

CHURCH OF CORPUS CHRISTI

1919 North 2nd Street, Bismarck, ND 58501-1735
email: info@corpuschristibismarck.com
website: www.corpuschristibismarck.com
facebook: www.facebook.com/CorpusBismarck
parish app: Text "app" to 55321

Parish Office255-4600
Parish Fax..... 255-4616
Food Pantry.....255-3104

Parish Office is open 7:30 a.m.-4:00 p.m.
Monday-Thursday
Friday 7:30 a.m. - 1:00 p.m.

*For Sacramental Emergencies after office hours,
please call 701-425-1483 and leave a voicemail.
We will return your call in a timely manner.*

WEEKLY LITURGY SCHEDULE

Saturday (Vigil of Sunday)4:00 p.m.
Sunday 8:30 & 10:45 a.m. and 5:30 p.m.
Monday-Friday.....12:10 p.m.

(Holy Days as scheduled)

MISSION STATEMENT

***As disciples of Jesus, we live our faith
through Word, Sacrament, and Service.***

Msgr. Patrick Schumacher, S.T.L., Pastor 255-4600
Rev. Logan Obrigewitch, Parochial Vicar..... 975-9802
Tracy Kraft, Parish Manager..... 975-9803

PASTORAL MINISTERS

Cindy Anderst, Adult Formation 975-9810
Sarah Bengtson, Pastoral Care 975-9805
Sebastian Haboczki, Music Ministry..... 975-9806
Cole Jones, Youth Ministry..... 255-4600
Melanie Konieczka, Faith Formation 975-9809
Tammy Schafer, Pastoral Care..... 975-9816
Sr. Ivo Schoch, Outreach Ministry 975-9808

DEACONS: Bob Wingenbach, Brian Lardy, Michael Fix,
Lonnie Grabowska, Rex McDowall (Retired)

PARISH SUPPORT STAFF

Jane Bosch, Kitchen Manager..... 255-4600
Niel Heinze, Maintenance Technician 975-9815
Colleen Reinhardt, Food Pantry, Music Assoc.... 975-9807
Beverly Everett, Organist in Residence 255-4600



February 11, 2024

SACRAMENTS

Reconciliation - Reconciliation is offered, behind a screen, weekdays from 11:30 a.m. - 12:00 p.m. and from 3:00-3:30 p.m. on Saturdays. Or by appointment by calling the parish office at 701-975-9803. No Reconciliation prior to Communion Services. Also, schedule may change on Holy Days or Special Liturgies.

Baptism - The Baptism Preparation Program and Schedule are by arrangement. Please call the office at 701-255-4600 to register or do so online at corpuschristibismarck.com/baptism prior to your delivery date and the program coordinator will return your call. Parents must be registered at Corpus Christi or have permission from their parish.

Marriage - Couples planning to be married should contact the parish office at 701-975-9805 at least **12 months** in advance for completion of Diocesan requirements.

Natural Family Planning Classes are offered by the Bismarck Diocese. The methods offered are Billings Ovulation Method, Creighton Model Fertility Care System, Marquette Model and Sympto-Thermal Methods. If you have questions about NFP please contact the Diocese of Bismarck at 701-222-3035 or www.bismarckdiocese.com/nfp.

RCIA Classes - Persons wishing to learn more about the Catholic faith may call Tracy Kraft at 701-975-9803.

PARISH BULLETIN DEADLINE: Articles must be received by noon on Tuesdays (*typed format*).

PRAYER TREE: 255-4600



CORPUS CHRISTI APP:

Download the app for any smart device.
Text the word *App* to 55321.
Or scan the QR Code.

We welcome you to Corpus Christi!

To become a registered member, stop by the parish office, or scan this QR Code.



Livestreaming Schedule:

WEEKDAY MASSES

Monday - Friday: 12:10 p.m.

WEEKEND MASSES

Saturday: 4:00 p.m.

Sunday: 10:45 a.m.

