

Lenten Prayer Diary 2019 with Intentions for each day

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
As we travel through Lent, use this Prayer guide to prepare for the great Celebration of Easter			6	7	8	9/10
			Pope Francis	Bishops Seamus and Robert	Our Housebound Parishioners	...that I may have the wisdom to judge fairly
Week 1	11	12	13	14	15	16/17
	Our Country	All our local Parishes	English Martyrs and Ss Peter & Paul Parish	Sick People at Home or in Hospital	Prisoners	...that I may have a greater understanding of God
Week 2	18	19	20	21	22	23/24
	World Peace	<i>St. Joseph, Husband of Mary</i> St. Joseph's Parish	<i>St. Cuthbert</i> All our Diocesan Clergy	Refugees	Homeless People	...that I may follow the Counsel of God
Week 3	25	26	27	28	29	30/31
	<i>The Annunciation</i> Unborn Children	Those who find Life Difficult	Families in Difficulty	Lonely People	St. Bede's Parish	...that I may have the strength to know right from wrong

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 4	1	2	3	4	5	6/7
	Holy Souls in Purgatory	Vocations to the Priesthood	Fr. Vincent's Work in Africa	The Safety of our Children	Fr. Sarves' Work in India	...that I may give due praise to God
Week 5	8	9	10	11	12	13/14
	St. Gregory's School	The Elderly	St. Joseph's School	Our First Holy Communion Children	St. Bede's School	<i>PALM SUNDAY</i> ...that I may always be faithful to God
Week 6	15	16	17	18	19	20/21
	Single Parents	Those who do not Believe in God	The Unity of Mother Church	<i>Maunder Thursday</i> Victims of War	<i>Good Friday</i> Victims of Violence	Easter Sunday He is Risen Alleluia!

Gifts of the Holy Spirit...

Lenten Reflection 2019

Lent begins on Ash Wednesday. On this day the Church reminds us of our responsibilities: towards God, towards ourselves and towards others. Where are you in relation to the Lord? How does God figure in your life? Do you know what God is asking of you? Do you know what you want to do? Do you think about your relationships with other people: relations, friends, colleagues at work? How do you fit in at church in the Parish community?

It is good to think of these questions from time to time and during Lent, is an ideal time to reflect on your answers. Lent is a time to consider how we can improve or change, to give just a little extra whether in time or talents. We sometimes think of Lent as a time to give something up, but it is also a time to do something different. During Lent, we can think about God's love for us: do we ever think about how much God loves us even in our sinfulness? God wants us to be with Him and Lent is time to take steps - no matter how small - to return back to Him anew.

Jesus reminds us that we need to change in our hearts. Almsgiving, Fasting and Prayer are the three Pillars of Lent and when these are done from the heart, we can change and grow closer to one another and to God.

The Three Pillars of Lent: Almsgiving, Fasting and Prayer

Prayerfully look over the lenten Prayer Diary and choose a day, or two; that you can dedicate time to.

Hold this intention in:

1 Prayer: Mass, Rosary, Divine Mercy Chaplet, Litany or other devotions you like.

2 Fasting: Reduce the amount of food you eat on a particular day or give up a certain food. You could even try just eating bread and water for the day!

3 Almsgiving: Money saved by fasting can be put in an envelope marked 'Lenten Offering' and placed on the plate on Sundays. This money will be gathered from us all and given to a worthy charity (details to follow).