

**1** **Make the first day** of Lent a great one by attending Mass & receiving ashes on Ash Wednesday.



**2** **Join the Face of Prayer Campaign** by texting PRAY or a selfie to 55778 or visit [www.thefaceofprayer.com](http://www.thefaceofprayer.com)



**3** **Draw closer to Christ** and receive his mercy and grace by receiving the Sacrament of Reconciliation.



**4** **Fasting & abstinence?** On Ash Wednesday & Good Friday, Catholics fast (eating one full meal and two half meals) & abstain from meat. We also refrain from eating meat on all Fridays in Lent. Check out [www.usccb.org](http://www.usccb.org) for more info.



# 40

## ways to observe the 40 Days of Lent

**11** **Pray** for those preparing to enter the Church at Easter, especially those in your parish and throughout our Diocese.

**16** **Volunteer!** Visit [www.catholicservicecorps.org](http://www.catholicservicecorps.org) to find a service opportunity.



**17** **Choose one of the Gospels** and read a few chapters each day. The Gospel of Mark is a great place to start!

**24** **Reach out in love** to migrants and refugees by joining the Share the Journey campaign at [www.sharejourney.org](http://www.sharejourney.org).

**25** **Pray for the clergy**, including your parish priests, Bishop Caggiano, and Pope Francis.

**30** **Attend a Fish Fry** at your parish or another nearby parish.

**31** **Fast from a particular expenditure** like an afternoon coffee, buying more clothes than you need, or a habit of impulse buying online. Donate the money you saved to a charity, like Catholic Charities or Catholic Relief Services.

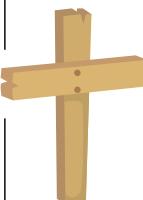
**37** **Do something kind** for someone each day, especially if it involves a small sacrifice or inconvenience.

**12** **Make homemade pretzels**, which are a traditional Lenten food.

**13** **Find a Lenten playlist** on Spotify or Apple Music and listen in the car or while you work.

**18** **Give up coffee** or your favorite drink for a day.

**19** **Pray the sorrowful mysteries** of the rosary.



**14** **Attend the Stations of the Cross** or pray them at home.

**20** **Check out the Leadership Institute's Lenten Resources** at [www.formationreimagined.org](http://www.formationreimagined.org)

**21** **Prepare a simpler meal** than usual and talk with your family about the problem of world hunger and what you can do to alleviate it. Find meatless recipes at [www.crsricebowl.org](http://www.crsricebowl.org).

**27** **Do a chore** around the house that someone else usually does and pray for that person while you do this act of service.

**28** **Attend as many of the Triduum services as you can** during Holy Thursday, Good Friday, and Holy Saturday.

**34** **Fast from noise** by turning off the radio or unplugging from your phone. Spend some time in silence and see how God speaks to you.

**35** **Find a Catholic podcast** and give it a try.

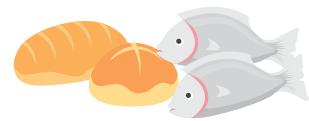
**39** **Donate** used clothes in good condition or other items to the St Vincent de Paul Society, Catholic Charities, Habitat for Humanity, or other organizations.



**5** **Celebrate the solemnities** that occur during Lent! The Solemnity of St. Joseph takes place on March 19th and the Solemnity of the Annunciation is usually on March 25th. This year, March 25th is Palm Sunday, so the Annunciation is moved to April 9th.

**6** **Find an opportunity** to go to a weekday Mass. You can find local Mass times at [www.bridgeportdiocese.com](http://www.bridgeportdiocese.com)

**7** **Fill a rice bowl!** Begin with [www.crsricebowl.org](http://www.crsricebowl.org) to find Lenten resources from Catholic Relief Services.



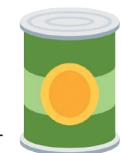
**8** **Donate to Catholic Charities' Loaves & Fishes collection.** Pick up an envelope at your local parish and make a sacrificial gift to support these vital programs that help those in need in Fairfield County.

**9** **Give up television for one day**, and spend time reading a spiritual book.

**10** **Spend time with our Lord** in Eucharistic Adoration.

**15** **Watch a Catholic movie!** Check out *The Letters*, a bio-pic on St. Teresa of Calcutta, or *Full of Grace*, a film about the Blessed Mother's last days on earth, both on Netflix.

**22** **Donate non-perishable food** to a food pantry like the Thomas Merton Center in Bridgeport, New Covenant Center in Stamford, or the Morning Glory Breakfast Program in Danbury.



**23** **Catch up** on Bishop Caggiano's weekly Face of Prayer videos and Father Sam's Faith Friday videos and learn more about the Catholic faith. You can find them on the Diocese of Bridgeport YouTube channel.

**29** **Share your faith with someone.** This could be as simple as a conversation about what Lent means to you, sparking a discussion on your personal faith, or inviting them to join you at Mass or in prayer.



**36** **Go to confession** on Reconciliation Monday (March 26th) from 3pm to 9pm at 27 parishes in the diocese. See [www.bridgeportdiocese.com](http://www.bridgeportdiocese.com) for locations.

**40** **Attend the Chrism Mass** at St Augustine Cathedral on Wednesday, March 28 at 3pm. At this Mass, priests renew their priestly promises and the Bishop blesses the sacramental oils that are used throughout the year in parishes.

