


BRIDPORT CATHOLIC PARISH - LENT CALENDER 2017

Feb/March	Sunday	Monday	Tuesday 28 th	Wednesday 1 st	Thursday 2 nd	Friday 3 rd	Saturday 4 th
			<u>Shrove Tuesday</u> Enjoy your pancakes! Lent starts tomorrow.	<u>Ash Wednesday</u> Eat less today, and abstain from meat.	Decide on what to give up, and to support our Lenten project, Friend's of the Holy Land	No meat, and pray for the mentally and physically challenged.	Write a letter to a friend.
March	Lent 1 5 th Share a meal with family or friends and say grace.	6 th Say thank you to someone.	7 th No cakes or biscuits, and pray for the hungry.	8 th Five minutes of silent prayer.	9 th Look at next Sunday's Gospel: Matthew 17:1-9	10 th <u>Cafod Lent Fast Day</u> No meat; cut down on all food.	11 th Say a special prayer for the people of Palestine and Syria.
March	Lent 2 12 th Visit or telephone someone.	13 th Pray for the staff and patients of our hospital and care homes.	14 th Go without a favourite TV programme.	15 th Put some money aside for our Lenten project. Friend's of the Holy Land	16 th Rosary (Joyful Mysteries)	17 th <u>St. Patrick's Day</u> No meat. Pray for the people of Ireland	18 th No gossip today!
March	Lent 3 19 th Light a candle of thanksgiving in Church today.	20 th <u>St Joseph's Day</u> Pray for your father	21 st Pray for the victims of war.	22 nd Go to the Stations of the Cross today	23 rd Make that telephone call you have been putting off.	24 th No meat drink water with your meal and pray for those who don't have clean water.	25 th The Annunciation of The Lord. Say the Angelus today
March/Apr	Lent 4 26 th <u>Mothering Sunday</u> Pray for your mother.	27 th Thank God for something or someone special.	28 th Be kind to someone you do not like.	29 th Rosary (Glorious Mysteries)	30 th Put some money aside for our Lenten project. Friend's of the Holy Land	31 st No meat. Pray the Bishop and priests of our Diocese	1 st Half an hour's walk, and read tomorrow's Gospel. John 11:1-45
April	Lent 5 2 nd Before a meal pray for the hungry.	3 rd Prepare your Easter Confession.	4 th Help a neighbour.	5 th Smile more today and be more considerate of others.	6 th Ten minutes of silent prayer.	7 th No meat. Before sleep, thank God for 3 blessings today.	8 th Pray for your priest
April Holy Week	<u>Palm Sunday</u> 9 th Put some money aside for our Lenten project. Friend's of the Holy Land	10 th Rosary (Sorrowful mysteries)	11 th Think through the Baptismal Promises in the Easter Vigil.	12 th Pray for Churches together in Bridport	Holy Thursday 13 th Read today's Gospel John 13:1-15	