Weekly Mass Intentions

Mon., Feb. 12 (12:10 p.m.) - ✠Valentine Brossart

Tues., Feb. 13 (12:10 p.m.) - ✠Jerry Jacobs

Wed., Feb. 14 **ASH WEDNESDAY**

(7:00 a.m.) - ✠Luz & ✠Manual Guanzon

(12:10 p.m.) - ✠Taylor & ✠McKinnon Kopp

(5:30 p.m.) - ✠Jacob Neigum

(7:00 p.m.) - Pro Populo

Thurs., Feb. 15 (12:10 p.m.) - ✠Marita & ✠Ricardo Alfonso

Fri., Feb. 16 (12:10 p.m.) - ✠Lillian Kraft

Sat., Feb. 17 (4:00 p.m.) - ✠James & ✠Leona Hammes

Sun., Feb. 18 (8:30 a.m.) - ✠Orvin & ✠Bernadette Engelhard

(10:45 a.m.) - ✠Julia & ✠Leo Mattern

(5:30 p.m.) - Pro Populo

LENT BEGINS FEBRUARY 14

Ash Wednesday Mass Schedule:

7:00 a.m. - Mask Room Available

12:10 p.m. - Light Lenten Lunch to Follow

5:30 p.m. - Light Lenten Supper to Follow

7:00 p.m. - Mask Room Available

Sign up sheets for Liturgical Ministers are available in the Usher's Room. Thank you for your assistance!

Remember that
you are dust...



...and to dust
you shall return

Blessed Ashes:

Blessed Ashes will be available on Ash Wednesday to be taken to the sick and homebound. There will be cups of ashes and prayer sheets on the table in front of the ambo on Ash Wednesday. The ashes will then be moved to the entrances of the church through Sunday, February 18. This is an opportunity for the parish to maintain a connection between the community of faith and those who have been separated from the church because of sickness or physical conditions.

CONTRIBUTIONS (General Fund) - (2,465 households)	
Adult Envelopes (257 Envelopes)	\$15,028.69
Youth Envelopes	\$226.55
TOTAL RECEIVED (Feb. 4)	\$15,255.24
1 st Sunday	\$15,255.24
Online Giving Week 1 (Jan. 29-Feb. 4)	\$6,658.00
Electronic Contributions	\$13,663.68
2 nd Sunday	\$0.00
Online Giving Week 2 (Feb. 5-11)	\$0.00
3 rd Sunday	\$0.00
Online Giving Week 3 (Feb. 12-18)	\$0.00
Electronic Contributions	\$0.00
4 th Sunday	\$0.00
Online Giving Week 4 (Feb. 19-25)	\$0.00

We are grateful for your generosity, which is part of being a faithful steward of Corpus Christi.

Stewardship Thought: In today's second reading, St. Paul urges the Corinthians to "do all for the glory of God." If we follow that advice in everything we do, we cannot help but be good stewards! Christian stewardship provides a spirituality that you can take home from church, exercise at work, and express through personal involvement in the community and the Church. Religious education of young people is vital to the strength of the church for tomorrow. Make a provision in your Will for religious education at Corpus Christi.

2024 LENTEN RESOURCES

Resources available at the Entrances of the Church

Word Among Us - Daily Mass readings & reflections

The Little Black Book - Lenten daily devotional
(suggested \$1 donation)

Returning to God - Lenten booklet/spiritual guide

Stations of the Cross Prayer Card

Stations of the Cross Pop-Up Window Calendar - Activity for Children



PRAYER



FASTING



ALMSGIVING

Resources included in this bulletin

CRS Rice Bowl & Calendar

Lenten Activity Calendar

LENTEN REGULATIONS (USCCB.org)

✠ Ash Wednesday and Good Friday are obligatory days of fasting and abstinence from meat.

✠ Lenten Fridays are obligatory days of abstinence from meat.

✠ The norms on fasting are obligatory from age 18 until age 59.

✠ When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

LENTEN ALMSGIVING

Corpus Christi Food Pantry Needs:

- Week 1: Pancake Mix
Pancake Syrup
- Week 2: 1 pound bag of Rice
Chicken Noodle Soup
- Week 3: Spaghetti Noodles
Spaghetti Sauce
- Week 4: Pancake Mix
Pancake Syrup
- Week 5: Peanut Butter
Canned Fruit
- Week 6: Instant Potatoes
Cold Cereal



*Items may be
placed in the boxes
in the upper or
lower gathering
spaces.*

Thank you!



