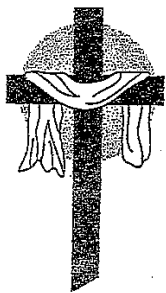


February 14, 2016
First Sunday of Lent

Gospel Reading: Lk 4:1-13

"The devil said to him, 'If you are the Son of God, command this stone to become bread.' Jesus answered him, 'It is written, 'One does not live by bread alone.' " (Lk 4:3-4)

During Lent, strive to attend Holy Mass more than once a week.

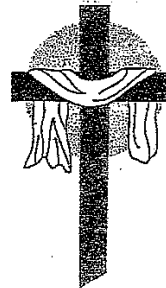


February 15, 2016
Monday of the First Week of Lent

Gospel Reading: Mt 25:31-46

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." (Mt 25:40)

Offer five Our Fathers for the safety and protection of all human life and those most vulnerable in our society.

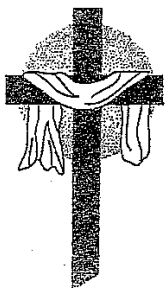


February 16, 2016
Tuesday of the First Week of Lent

Gospel Reading: Mt 6:7-15

"If you forgive others their transgressions, your heavenly Father will forgive you." (Mt 6:14)

Forgive someone who has caused you pain, offer a Hail Mary on their behalf, and strive to let go of persistent grudges.

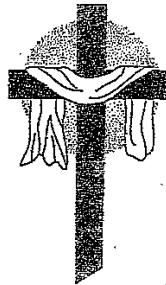


February 17, 2016
Wednesday of the First Week of Lent

Gospel Reading: Lk 11:29-32

"Just as Jonah became a sign to the Ninevites, so will the Son of Man be to this generation." (Lk 11:30)

Pray for priests and deacons, that God's power will be manifest in their preaching of the Gospel.

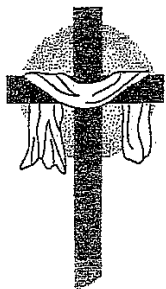


February 18, 2016
Thursday of the First Week of Lent

Gospel Reading: Mt 7:7-12

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (Mt 7:7)

Pray the Rosary today for those that are poor, those that suffer, and those who are most in need of God's mercy.

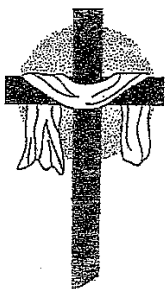


February 19, 2016
Friday of the First Week of Lent

Gospel Reading: Mt 5:20-26

"... go first and be reconciled with your brother, and then come and offer your gift." (Mt 5:24)

If you need to ask someone for forgiveness, consider doing so today.



February 20, 2016
Saturday of the First Week of Lent

Gospel Reading: Mt 5:43-48

"But I say to you, love your enemies, and pray for those who persecute you..." (Mt 5:44)

Strive to imitate the love of the Father who is full of compassion and forgiveness by praying for those who have caused you pain.