







# Lent with - and by - Our Lady

# 2018







Calendar for Adults

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>FEBRUARY 14</b> <b>ASH WEDNESDAY</b> Pray the Magnificat Attend Mass 	15	16	17
	Invite Dr. Pat Iannolo to your parish to present The Medical Aspects of the Crucifixion	Text or call 315-427-1597 to schedule Dr. Pat's presentation		Spiritual reading and reflection	Attend Mass & Stations of the Cross <b>10am</b> Learn to Love the Our Father Study-CNY Marian Center	Make a Holy Hour 
18	19	20	21	22	23	24
Spiritual reading and reflection  <i>I sought the Lord, and he answered me; he delivered me from all my fears.</i> <small>Psalm 138:1</small>	Pray the Rosary	Live a Beatitude!	Visit the Marian Center	Help your parish or a charitable organization with feeding the poor	Attend Mass & Stations of the Cross <b>10am</b> Learn to Love the Our Father Study-CNY Marian Center	Learn about your patron saint
25	26	27	28	<b>MARCH 1</b>	2	3
Sing during Mass, participate actively	Attend Eucharistic Adoration	Pray the Rosary; pray for the Holy Father 	Scripture reading and reflection	Spend some time in prayer with your Guardian Angel	Attend Mass & Stations of the Cross <b>10am</b> Learn to Love the Our Father Study-CNY Marian Center	Perform a Corporal Work of Mercy
4	5	6	7	8	9	10
Volunteer as an usher at Mass	Visit the USCCB website & learn about our Catholic Faith	Devote 15 minutes or more meditating on the Lord's Passion	Make a Chapel visit	Request a Mass for a living family member or relative	Attend Mass & Stations of the Cross <b>10am</b> Learn to Love the Our Father Study-CNY Marian Center	Make an Act of Consecration to Our Lady
11	12	13	14	15	16	17
Celebrate God in creation and nature	Light a candle for a Holy Soul in Purgatory	Pray the Angelus and Prayer to St. Michael the Archangel	Contemplate a religious work of art 	Pray the Litany of the Sacred Heart of Jesus	Attend Mass & Stations of the Cross <b>10am</b> Learn to Love the Our Father Study-CNY Marian Center	<b>ST. PATRICK'S DAY</b> Make a virtual visit online or at the  library to St. Patrick's Ireland

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<b>March</b> 18 Spiritual reading and reflection	<b>ST. JOSEPH</b> 19 Perform a Corporal Work of Mercy 	20 Make a Holy Hour, ask your Guardian Angel to be with you 	21 Pray the Divine Mercy Chaplet	22 Make a Spiritual Communion	23 Attend Mass & Stations of the Cross 	24 Pray the Litany of the Immaculate Heart of Mary
<b>PALM SUNDAY</b> 25 Pray the Rosary, especially for our Holy Father	26 Go to Confession & thank Jesus for the gift of reconciliation	27 Pray for RCIA candidates	28 Spend 15 or more minutes in prayer  with our Blessed Mother	<b>HOLY THURSDAY</b> 29 Attend Mass and make a Holy Hour with the Blessed Sacrament.	<b>GOOD FRIDAY</b> 30 Attend Good Friday Service. <b>Begin the Novena of the Divine Mercy.</b> 	<b>HOLY SATURDAY</b> 31 Maintain prayerful watch. Keep Mary company  <b>Day 2 – Divine Mercy Novena</b>
<b>APRIL</b> 1 <b>EASTER SUNDAY</b> Rejoice! Pray the Creed and Magnificat <b>Day 3 Divine Mercy Novena</b>	Easter Monday 2 <b>Day 4 Divine Mercy Novena</b> 	Easter Tuesday 3 <b>Day 5 Divine Mercy Novena</b>	Easter Wednesday 4 <b>Day 6 Divine Mercy Novena</b>	Easter Thursday 5 <b>Day 7 Divine Mercy Novena</b>	Easter Friday 6 <b>Day 8 Divine Mercy Novena</b>	Easter Saturday 7 <b>Day 9 Divine Mercy Novena</b>
<b>DIVINE MERCY SUNDAY</b> 8 REJOICE AND THANK THE LORD! Attend a 3 PM Divine Mercy Prayer Svc or pray the Chaplet with friends	<b>FEAST OF THE ANNUNCIATION</b> 9 Pray the <i>Regina Coeli</i> (See EWTN) through Easter season daily. Grace and Peace to All!	10 <i>At Pentecost, begin praying the Angelus daily instead of the Regina Coeli.</i>	11	12	13	14