Francis

15 Have mercy on Earth by a “water fast” – flush your toilet half as often as your normally would. Many people in the world have access only to as much water as we use in one flush.

16 See how many people you can compliment today.

17 Over 90,000 Americans have died in gun violence since the Sandy Hook massacre in 2012. Meditate on that number; contemplate those people.

18 Be an instrument of Mercy by doing a random act of kindness.

19 Fast from idle gossip; feast on purposeful silence.

20 Imagine a world in which justice and peace prevail. Imagine a world in which every person has equal access to rights, goods and services. Imagine a world in which people, as only one part of the interconnected community of the cosmos, collaborate in the ongoing creation of Earth.



21 Second Sunday of Lent

The signs Jesus works, especially in favor of sinners, the poor, the marginalized, the sick, and the suffering, are all meant to teach mercy. Everything in him speaks of mercy. Nothing in him is devoid of compassion. ~ Pope Francis

22 Read the Corporal and Spiritual Works of Mercy – how will you incorporate them into your Lenten practice during this Year of Mercy?

23 Carl Jung said, “I have had to climb down ten thousand ladders so that at the end of my life I can reach out the hand of friendship to this little clod of earth that I am.” What can you do to be merciful to yourself? Try to silence or ignore your inner critic today.

24 Have mercy on the air by seeing how you can reduce your car usage by combining trips this week.

25 What is something that you love to do that you haven’t done in months? Do it!

26 Make a pilgrimage through your house/room. Linger over your cherished objects and pray for the people whose memory they evoke.

27 Breathe deeply and reflect on the words of Jesuit poet Gerard Manley Hopkins: “I say that we are wound, With mercy round and round, As if with air.”



28 Third Sunday of Lent

In our parishes, communities, associations and movements, in a word, wherever there are Christians, everyone should find an oasis of mercy. ~ Pope Francis

29 A Ukrainian folk tale says that God gave St. John Cassian a feast day only once every four years on Feb. 29 because he hesitated to help the poor because he didn’t want to sully his vestments. What trivial concerns prevent us from mercy toward those made poor?

MARCH

1 Choose an evening this week to practice an electronic fast – no electronic devices or lights. Spend the evening in quiet conversation, in restful silence.

2 “Deep suffering strips us completely of whatever we thought we had, considered important or indispensable; from the ensuing helplessness is born a new wealth – hope in God alone.” Frances Emily Owasu-Ansah.

3 Have mercy on your body – do you give it adequate rest, stimulate it with exercise, nourish it with nutritious food?

4 Fast from discontent; feast on gratitude.

5 “Tell My servants that I am indeed the Oft-Forgiving, Most Merciful.” (Quran 15:49)

Learn something about Islam; visit a mosque; act to counter Islamophobia.



6 Fourth Sunday of Lent

Violence inflicted for the sake of amassing riches soaked in blood makes one neither powerful nor immortal. Everyone, sooner or later, will be subject to God’s judgment, from which no one can escape. ~ Pope Francis

7 Ask an immigrant to teach you how to say “hello” and “thank you” in their language.

8 Have mercy on the birds by putting out some food for them.

9 Who are the people who “really push your buttons”? Visualize them in prayer wrapped in the mantle of God’s mercy.

10 See each person you pass today shining with the light of God’s mercy.

11 Fast from pessimism; feast on hope.

12 Anniversary of the murder (1977) of Salvadoran Jesuit Rutilio Grande whose death shocked Archbishop Romero into raising a prophetic voice “It is practically illegal to be an authentic Christian in our situation, because the world around us is rooted in an established disorder; confronting that, the mere proclamation of the gospel is subversive.”



13 Fifth Sunday of Lent

From the heart of the Trinity, from the depths of the mystery of God, the great river of mercy wells up and overflows unceasingly. ~ Pope Francis

14 Have mercy on the trees by using cloth napkins and dish towels.

15 Feast of St. Louise de Marillac who often prayed “Blessed be God for everything.” Make her words your mantra for the events of today.

16 Pray some of the Psalms that speak of Mercy – 23, 25, 31, 100, 103

17 St. Patrick’s Day – Did you ever reflect that Patrick, taken as a slave to Ireland, was a victim of human trafficking? As you enjoy soda bread today, be mindful of immigrants, refugees and trafficked people who eat the bread of sorrow.

18 Fast from complaining; feast on appreciation.

19 Feast of St. Joseph “Joseph was just an ordinary guy and man of faith who gently reminds us of extraordinary yet simple truths: that only when we let go of our need to be right and in charge; and only when we follow our dreams and embrace our gifts; and only when we let go of our fears and do the right thing—only then can God happen, bursting forth in our hearts like a flower on a stick.” Mickey McGrath, OSFS



20 **Palm Sunday** – “All of our practices must serve the deeper purpose of aligning our energies with the process of giving/receiving, dying/ rising that is going on in the whole universe. That is the path that opens us to the Source of all life, opens the channel of love within us; it is the path to communion with God in and through the whole creation.”

Elaine Prevallet, SL

21 Jesus proclaimed a jubilee release of captives. Who are the people you hold captive by prejudice, holding resentments, hardening your heart?

22 World Water Day – Every time you take a drink of water today, say a prayer of gratitude for the privilege of easy access to clean water.

23 Reflect back on your Lenten journey. How have you grown in mercy? Have you been more aware of God’s mercy to you?

24 Holy Thursday Begin your meal today with a prayer for the great communion of living beings that has brought this food to your table.

25 Good Friday Venerate the Cross, the Tree of Life, by making plans to have a tree planted.

26 Holy Saturday Light a candle today and renew your commitment to be an icon of God’s boundless mercy in the world.

27 **Easter Sunday** “First and last alike receive your reward; rich and poor, rejoice together! Sober and slothful, celebrate the day! You that have kept the fast, and you that have not, rejoice today for the Table is richly laden!” Easter Homily of St. John Chrysostom