

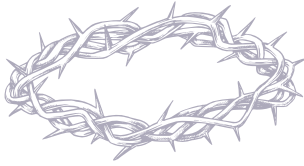


2024

A MULTICULTURAL GUIDE
TO LITURGICAL LIVING

Lent

The Office of Multicultural Ministries
Catholic Diocese of Arlington



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Diet Starts Monday

A note from the author

Maybe you are like me, dear reader, and only begin to consider what you are giving up for Lent a few days before Ash Wednesday. It's a weird spot to be in: to reflect on what is separating you from God, bad habits or distractions, and then take a "diet starts Monday!" kind of approach to it! Except of course, the "diet" starts Ash Wednesday and ends, well, *technically* the evening of Holy Thursday, but Good Friday and Holy Saturday sure do *feel* "Lent-y" too, so maybe you continue your penance straight through to Easter Sunday?

But I digress.

There is a certain privilege that comes with putting together this guidebook that practically *forces* me into deciding it weeks earlier. I've known what I am going to do this Lent for ages now, really reflecting on what is keeping me from God and from deepening my spiritual life. Even still, I can't shake that "diet starts Monday" approach to it! I am fully aware of some bad habits yet I am waiting until the "start date" to get going. (Yikes; I'll take this one up with my spiritual director!)

Something I have learned doing research for this guidebook, across multiple cultures, is that there is a universal understanding of the significance of self-sacrifice, abstaining, and penance, and that across the globe no one is trying to reinvent the wheel. Does this make the task of assembling a guidebook easier or more challenging? It's the

latter! Almost everyone, regardless of cultural background, is doing almost the same thing during Lent! If only I was doing “creating guidebooks” for Lent; I’d have a head start this time around! But the great news is that it’s also a lot of fun getting to sort through it all, finding creative ways to add interesting, accessible, diverse ideas and traditions to these forty days. Hopefully, you’ll continue to keep “it” up after Lent is over, if “it” means getting closer and closer to God. Because, after all, the point of Lent isn’t a *diet*, it’s a *lifestyle*, no? In some ways, that’s what living liturgically is: not just being Catholic on holy days and penitential seasons, but every day, a constant practice and way of life.

I have *even more* great news: you don’t have to keep reading this letter by me anymore. Our very own bishop, Bishop Michael F. Burbidge, has penned some tips for a productive Lent, and I encourage you to start there before diving into the rest of the guidebook (where you will find the usual traditions, recipes, calendars, prayers and more to enhance the Lenten Season).

To read Bishop Michael F. Burbidge’s “4 Tips for a Productive Lent” via the Arlington Catholic Herald, scan here:



Or type in on your browser:

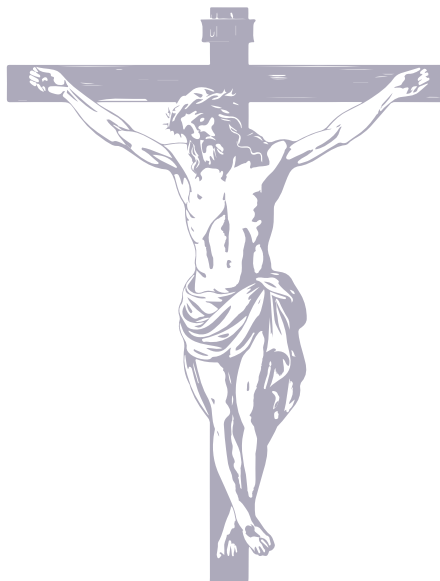
www.catholicherald.com/article/bishop-burbidge/bishops-columns/4-tips-for-a-productive-lent

By Bridget Wilson, Director of Multicultural Ministries

What is Lent?

Lent is a solemn forty day season of prayer, fasting and almsgiving that begins on Ash Wednesday. It is a period of preparation for the Lord's Resurrection on Easter, where the faithful are called to practice self-discipline, abstain, fast, and pray, seeking a true inner conversion of the heart. These practices help to prepare our hearts and minds for the Paschal Mystery, Christ's work of Redemption accomplished by His Passion, Death, Resurrection, and glorious Ascension. By dying He destroyed our death, rising He restored our life.

This guidebook is intended for use beginning Ash Wednesday on February 14, 2024 through Holy Saturday, March 30, 2024.

