














Lent 40-Day Challenge



sign up for daily text/
email reminders

February

SUN	MON	TUE	WED	THU	FRI	SAT
			14 Watch "What's the Purpose of Lent?" 	15 Gather items to donate to a charity of your choice.	16 Pray the Stations of the Cross today. 	17 Watch "Picking a Thing for Lent." 
18 Pick a spiritual book to read this Lent. 	19 Download and explore the Hallow app. 	20 Fast from gossiping about others today.	21 Meditate on today's Scripture readings. 	22 Pray for the unborn and their mothers.	23 Attend the fish fry at CTK. 	24 Watch "The Gospel in 5 Minutes." 
25 Thank someone who has made a difference in your life.	26 Do a corporal work of mercy. 	27 Listen to a Catholic podcast. 	28 Attend the Lenten Mission. 	29 Read this Sunday's Scripture readings. 	1 Invite someone to attend Mass this weekend.	2 Watch Bishop Barron's Lenten homily. 



LENT AT CTK

Stations of the Cross
 Thursday · 7:30 PM (Spanish)
 Fridays · 7:15 AM · 7:00 PM

Fish Fries
 Fridays · 5:00-7:30 PM

Vespers
 Sundays · 6:45 PM

Rosary Workshop
 February 24











Lenten Mission
 February 26-28

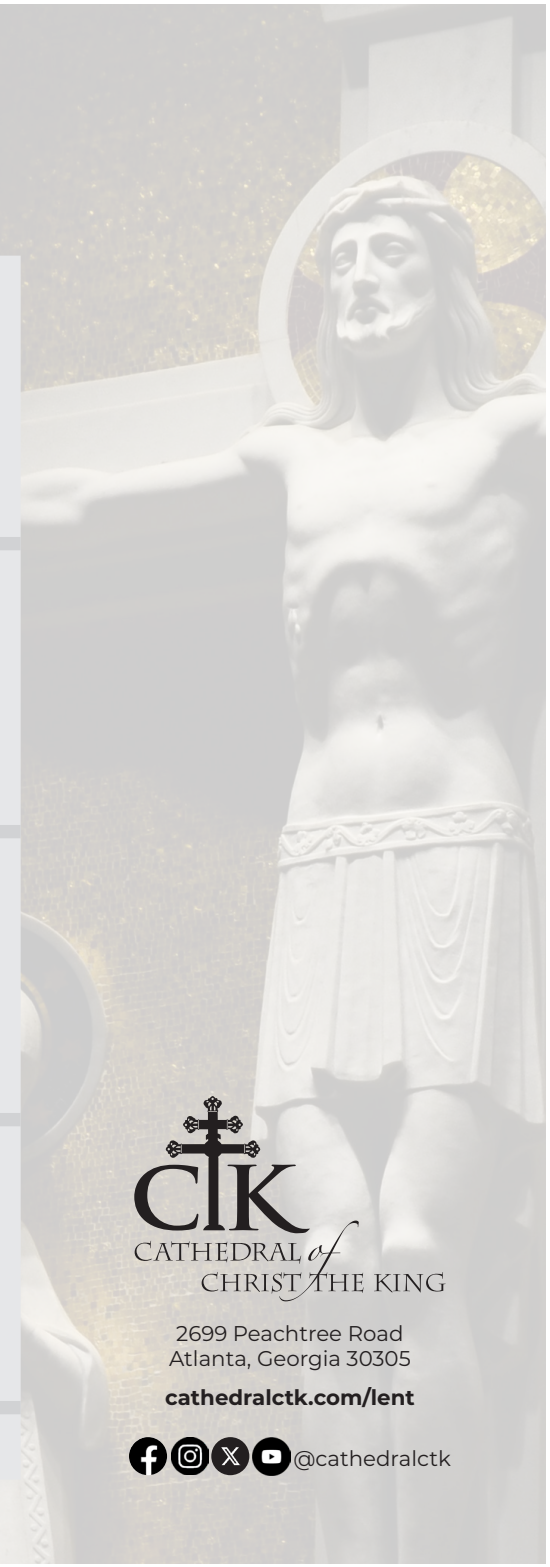
Penance Service
 March 18 · 6-7:30 PM

Women's Day of Reflection
 March 23

cathedralctk.com/lent

March

SUN	MON	TUE	WED	THU	FRI	SAT
<p>3</p> <p>Read the bulletin. Is the Holy Spirit pointing you to participate in something?</p>	<p>4</p> <p>Watch a video of your choice at Formed.org.</p> 	<p>5</p> <p>Do a spiritual work of mercy.</p> 	<p>6</p> <p>Perform a random act of kindness.</p>	<p>7</p> <p>Find a way to volunteer - at CTK or somewhere else.</p> 	<p>8</p> <p>Read Matthew 18:21-35. Pray the Divine Mercy Chaplet.</p> 	<p>9</p> <p>Pray a Glory Be for the intentions of the Holy Father.</p>
<p>10</p> <p>Get to Mass 10 minutes early to prepare prayerfully.</p>	<p>11</p> <p>Drive the speed limit today and say a prayer for all injured in road accidents.</p>	<p>12</p> <p>As you wait in any line today, pray for the person in front of you!</p>	<p>13</p> <p>Pray a prayer of Adoration. <i>bonus: in front of the Eucharist.</i></p> 	<p>14</p> <p>Pray the Examen tonight before bed.</p> 	<p>15</p> <p>Make a small gift to a charity today.</p>	<p>16</p> <p>Skip breakfast today and offer your hunger for those without food.</p>
<p>17</p> <p>Offer a prayer for Monsignor Frank and the Irish people today.</p>	<p>18</p> <p>Attend the Lenten Penance Service.</p> 	<p>19</p> <p>Say a prayer to St. Joseph on his feast day, asking for his protection.</p>	<p>20</p> <p>Spend 15 minutes in silent prayer today.</p>	<p>21</p> <p>Write a letter thanking Jesus for the blessings you see in your life.</p>	<p>22</p> <p>Pray an Our Father for all those in prison.</p>	<p>23</p> <p>Watch an episode of "The Chosen".</p> 
<p>24</p> <p>Renew your Baptismal promises.</p> 	<p>25</p> <p>Turn off your phone after work today to enter into the silence of Holy Week.</p>	<p>26</p> <p>Offer any inconveniences today as a prayer for peace in the world.</p>	<p>27</p> <p>Listen to Scott Hahn's "The Fourth Cup."</p> 	<p>28</p> <p>Say a decade of the Rosary for your parish priests.</p>	<p>29</p> <p>Spend some time in prayer between 12:00-3:00 PM, the time Jesus hung on the cross.</p>	<p>30</p> <p>Thank God for the catechumens and candidates coming into the Church at tonight's Vigil Mass.</p>
<p>31 Eat your favorite food and rejoice in the Resurrection!</p>						





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CHRIST THE KING

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