





MCHS Lenten Calendar February 2018

REST Sun	PRAY Mon	FAST Tue	ALMSGIVING Wed	PRAY Thu	FAST Fri	ALMSGIVING Sat
 PRAYER  FASTING  ALMSGIVING			14 Ash Wednesday Receive ashes Meatless meals 18-59 yrs: fasting today	15 Pray <i>Grace Before Meals</i> at lunch today	16 Meatless meals Remain faithful to your personal sacrifice!	17 Clean your closet-Donate things you don't need to charity. (consult parent's permission)
18 First Sunday of Lent Keep holy the Sabbath. Give thanks for the spiritual growth this week!	19 President's Day, no school Pray for our country.	20 Keep your phone in your locker during school hours	21 Call your grandparents or elderly relative & share some love.	22 Pray the St. Michael Prayer	23 Meatless meals Fast from bad language today.	24 Give time to your chores without being asked to do them.
25 Second Sunday of Lent Keep holy the Sabbath Give thanks for the spiritual growth this week	26 Pray for those who will go hungry today.	27 Do something today that you have been putting off.	28 Give a compliment to someone not expecting it.			

Lenten Regulations

ABSTINENCE-Everyone 14 years of age and under 59 is bound to abstain from meat on Ash Wednesday and all the Fridays of Lent.

FAST-Everyone 18 years of age and under 59 is required to fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless meal is permitted. Two other meatless meals, sufficient to maintain strength, may be taken according to each person's needs, but together these two should not equal another full meal. Eating between meals is not permitted, but liquids (including milk and fruit juices) are allowed.

To disregard completely the law of fast and abstinence is seriously sinful.

Daily Lenten Challenges provided by 2nd & 5th hour Discipleship classes.

March 2018

REST	PRAY	FAST	ALMSGIVING	PRAY	FAST	ALMSGIVING
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pray for the poor souls in purgatory.	2 Meatless meals Attend First Friday Rosary , 7:50 AM in the chapel.	3 Help a sibling with a chore or homework today.
4 Third Sunday of Lent Keep holy the Sabbath Give thanks for the spiritual growth this week	5 Pray one Our Father, Hail Mary, & Glory Be before classes start today.	6 Drink only water today. Give thanks for the gift of clean water.	7 Give encouragement to someone who is feeling down.	8 Pray for drivers on the highway wherever you travel today.	9 Meatless meals No social media: sunrise-sundown.	10 Share a picture of Jesus on your social media today.
11 Fourth Sunday of Lent Keep holy the Sabbath Give thanks for the spiritual growth this week	12 Pray for the sick.	13 Fast from negative humor today.	14 Donate a snack or care item for the troops. Take the item to Mr. Serio.	15 Pray one Our Father, Hail Mary, & Glory Be before classes start today.	16 Meatless meals No phone at the lunch table today.	17 Refrain from negative posting on social media.
18 Fifth Sunday of Lent Keep holy the Sabbath Give thanks for the spiritual growth this week	19 Pray one Our Father, Hail Mary, & Glory Be before classes start today.	20 Fast from Netflix or your online movie provider today.	21 Give hugs today.	22 Before you sleep do an examination of conscience. Give thanks for the good; ask forgiveness for the wrong you've done.	23 Meatless meals No social media after 7 PM tonight	24 Give full attention when someone talks to you today.
25 Palm Sunday Keep holy the Sabbath Give thanks for the spiritual growth this week	26 Pray to be delivered from your biggest temptation. What keeps you from being your best self?	27 Be patient with people today. Fast from complaining.	28 Give your attention at the Stations of the Cross prayer service today.	29 TRIDUUM Holy Thursday Pray as you clean your room & find the floor...spring clean for Easter!	30 TRIDUUM Good Friday Meatless meals 18-59 yrs: fasting today Be still today....Our Lord died today for us.	31 TRIDUUM Holy Saturday Give time to help prepare for Easter celebrations.