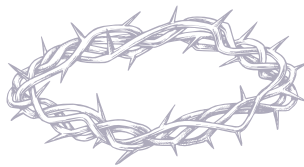


"Forty Days Forty Ways"

"Forty Days Forty Ways" is a Lenten project originating from the Office of Marriage, Family, and Respect Life that has since become a diocesan-wide initiative featuring daily challenges. In addition to your main Lenten penance, consider adding one more "challenge" each day.

Throughout the guidebook, accompanying other daily ideas to live out the liturgical calendar, you'll find the daily challenge under the shorthand *40D40W*.

This project excludes Sundays.



My Lenten Promise

This page is intended to keep a simple list of the promises you plan to keep during the Lenten Season. They are broken down into three categories: Penance, Prayer, and Almsgiving

PENANCE

What will you abstain from throughout the forty days? Or, in some cases, what will you add to your day in your effort to remove obstacles to loving God with your whole heart?

PRAYER

In what ways can you deepen your spiritual life?

ALMSGIVING

Are you able to give of your time, talent, and treasure?

February Ideas

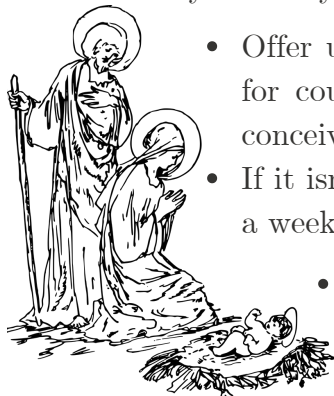
February is the *Month of the Holy Family* (a 17th century tradition prior to the establishment of the Feast of the Holy Family) as well as *Black History Month*. Most of these suggestions are not all limited to one day, and can be initiated at any point throughout the month.

Month of the Holy Family Ideas:

- Consecrate your family to the Holy Family. The Knights of Columbus have developed a wonderful prayer; just scan the QR code:



- Pray the rosary as a family every night, even if it is only one decade!
- Display an image of the Holy Family as a centerpiece in your home.
- Determine a family feast day. Decide as a family a saint you have a devotion to, and make an effort to celebrate that day annually.



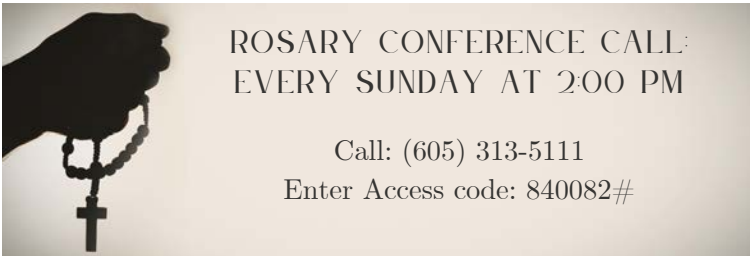
- Offer up prayers for those starting a family; for couples who are pregnant, struggling to conceive, or considering adoption.
- If it isn't routine, establish at least one night a week to have dinner as a family.
- Have a Mass said for your children, siblings, or parents.

Black History Month Ideas

- Learn about the six African-American men and women on the road to sainthood:



- Every Sunday since early 2020, Black Catholic Ministry of the Diocese of Arlington has gathered for a “Rosary Conference Call” and all are welcome to join!



- Did you know the Arlington Diocese has two different historically Black Catholic parishes: Our Lady Queen of Peace in Arlington and St. Joseph in Alexandria. Try to find a Sunday this month to attend Mass with these communities and experience a taste of Black Catholic spirituality!
- “Encounter Black Catholic History” with this guide developed by the Office of Youth Ministry, Diocese of Arlington:



- Learn about the *Knights of Peter Claver* (the largest lay organization of Black Catholics) and their contributions to the Catholic Church.

OTHER IDEAS FOR FEBRUARY

- Saturday, February 17, “From Inclusion to Belonging” is a conference focused on mental health and developmental disabilities, seeking ways to bring everyone together in parish life. All are welcome to attend. Note: tickets range from \$10-\$25. Learn more and register by scanning the QR code:



- Wednesday, February 21 is Virginia Pro-Life Day, at the Virginia State Capitol in Richmond, beginning at 8:00 AM.



**STAND UP FOR LIFE IN
POST-ROE VIRGINIA!**



Learn more and register at vaprolifeday.org

March Ideas

March is both *Irish American Heritage Month* as well as *Women's History Month*. Most of these suggestions are not all limited to one day, and can be initiated at any point throughout the month.

