



Lent with - and by - Our Lady

2018

Calendar for Adults

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

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March 18 Spiritual reading and reflection	ST. JOSEPH 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
PALM SUNDAY 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	HOLY THURSDAY 29 Attend Mass and make a Holy Hour with the Blessed Sacrament.	GOOD FRIDAY 30 Attend Good Friday Service. Begin the Novena of the Divine Mercy.	HOLY SATURDAY 31 Maintain prayerful watch. Keep Mary company Day 2 – Divine Mercy Novena
APRIL 1 EASTER SUNDAY Rejoice! Pray the Creed and Magnificat Day 3 Divine Mercy Novena	Easter Monday 2 Day 4 Divine Mercy Novena	Easter Tuesday 3 Day 5 Divine Mercy Novena	Easter Wednesday 4 Day 6 Divine Mercy Novena	Easter Thursday 5 Day 7 Divine Mercy Novena	Easter Friday 6 Day 8 Divine Mercy Novena	Easter Saturday 7 Day 9 Divine Mercy Novena
DIVINE MERCY SUNDAY 8 REJOICE AND THANK THE LORD! Attend a 3 PM Divine Mercy Prayer Svc or pray the Chaplet with friends	FEAST OF THE ANNUNCIATION 9 Pray the <i>Regina Coeli</i> (See EWTN) Grace and Peace to All!	10	11	12	13	14