LENTEN FISH FRIES

February 16, 23, March 1, 8, 15, 22

5:00 - 7:00 p.m., Parish Hall

Adults: \$14, Children: \$8, Family: \$50

Baked & fried fish, fried shrimp, french fries, green beans, noodles, applesauce, coleslaw, beverages and homemade desserts.

Helpers are needed: fish cutters, servers, table setters, table cleaners, dishwashers, and desserts. Scan the QR Code or contact Melanie at her direct office number, 701-975-9809, to help.



LENTEN SCHEDULE

Monday-Friday:

Confessions - 11:30 a.m. - Noon

Daily Mass - 12:10 p.m.

Lenten Lunch - 12:40 p.m., Parish Hall (Free-Will donation)



Friday Evenings:

Fish Fry - 5:00-7:00 p.m.

Stations of the Cross - 5:30 p.m.

February 16 - Stations of the Cross led by a Deacon

February 23 - Stations of the Cross with a focus for Children

March 1 - Stations of the Cross led by a Deacon

March 8 - Shadow Stations presented by the Middle School Youth Group

March 15 - Stations of the Cross led by a Deacon

March 22 - Living Stations presented by the High School Youth Group

Stations of the Cross assistance is needed!

Please call Tracy Kraft, 975-9803, if you are able to help with the readings, lights or the carrying of the cross on February 16, March 1 and March 15. Or you can sign-up online or scan this QR Code to help.



What's Going on Here This Week

- Sun. 2/11 Knights of Columbus Caramel Roll Sale, after the Sunday Masses, Lower Gathering Space
Faith Formation **Group A**, 9:30-10:45 a.m.
Children's Liturgy of the Word, 10:45 a.m. Mass
Knights of Columbus Rosary for Vocations, 4:45 p.m., Church
SNAC Super Bowl Party, 5:00 p.m., Room 140
- Mon. 2/12 Faith Formation **Group B**, 9:30-10:45 a.m.
RCIA, 7:00-9:00 p.m.
- Tues. 2/13 Quilters, 9:00 a.m., Community Room
Eucharistic Adoration 12:45-7:00 p.m.
Sacrament Track, **Tuesday B Group**, 5:30-7:00 p.m., Parish Hall
Knights of Columbus Meeting, 7:00 p.m., Community Room
- Wed. 2/14 Ash Wednesday Mass, 7:00 a.m.
Ash Wednesday Mass, 12:10 p.m.
Simple Lenten Lunch, 12:40 p.m., Parish Hall
Ash Wednesday Mass, 5:30 p.m.
Simple Lenten Supper, 6:10 p.m., Parish Hall
Ash Wednesday Mass, 7:00 p.m.
- Thurs. 2/15 Lenten Lunch, 12:40 p.m., Parish Hall
- Fri. 2/16 Lenten Lunch, 12:40 p.m., Parish Hall
Fish Fry, 5:00-7:00 p.m., Parish Hall
Stations of the Cross, 5:30 p.m., Church
- Sun. 2/18 Knights of Columbus Breakfast, 9:30-12:15 p.m., Parish Hall
SNAC, 6:30 p.m., Room 140



Corpus Christi Youth Ministry:

High School SNAC (Grades 9-12)

SNAC: Sunday Nights After Church

Sunday, February 11: 5:00-9:00 p.m.

Topic: Superbowl Party (note change of time)

Middle School Youth Ministry

Wednesday, February 14:

No MSYM due to Ash Wednesday



Corpus Christi Men's Group



Men's Group Breakfast

Wednesday, February 21

6:30 a.m. - 7:45 a.m.

Breakfast followed by discussion.

All men are invited!

Children's Liturgy of the Word:

February 11 & 25 at the 10:45 a.m. Mass.

For children in Preschool - 2nd Grade.

Lessons are geared for this age group.



Job Opportunities at the Diocese of Bismarck:

- Full-time Administrative Assistant in the Office of Mission Advancement.
- Full-time Fiscal Office Accountant, Accountant I to IV level.

For all job opportunities, full descriptions, and how to apply, visit <https://bismarckdiocese.com/job-openings>.