Irish American Heritage Month Ideas:

- Learn about the Ancient Order of Hibernians (AOH), the oldest Irish Catholic Fraternal organization in America.
- Sponsored by the AOH, attend the annual “Gaelic Mass in Honor of St. Patrick” celebrated March 11 at St. James in Falls Church. Mass begins at 7:00 PM and a reception will follow.



- Admire the Book of Kells, a medieval illuminated manuscript of the Four Gospels. You can find over 60 pages online for free via Trinity College in Dublin. Scan the QR Code to see more manuscripts like the image on the left:



- March 17 is St. Patrick's Day. Later on in the guidebook, you'll find ideas to celebrate his feast day.

Women's History Month Ideas:

- Learn about ministries that support women in need, especially those going through crisis pregnancies or those seeking help after abortion.
 - helpforpregnantwomen.org
 - helpafterabortion.org
- Learn about women saints. In this guidebook, you can find information on:
 - *St. Jacinta Marto*
 - *Sts. Perpetua and Felicity*
 - *St. Margaret of Cortona*
 - *St. Matilda*
 - *St. Katharine Drexel*
 - *St. Maria Josefa Sancho de Guerra*
 - *St. Colette*
- Research Marian Apparitions around the world. Check out this guide from Ascension:



- All women are invited to attend the Diocese of Arlington Women's Conference on Saturday, March 9. More details on the next page!
- Read Pope John Paul II's Letter to Women:



- Pray for Women Religious in the Diocese of Arlington and those discerning the call to religious life:



OTHER IDEAS FOR MARCH

- Attend the Men's Conference, Saturday, March 2:

Men's Conference 2024

RENEWED IN CHRIST
| REFLECTING HIS LIGHT TO THE WORLD |



- Attend the Women's Conference, Saturday, March 9:

2024 WOMEN'S CONFERENCE



- Attend the Peace & Justice Conference, Saturday, March 9:

Celebrating the Dignity of Work

Entrepreneurship at the Service of the Human Person

with
Most Rev. Michael F. Burbidge
Bishop of Arlington
and
Andreas Widmer

Former Swiss Guard, mentor, author and business entrepreneur speaking on how embracing creativity and the spirit of entrepreneurship celebrates the dignity of work and can help us – and our neighbors – thrive

Saturday, March 9, 2024

Nativity Catholic Church, Burke VA



Andreas Widmer
Founder and Director
Art & Carlyse Ciocca Center for Principled Entrepreneurship,
The Catholic University of America Busch School of Business



Freedom by Embracing the Cross

In the Gospel of St. Mark (1:12-15) we see Jesus was in the desert for forty days and was tempted by Satan. Jesus' self-discipline inspires Christians to participate in self-sacrifice for God. No doubt, we could be tempted in many ways, but how can we face them in our daily lives? We are weak but with God's blessings we are strong. Every year we have the opportunity to grow and improve our lives during Lent and to become a better person. God's power, not man's power, is needed to change *everything*, including ourselves. In my personal experience as a religious, prayer made me to have a deeper relationship with God and strengthen my faith in Jesus Christ to have more self-discipline and self-sacrifice - even with small things, like giving my time for someone who needs help, or listening patiently to someone who is feeling lonely, angry, or frustrated. As a religious sister, I am living in the community and have a schedule to live daily, but that will not stop me from doing sacrifices. We all are called to do and live during Lent the three pillars of *Prayer, Fasting and Almsgiving*.

In fact, Lent is an invitation for us to look deeper into ourselves and examine the things that prevent us from being free to completely serve God and our fellow man. We oftentimes claim that we don't deny God, but at the same time we are also attached to the values of the world. That is why Lent is the best time to reflect on what Jesus taught us by His words and witness His teaching by His deeds. He offered each of us the clear message: that the way to salvation is the way of the cross, the way of self-sacrifice for God. In other words, the way of a Christian is to fully embrace the cross in service and love. May we be truly free as Christ was totally free in His unflinching commitment of love and service to God

By Sr. Theresa Kareng, SNDS, Sisters of Our Lady of La Salette

Wednesday, February 14: Ash Wednesday

Today, Catholics are asked to fast and abstain from meat. For specific guidelines, read “Regulations on fasting and abstinence” via the Arlington Catholic Herald.



