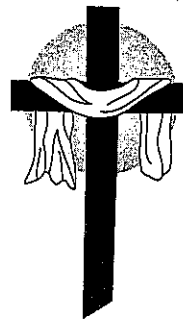


March 5, 2017
First Sunday of Lent

Gospel Reading: Mt 4:1-11

*He said in reply "It is written:
'One does not live by bread alone, but by
every word that comes forth from the
mouth of God.' "* (Mt 4:4)

During Lent, strive to attend or meditate on the readings from Holy Mass more often than once a week.

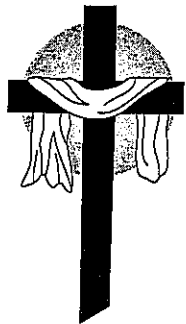


March 6, 2017
Monday of the First Week of Lent

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 a Hail Mary for the safety and protection of all human life and those most vulnerable in our society.

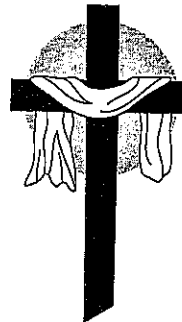


March 7, 2017
Tuesday of the First Week of Lent

Gospel Reading: Mt 6:7-15

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

Offer a prayer of your choosing on behalf of someone who has caused you pain, and strive to let go of persistent grudges.

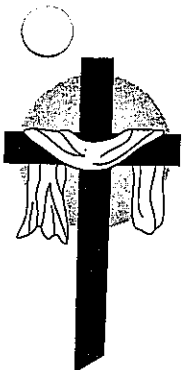


March 8, 2017
Wednesday of the First Week of Lent

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)

Give testimony to God's infinite love by performing a corporal or spiritual work of mercy.

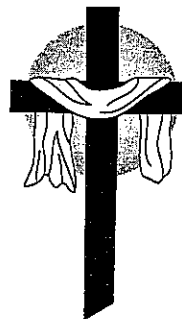


March 9, 2017
Thursday of the First Week of Lent

Gospel Reading: Mt 7:7-12

*"For everyone who asks, receives; and the one
who seeks, finds; and to the one who knocks, the
door will be opened."* (Mt 7:8)

Say the Memorare, or a prayer of your choosing, for those that are poor, those that suffer, and those who are most in need of God's mercy.

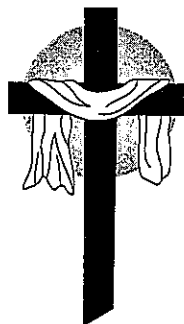


March 10, 2017
Friday of the First Week of Lent

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.



March 11, 2017
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 God the Father, who is full of compassion and forgiveness, by praying for those who have caused you sorrow.