Our priests/clergy will NEVER email, text, or call to solicit gift cards or gift certificates.

This is a SCAM!

If you get a message:
delete it, report it - **do not respond!**

MEALS on WHEELS Delivers:

Many, many thanks to the volunteers from the Church of Corpus Christi who delivered Meals on Wheels in January. They served 376 meals! Kudos folks for a job well done. Your service is invaluable.



**Eucharistic
Revival**



Embark on a transformative spiritual journey!

The Bismarck Diocese and the University of Mary warmly invite you to join us on a seven-day pilgrimage (July 16-22, 2024) to the National Eucharistic Congress in Indianapolis. Register today at www.umary.edu/NEC. This is sure to be a wonderful event! If you have questions or would like to visit with someone about the details, feel free to contact Melanie Konieczka at the Parish Office, 975-9809.

Stewardship Opportunities at Corpus Christi:

• Church Cleaning:

Vacuuming the upper and lower gathering spaces on Monday mornings

• Hospitality Ministers:

Ushers and Greeters at all Masses

*To volunteer and share your stewardship gifts,
contact Tracy Kraft at the Parish Office, 975-9803.*



**Knights of
Columbus**

Upcoming Events

Perpetual Rosary for Vocations:

February 10 at 3:20 p.m., Church

February 11 at 4:45 p.m., Church

Caramel Roll Sale:

February 11 after Sunday Morning Masses

The proceeds will benefit two Corpus Christi parishioners going to Peru for a youth mission trip.



Thank you

**for your support of this year's
St. Mary's Carnival!**

Spring 2024 40 Days for Life Campaign

February 14 - March 24, 2024

7:00 a.m. to 7:00 p.m. at the State Capitol.

This peaceful, prayerful vigil would make a great Lenten prayer time. Praying can be done at home or at the capitol grounds. Signs are available to use while you pray or to place in your yard. Encourage a group you are in to take a whole day! Call Diane at 701-527-3265 with questions or to sign up or sign up online for your time slot today at www.40daysforlife.com/bismarck.

Your stepping stones back into life...

LOTUS (*Looking Onward to Understanding and Serenity*) is a group for men, women and young adults who have experienced a death. LOTUS meets on the 2nd & 4th Tuesdays of every month at Parkway Funeral Service, 2330 Tyler Parkway. The next session will be a LOTUS Combined session on Tuesday, February 13 at 1:00 p.m. or 7:00 p.m. Dr. Tammy Decotau will present: Changes: Family, Friendship, Estrangement and Masks.

Healing Hearts *Grief Support Group*. Healing Hearts is a group for anyone who has experienced the loss of a child and provides guidance on the path to healing. This group is made for miscarriages, infant, toddler, youth, teen and adult loss. This grief support group is open to the public and held on the 2nd and 4th Tuesdays of the month from 5:30-6:30 p.m. at Parkway Funeral Service, 2330 Tyler Parkway. The next session will be on Tuesday, February 13. Dr. Tammy Decotau will present: Changes: Family, Friendship, Estrangement and Masks.

St. Pius V Church, New Salem, will offer a St. Jude Mission, Mass and Veneration of the Arm Relic of St. Jude, February 25-27, 6:30 p.m. each evening. On February 28 there will be a 6:30 p.m. Mass and 7:00 p.m. Mission at St. Martin of Tours Church, Center.

High school and college-aged students are invited to **Praise and Worship Nights** in the chapel of Annunciation Monastery (address: 7520 University Dr., Bismarck) on the following Fridays: February 16, March 15, and April 19, from 7:30-9:00 p.m. These praise and worship nights are coordinated by the *Crossroads Ministry Team* and hosted by the *Benedictine Sisters of Annunciation Monastery*. These evenings will include Eucharistic adoration, prayer and silence, songs of praise, testimonies and sharing, and refreshments. No charge to attend. For more information, contact Sister Idelle Badt, 701-255-1520.