There are also some unique traditions around the world you can consider as you start the season of Lent:

- For Greek Christians, Lent begins on a Monday known as “Clean Monday” and they fly kites to symbolize the human soul flying towards Heaven.
- In the Middle East and in the Ge’ez Rite (Eritrea, Ethiopia) they fast from all animal products, including dairy, eggs, and fish for the entire forty days.
- In Germany, the start of the Lenten season is when Christmas trees are buried or burned.

Of course, today is also St. Valentine’s Day. You can celebrate the saint’s feast day in ways that are befitting of this solemn season:

- Read the hagiography of St. Valentine.
- Write letters to loved ones.
- Instead of sweets, gift your loved ones flowers.
- Have your household assemble a spiritual bouquet for your parish priests, explaining how you will pray for them during Lent.
- Ask St. Valentine’s intercession for married couples.
- Bring flowers to Our Lady.
- Make a meat-free meal from the recipe section of the guidebook.

40D40W: Fast for a day and offer the sacrifice for the poor.

Thursday , February 15

40D40W: Refugees were traumatized when they were forced to flee their homeland. Pray that, through Catholic Charities Migration and Refugee Services, we can help these newcomers thrive in their new country.

Friday , February 16

Feast Day: Bl. Joseph Allamano

Bl. Joseph Allamano, a priest from Italy beatified in 1990 by Pope John Paul II, is the only “blessed” featured in the guidebook. He founded a missionary society of priests and laymen, *Consolata Missionaries*, who first visited Kenya in the early 1900s. Today, pray for his cause for canonization and for missionaries around the world.

On this First Friday in Lent, you can celebrate his feast day by joining one of the many parishes hosting a Meatless Meal. You can find many options in the “Meatless Meal” section of this guidebook, or contact your parish to see if they are hosting one!

40D40W: Spend 10 minutes contemplating one of the Stations of the Cross, offer it for a priest who has “laid down his life” as another Christ.

Saturday , February 17

40D40W: Go to confession.

Monday, February 19

40D40W: Share the love of Christ by helping Catholic Charities help our poor and vulnerable neighbors. Find out how you can volunteer.

Tuesday, February 20

Feast Day: Sts Francisco & Jacinta Marto

Officially declared saints in 2017, Sts. Francisco and Jacinta Marto were two of the children who witnessed apparitions of Our Lady of Fátima, in Portugal. The children received messages from Our Lady, who requested prayers, reparation, and consecration. As word of these apparitions spread, thousands gathered in the region hoping to witness a miracle or see a sign of Our Lady. On the last visit with Our Lady, what has become known as the “Miracle of the Sun” took place, where the sun “danced” in the sky for several minutes, zig-zagging across the sky.

Today, in honor of these saints, consider these suggestions:

- Say a rosary; ask to be granted a childlike faith, and pray for peace in our world.
- Make Portuguese egg tarts “Pasteis de Nata.”
- If weather permits, go outside for at least 10 minutes and enjoy the sunshine, in memory of the Miracle of the Sun.

40D40W: On this feast of Sts. Jacinta and Francisco Marto, pray a rosary specifically for a young person that you know is struggling in their faith. Pray that through the intercession of Our Lady of Fatima and Sts. Jacinta and Francisco, they will come to know the love of Christ and strengthen their relationship with him.

Wednesday, February 21

Feast Day: St. Peter Damian

A Doctor of the Church, St. Peter Damian was a monk-turned-bishop with renowned intellectual gifts and piety. At 35, he was named the prior of his monastery, founding new hermitages. He worked directly with Pope Gregory IV and bishops, rooting out corruption and scandal within the Church, particularly simony (the act of selling Church offices and spiritual favors). He was an unwavering voice of reform.

Today, in honor of St. Peter Damian:

- Pray for Pope Francis, Bishop Michael Burbidge, and your parish priests, that they will continue to lead and guide the Church faithfully, putting nothing before Christ.
- Find an hour or more for a mini “hermitage”; go alone to an adoration chapel, your parish, a nature park, or somewhere you can be isolated for quiet prayer, reflection, and reading.

40D40W: Offer a spiritual bouquet for participants at today's VA Pro-Life Day.



Thursday , February 22

Feast Day: Feast of the Chair of St. Peter

Today we celebrate that “Christ the Lord... made Peter and his successors His vicars, to exercise for ever in the Church the power which He exercised during His mortal life,” (Statis Cognitum)

Today, pray for Pope Francis and his intentions.

