

Lenten Calendar Guide



Are you ready to change lives with what you give up this Lent? Let our Parish **Lenten Blessing Box Program** be your guide along this 40-day journey.

What is the Lenten Blessing Box Program? The **Lenten Blessing Box Program** is our Parish Lenten faith-in-action program for our parish. The program invites you to live in solidarity with our brothers and sisters in our sister community, San Rafael Cedros, El Salvador through the three Lenten practices of praying, fasting and almsgiving.

Journey through the forty days of Lent with the Lenten Calendar. Learn more about our sister community by reading stories about individuals whose lives have been changed by our commitment and support to the Scholarship and Formation program for the youth of San Rafael Cedros. These stories are written by our very own parishioners who traveled with Father Tom to San Rafael Cedros last October. Read about how the experience impacted their lives.

Select a special container or envelope at home to collect your change during Lent. Or simply keep track of the amount given according to the suggestions on the calendar. Then, at the end of Lent, write a check to **Our Lady of Presentation**, place it in an envelope marked **Blessing Box** and place it in the collection basket at Mass. The children in our Parish Programs will receive a Lenten Blessing Box and their own reflection calendar.

How to use the Lenten Calendar. The calendar is designed to enrich your Lenten journey through activities and reflections. Set aside some time to read the daily calendar during the season of Lent. Read the personal stories of the people of San Rafael Cedros and discover how your **prayer, fasting, learning, and giving** makes a positive difference in the lives of others. Give sacrificial contributions as suggested throughout the calendar, or set your own goals for your personal Lenten sacrifices.

Practicing Love

<p>February 14 Ash Wednesday</p> <p>Read and reflect on Joel 2:12-13</p> <p>As we receive ashes on our forehead today we hear “turn away from sin and be faithful to the Gospel.” What words do the Gospels hold for us to help us to better love our neighbors? What do we need to let go of so others may live better?</p> <p>Write your Lenten goals on your Blessing Box today.</p>	<p>February 15</p> <p>Read and reflect on Luke 9:23</p> <p>Perhaps nothing in our lives provides more opportunity to practice denying ourselves, taking up our cross and following Christ than our daily interactions we have with one another in our homes. Whether we’re on the giving or receiving end of commentary on meals served, the chores assigned, or favors requested, we find a never-ending supply of chances to follow Jesus’ commandment to love.*</p> <p>Learn about our brothers and sisters in El Salvador by using the weekly Lenten calendar in the bulletin.</p>	<p>February 16</p> <p>Read and reflect on Isaiah 58:6-7</p> <p>Fasting means that we do not get something. Often times, it is something that we like or want. God does not ask us to simply give up something we like or want – or even need. He asks us to do so for a reason – to give, what we give up, to someone else.</p> <p>Fast in solidarity with the more than 780 thousand in El Salvador and 840 million people worldwide who live in hunger. Give 50¢ to your Blessing Box for each snack you have today.</p>	<p>February 17</p> <p>Read and reflect on Luke 5:29</p> <p>“Families should not be themselves as a refuge from society, but instead go forth from their homes in a spirit of solidarity with others.” * -Pope Francis</p> <p>Pray for the people of El Salvador and around the world, whose lives are affected by poverty.</p> <p>Give 25¢ to your Blessing Box in thanksgiving for the people you love.</p>
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*Sharing the Bread of God’s Love! By Claire Noonan