From the Desk of Msgr. Patrick A. Schumacher, S.T.L., Pastor

Rev. Fr. Francis Xavier Dinoy Rebera Kaniyath, B.Ph., B.Th., M.A, Secretary to the Archbishop, Archdiocese of Verapoly, India, has been assigned as a Parochial Vicar at Corpus Christi. Father will arrive sometime in March or April, and we look forward to welcoming him to the rectory and the parish. As he transitions to the United States, let us pray for him. I would also like to welcome Christopher Dill, an intern for the semester from the University of Mary. You will notice Christopher assisting with music ministry during his time at the parish.

Today is World Marriage Sunday and the Church celebrates the love shared between a husband and wife in the marital covenant. Let us pray for all married couples and a strengthening of their love. February 11th is also World Day of the Sick. In preparation for the 32nd celebration of this day, on January 10, 2024, Pope Francis employed the faithful, *"Brothers and sisters, the first form of care needed in any illness is compassionate and loving closeness. To care for the sick thus means above all to care for their relationships. Let us remember this central truth in life: we came into the world because someone welcomed us; we were made for love; and we are called to communion and fraternity. Let us commend ourselves to Mary Most Holy, Health of the Sick, that she may intercede for us and help us to be artisans of closeness and fraternal relationships."*

I'm in Hawaii and look forward to my return before Ash Wednesday Masses. You'll find the Mass schedule included in this bulletin. I will also have the Diocesan Women's Retreat on Saturday, February 17th. I hope many of the ladies of the parish have registered. ~ *I will see you all soon! Msgr. Patrick Schumacher*

Diocese of Bismarck WOMEN'S SIMPLE LENTEN RETREAT - Saturday, February 17

8:00 a.m. to 2:00 p.m. - Hosted at Corpus Christi Church, Bismarck



The *Diocesan Women's Simple Lenten Retreat* is back in 2024. There will be two talks. One reflection will be *"Holiness Reflected Through Saints and Heroes"* by Mother Mary Joseph with the Sisters of Mary based in Bismarck. The other presentation is *"Inspirations for Lent"* by Msgr. Patrick Schumacher. The day includes Mass at 8:00 a.m., Eucharistic Adoration, confession, breakfast, lunch and vendors. Online Registration closed on February 9th to obtain an accurate meal count but women can register at the door on the day of the event for \$30, which does not include lunch.

LITURGICAL MINISTRY SCHEDULE

Please review the schedule and contact the office to let us know if you are willing to serve as a minister next weekend.

If you are not scheduled and would be willing to help, call Tracy Kraft at 701-975-9803.

Date: Feb 17-18	February 17, 2024	February 18, 2024	February 18, 2024	February 18, 2024
	4:00 PM	8:30 AM	10:45 AM	5:30 PM
Hospitality	1 Bob Deutsch 2 Beverly Larson 3 4	1 2 3 4	1 2 3 4	1 Karen Gaydos 2 3 4
Ushers	1 William Kopp 2 Judith Kopp 3 Larry Thelen 4 Rick Kramlich 5 6	1 Tim Kuntz 2 Linda Feist 3 Charles Jaskowiak 4 Catherine Williams 5 Francis Williams 6	1 Milissa Kelly 2 Dennis Kelly 3 Joel Meyer 4 Maggie Meyer 5 Brianna Feist 6	1 Mark Gaydos 2 3 4 5 6
Lectors	1 Sandy Wald Clooten 2	1 Irene Goetz 2	1 Joyal Meyer 2 Rose Kruckenberg	1 Bart Brackin 2 Mary Soucie
Servers	1 2	1 Annabelle Scholand 2 Gabby Schell	1 William Schmidt 2 Carsten Schmidt	1 Kate Masset 2 Braden Roehrl
Eucharistic Min	BODY OF CHRIST	BODY OF CHRIST	BODY OF CHRIST	BODY OF CHRIST
	R-1 Helen Berger 2 Father 3 Clare Auble 4 Jane Wolf 5 Joseph Wolf 6 7 Deacon 8 9 10 11 D12 LG	R-1 Bill Knudson 2 Father 3 Brenda Bergan 4 Teddie Herner 5 Kermit Herner 6 7 Deacon 8 Anriana Thein 9 Mike Hilbert 10 Laurie Vanderpan 11 12 LG	R-1 Joyal Meyer 2 Father 3 Bill Marion 4 Cec Reetz 5 Reyne Richter 6 Brenda Weisz 7 Deacon 8 9 10 11 12 LG	R-1 Jackie Buckley 2 Father 3 Margie Schiff 4 5 6 7 Deacon 8 9 10 11 12 LG

Encounter Night

Tuesday, February 27

7:00-8:30 p.m.