Feast Day: St. Margaret of Cortona

Today, on the feast of St. Margaret of Cortona, you can honor her legacy of charity by learning more about “St. Margaret of Cortona Transitional and Maternity Housing” of Catholic Charities. This ministry provides care to mothers and their children, women in crisis pregnancies, those experiencing homelessness and domestic abuse.

Scan the QR code to learn more.



40D40W: Pray for the Holy Father.

Friday , February 23

40D40W: Every month hundreds of people reach out to Catholic Charities for help paying their rent. Fast from one meal today for the intentions of our neighbors who are homeless.

Saturday , February 24

40D40W: Light a candle. This is a sign of our faith and the slow, silent work of the Holy Spirit

Sacrificial Love

Whenever I think of sacrificial love the immediate image that comes to my mind is this faithful day when I was serving as a pastor at St. John the Apostles, Diocese of Kumbo, Cameroon. With the current socio-political crisis in Cameroon, there was an attack in one of the communities marked by random gunshots. With my Christians we had to run for safety. Leaving abruptly, we forgot to take food, clothing and water. Among us was a young nursing mother with a baby tied behind her back. The baby had been crying for the last five hours. Fearing the baby would starve to death, the mother sacrificed her own wellbeing through drastic means in order to feed the child. A few hours later, this woman passed away but the child survived. She had sacrificed everything in order for her child to live. This, for me, is real sacrificial love.

In Jesus' pedagogy, greater love has no one than this: to lay down one's life for one's friends (John 15:13). In this season of Lent, we are all invited to practice sacrificial love. A love whose essence is a vicarious Christian lifestyle and whose soul is indiscriminate service, and the fruit your own joy as well as the joy of the other.

In the Gospels, Jesus sets the pattern through His sacrifice on the cross. The purpose of Christ's sacrifice on the cross is to make known the power of the Father's love to us and as Christians we should radiate this love through sacrificing for one another. No wonder Pope John XXIII in *Mater et Magistra* considers sacrificial love "*as the distinguishing mark of a true disciple which demands that wherever and whenever men are found in need, Christian love should go in search of them and not wait for them to come in search of Christians.*" Sacrificial love is about stepping out of our comfort zones, or at least creating a space for someone in need within our comfort zones. A

life where we need to sacrifice impatience to sow patience, sacrifice social media to care for someone, sacrifice some sleep to pray for someone, sacrifice our ego to encourage someone. It is about redeeming the lost image in those around us.

Sacrificial love is not doing the extraordinary but *doing the ordinary in an extraordinary way*. Christians are to the world what the soul is to the body, says the Letter to Diognetus. The soul is the life-giving principle. Therefore we should be life-giving agents especially at our places of work and at home. One of the ways to give life is to step out of our comfort zones and practice sacrificial love. The motive for this love is Christ. Our love for one another rises and falls with circumstances, but God's love for us is consistent and everlasting.

In a society like ours, the temptation may be to love things and use people rather than use things and love people, but as Christians we need to rise above the tides and sow a garden of love during this Lenten period, so that when Easter comes, we shall all reap joy. Let us therefore make the words of St. John of the Cross ours when he says "*Where there is no love, pour love in, and you will draw out love.*" Let this be our prayer during this Lenten Season.

*By Fr. Ignatius Chung, Parochial Vicar, Saint Mark, Vienna;
Spiritual leader of the Cameroon Catholic Community of
Arlington*

Monday , February 26

Feast Day: St. Porphyry of Gaza

St. Porphyry (also known as Porphyrius) was an archbishop of Gaza, in the late 4th century. He worked tirelessly to restore Christianity in Gaza, where pagans continuously harassed them. To honor this early saint today, offer up a special prayer for peace in the Holy Land.

40D40W: Pray for Bishop Michael F. Burbidge.

Tuesday , February 27

40D40W: Spend some time learning about our Diocesan WorkCamp. Prayerfully consider how you can participate in this important work, whether that be financially or as a volunteer.

Wednesday , February 28

40D40W: Pray for the formerly homeless men who are working towards stability at Catholic Charities Christ House.

Thursday , February 29

40D40W: Participate in the Diocesan Day of Unplugging tomorrow; prepare today so that you can go as “unplugged” as possible tomorrow (write down appointments on paper, let friends know you won’t be available by text, only use screens for work and emergencies, etc.).

Friday, March 1

40D40W: National Day of Unplugging. Refrain from screens and electronic devices as much as possible.



