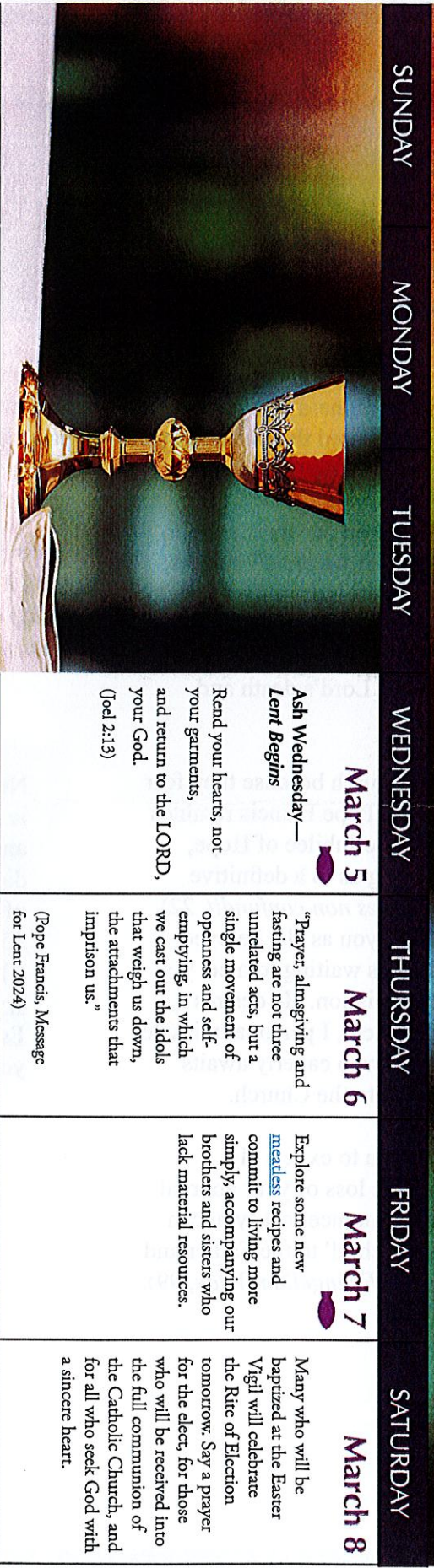


LENT 2025 | Reflect. Repent. Restore.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 9</p> <p>First Sunday of Lent</p> <p>“You shall worship the Lord, your God, and him alone shall you serve.” (Luke 4:8)</p>	<p>March 10</p> <p>“Lent is a season of <i>conversion, a time of freedom.</i>” (Pope Francis, Message for Lent 2024)</p>	<p>March 11</p> <p>Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent.</p>	<p>March 12</p> <p>“Both in the liturgy and in liturgical catechesis, through remembrance of Baptism or preparation for it, and by penitence, Lent renews the community of the faithful together with the cleric and disposes them to recall the Paschal Mystery.” (Order of Christian Initiation of Adults, no. 138) (see Constitution on the Sacred Liturgy, no. 109)</p>	<p>March 13</p> <p>Prayerfully discern ways that you can give to others by sharing your time, treasure, and talent.</p>	<p>March 14</p> <p>Fast from television, streaming, gaming, social media, or some other pleasure and spend the extra time praying or reading the Bible.</p>	<p>March 15</p> <p>Invite a friend or neighbor to join you for Mass, a Lenten service, or a faith formation program at your parish.</p>
<p>March 5</p> <p>Ash Wednesday—Lent Begins</p> <p>Rend your hearts, not your garments, and return to the LORD, your God. (Joel 2:13)</p>	<p>March 6</p> <p>“Prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us.” (Pope Francis, Message for Lent 2024)</p>	<p>March 7</p> <p>Explore some new <u>mealless</u> recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources.</p>	<p>March 8</p> <p>Many who will be baptized at the Easter Vigil will celebrate the Rite of Election tomorrow. Say a prayer for the elect, for those who will be received into the full communion of the Catholic Church, and for all who seek God with a sincere heart.</p>			

Jesus Keeps on Loving You, No Matter What

Bishop Daniel E. Thomas

Chairman, USCCB Committee on Pro-Life Activities

As we approach Lent, please allow me to speak to all who carry the unbearable sadness and guilt of an abortion experience. Be assured that Jesus keeps on loving you, no matter what.

The blessed ashes distributed on our foreheads on Ash Wednesday remind us that we are all sinners; broken, imperfect, yet very precious in the eyes of God and so well loved by Him. The ashes are both a reminder of our need for repentance and the graces that flow from our Lord's death and resurrection.

Some stay away from the Church because they fear judgment of past sins. Yet as Pope Francis reminds us in his letter announcing the Jubilee of Hope, '[Judgment] is meant to bring us to a definitive encounter with the Lord' (*Spes non confundit*, 22). Jesus' voice is calling out to you as His beloved daughters and sons, and He is waiting to meet you in the Sacrament of Reconciliation. He desires a relationship with you. This Lent, I personally invite you to come home to Jesus, who eagerly awaits your return, and come home to the Church.

God's gift of hope allows you to expect His comfort as you grieve for the loss of your aborted children. It also provides assurance that 'you can with sure hope entrust your child' to the Father and His mercy (St. John Paul II, *Evangelium Vitae*, 99).

I pray that God plants a seed of hope in every heart that is overwhelmed by sadness and despair from participation in abortion. This Lent, the Lord's mercy awaits you. Allow Him to heal you and lift your sadness into joy.

Most Reverend Daniel E. Thomas

Bishop of Toledo

Chairman, USCCB Committee on Pro-Life Activities

Nonjudgmental, compassionate help is available from experienced clergy and laypeople through the Church's diocesan abortion healing ministry, most often called Project Rachel Ministry. All who suffer from abortion can find a listening ear, comfort, and help. Visit www.HopeAfterAbortion.org or www.EsperanzaPosAborto.org to find help near you.



United States
Conference of
Catholic Bishops