Corpus Christi Church



Guest Speakers:

Bishop David Kagan

Msgr. Patrick Schumacher

The evening will include:

- The Eucharistic Miracles Exhibit
- Chaplet of Divine Mercy in Song
- Adoration • Reconciliation • Music

Don't Miss This!



**Eucharistic
Revival**



Eucharistic Miracles Exhibit

Blessed Carlo Acutis was an English-born Italian who died in 2006 at the age of 15 after battling leukemia. He was beatified in 2020. Carlo was best known as an online designer who created a website documenting Eucharistic Miracles. He intended the collection to draw people into their faith by creating a space that allowed the faithful to “virtually visit” the places where these recognized Eucharistic Miracles took place. In addition to being available online, Carlo’s information has been curated into a traveling exhibit made of 166 display panels. For the Eucharistic Congress hosted by the Diocese of Bismarck in June 2023, 60 panels of Carlo’s exhibit were chosen and they are available to parishes within our Diocese to display.



Invest time each week to
expand your vocabulary and
deepen your faith.

11 February 2024

WORD OF THE WEEK

Fasting *\ˈfɑ-stɪŋ*

Refraining from food and drink for religious purposes. Biblically, it implied not eating or drinking from morning till evening.

The Catholic Church defines **fasting** as one full meal a day, with two additional breaks. Catholics observe a eucharistic **fast** and abstain from food and drink one hour prior to receiving Holy Communion. They also **fast** annually on Ash Wednesday and Good Friday if in good health and between the ages of 21 and 59.

Pronunciation: <https://tinyurl.com/Take5-fasting>

CONTEXT

Do you wish your prayer to fly toward God? Make for it two wings: **fasting** and almsgiving. —*Saint Augustine*

There's something about it that makes sense, Lent. You give something up, and everything's more joyful. —*Elaine Stritch*

When my stomach hungers from **fasting**, it is a reminder of the spiritual hunger my soul experiences at every moment of my existence. —*Bishop Robert Barron*

WHY IT MATTERS

When we're self-sufficient, it's easy to forget that God is our ultimate source of life and hope. **Fasting** is a visceral reminder to trust in God. **Fasting** helps us to detach from worldly things not because they are bad but to remind us that God is the source of all gifts.

From the Catechism of the Catholic Church: "**Fasting** and abstinence . . . help us acquire mastery over our instincts and freedom of heart" (2043).

RELATED WORDS

Abstinence | Sacrifice | Asceticism | Mortification

QUESTION OF THE WEEK

Why do we fast?

Why **fast**? Our survival requires us to eat and drink. When we refrain from these most basic activities, it reminds us that "we do not live by bread alone." **Fasting** provides us with an opportunity to affirm our faith in God's providential care.

Fasting as a spiritual practice falls into the category of sacrifice. As in other acts of religious sacrifice, **fasting** takes something away from us. **Fasting** stirs us to contemplate justice—many in this world go without food—and motivates us to pray in a deeper, richer way. Because we don't want to do it, **fasting** is regarded as a penitential practice: We do it in reparation for sin, ours and the world's.

When you think of everything **fasting** can do—encourage fidelity and humility, awaken the spirit of justice, enhance prayer, assist those who are tempted—the question becomes: Why *not* **fast**?

—Alice Camille, from *Questions Catholics Ask* <http://tinyurl.com/QCA-fasting>

REFLECTION OF THE WEEK

ASH WEDNESDAY, DAY OF FAST AND ABSTINENCE
(FEBRUARY 14)

The spirit of our fasting

Fasting, prayer, and almsgiving are ancient spiritual practices that foster humility and charity. In the words of fifth-century Doctor of the Church Peter Chrysologus: "When you **fast**, see the **fasting** of others. If you want God to know you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give."

READINGS: Joel 2:12-18; 2 Corinthians 5:20-6:2; Matthew 6:1-6, 16-18 (219 <https://bible.usccb.org/bible/readings/021424.cfm>).
"When you **fast**, do not look gloomy."

FAITH IN ACTION

Use **fasting** as a way to see more clearly the things you've missed by inattention.

LENT 2024

 = a day of fasting and abstinence from meat

 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p>						
18	19 Keep custody of the thoughts: give up complaining, rash judgement, and negative self-talk. See holiness -- and productivity! -- increase.	20 Pick a saint to accompany you during Lent. Learn more about them and ask them to pray for you.	21 Find a pro-life pregnancy center near you and ask how you can help them support the women and their babies.	22 Put out an empty box. Throughout Lent, fill it with gently used items in good condition that you no longer use.	23 Observe a screen fast (from recreational use) from noon to 3, recalling the 3 hours Jesus hung on the Cross.	24 Make up bags of socks, oranges, and bottled water to offer people who are homeless.
25	26 Ask God to remind you of His love for you today -- it's a prayer He loves to answer. Thank Him tonight before bed.	27 Make a small sacrifice today for souls, e.g., no cream in your coffee, no snacks before dinner.	28 Give up worry. Write down what worries you and leave it before an image of Jesus, surrendering it to His care.	29 Stop by the parish office and ask what upcoming events you can volunteer with (e.g. setting up St. Joseph's Table).	1 March Attend Daily Mass and/or spend some time before the Blessed Sacrament in honor of Jesus' Sacred Heart.	2 Our Lady urged praying the Rosary to bring peace. Pray a Rosary in honor of Mary's Immaculate Heart.
3	4 Learn something new about your Faith: skim the glossary of the Catechism for an unfamiliar term and learn more about it.	5 Check out Catholic Relief Services at www.crs.org to see how you can help support any of their projects.	6 Meditate on Scripture on-the-go. Copy down a favorite Bible verse and carry it with you all day. Pray with it whenever you have to wait.	7 Catch up with a friend you haven't heard from in a while.	8 Attend a Stations of the Cross service or pray them on your own. Find them here: www.usccb.org .	9 Give others the gift of your presence: ask about their work, interests, or family, and listen attentively while they speak.
10 <i>Laetare Sunday</i> Rejoice! Have some holy fun after Mass today.	11 This whole week, give up recreational screen time after 9PM and give that time to God.	12 Renew your commitment to your Lenten promises.	13 Do a thorough Examination of Conscience, then go to Confession to be freed of your sins and experience God's mercy.	14 Today, choose kindness. Resolve to smile at everyone you meet.	15 Make an additional, small sacrifice of your choosing and pray for the unborn children and their mothers.	16 Volunteer at a retirement community. Call ahead and ask how you can serve (e.g., reading to the residents, donating needed items).
17 Consider offering your Communion at Mass for missionaries, teachers, and catechists -- anyone who passes on the Faith.	18 Until the end of Lent, only buy essentials, like food, medicine, etc.	19 <i>St. Joseph's Day</i> Happy Solemnity! Enjoy pastries today to celebrate. Prayerfully entrust husbands and fathers to St. Joseph's protection.	20 Drop off the box of clothes at its destination.	21 Find time today to visit the Blessed Sacrament, even if briefly. Pray that everyone has a safe and spiritually fruitful Holy Week.	22 The King is coming! Clean the house in preparation for Palm Sunday.	23 Praying for the dead is a work of mercy. Visit a cemetery and pray for the souls there.
24 <i>Palm Sunday</i> During the Gospel readings at Mass, imagine you're in the scene. How would you respond?	25 Offer extra prayers today for those coming into the Church at Easter.	26 Evaluate your Lent. Where did you see spiritual growth? What would you do differently next year?	27 Today recalls Judas' betrayal of Christ. Ask forgiveness from those you have hurt. Forgive those who have hurt you.	28 <i>Holy Thursday</i> Today, Christ instituted the Holy Eucharist and the Priesthood. Send a priest a thank-you card for all the ways he's served you.	29 <i>Good Friday</i> Read Mark 15 and reflect on Jesus' love for you. Name one way you'll return His love.	30 <i>Holy Saturday</i> Light a candle and renew your baptismal vows to remain faithful to God this coming year.