Saturday, March 2

40D40W: Call your parish to inquire about how you can support their youth ministry program through direct service, prayer, or sharing your talents or resources.

Sunday, March 3

Feast Day: St. Katharine Drexel

St. Katharine Drexel, one of the few American-born saints, was an heiress, philanthropist, and eventually a religious sister who founded the Sisters of the Blessed Sacrament, an order that serves Black and Indigenous Americans. She is also the foundress of Xavier University in New Orleans, and opened many mission schools for Indigenous children.

The Diocese of Arlington has a very special connection to St. Katharine Drexel. Not only is her namesake mission based in Haymarket, but she also offered financial support towards the building of St. Joseph in Alexandria, one of two historically Black Catholic parishes in the diocese.

Today on her feast day, there are many ways you can celebrate:

- For your Sunday Mass, take a trip to Alexandria to visit St. Joseph. You can appreciate the fruit of St. Katharine's contributions to our diocese and meet this welcoming community. Bonus: the first Sunday of every month, the Gospel choir leads the music! This is a very special type of spirituality that Black Catholics bring to the Church.
- Prayerfully consider making a contribution towards St. Katharine Drexel Mission's capital campaign. Visit <https://www.katharinedrexelcc.org> for more details.
- As the patron saint of racial justice, offer up Mass today for an end to racism and injustice everywhere.
- Practice generosity. If you are able, increase your tithing today.
- Make a day trip to Philadelphia to the Cathedral Basilica of Saints Peter and Paul to visit her tomb.

Monday, March 4

Feast Day: St. Casimir of Poland

St. Casimir, a prince of Poland, was wholly dedicated to God during his short life, dying at the age of 26. He was given the title “The Peace Maker” and had a great love of the poor. He suffered greatly from consumption (tuberculosis), but in spite of his illness he lived an austere and penitential life. You can honor this holy saint in a few ways:

- Make Polish cuisine, like pierogis and kielbasa.
- St. Casimir was known to have his bed on the ground routinely as a form of penance. You can mirror this by sleeping without a pillow tonight. Or, if this is not possible, consider some other small comfort you can give up instead.
- Pray for youth and young adults, that they may realize holiness is obtainable at any age.

40D40W: Pray that parents experiencing a crisis pregnancy, and those who are unable to conceive a child will turn to Catholic Charities Pregnancy and Adoption Support for assistance with life-giving solutions.

Tuesday, March 5

40D40W: Don't add salt to your food today and offer it for a missionary who's given his or her life to be “salt of the earth.”

Wednesday, March 6

Feast Day: St. Colette

St. Colette, from France, was orphaned at 17 years old, and later became a Franciscan tertiary before she joined the Poor Clares. She was named Superior, established 17 monasteries, and worked to reform the Poor Clares during the time of the Great Western Schism (1378-1417), when three different men all claimed to be pope. Today, she is invoked by couples desiring children, and is the patron of expectant mothers and sick children.

Here are some ways to honor her feast day:

- Pray for couples desiring children, and those struggling with infertility, miscarriage, and early infant loss. Additionally, pray for children born prematurely, those in intensive care units, and those born with chronic illnesses.
- Go barefoot. St. Colette included this practice in her reform of the Poor Clares. If possible, walk outside barefoot and say a decade of the rosary for the intentions listed above.
- Fast from one meal or snack today, or abstain from meat or sweets.
- Pray for Pope Francis.

40D40W: Reconnect with someone who played an important role in your faith journey.

Thursday, March 7

Feast Day: Sts. Perpetua and Felicity

St. Perpetua, a new mother and noble woman and St. Felicity, a slave, were from Carthage in North Africa. They were converts to the faith during a time of great persecution under Emperor Septimius Severus. Refusing to renounce their faith, they were imprisoned and awaited public persecution. St. Perpetua kept a record of their imprisonment, one of the earliest writings by a Christian woman, titled *The Passion of Saints Perpetua and Felicity*. St. Felicity was pregnant, and due to Roman rule, her pregnancy delayed her execution. A few days after Felicity gave birth, the women were martyred. They are often depicted in images embracing each other, and are patrons of widows and mothers of deceased sons.

Today you can:

- Pray for those who are experiencing religious persecution, especially in places it is unsafe to be a Christian.
- Visit the Basilica of the National Shrine of the Immaculate Conception, where a mosaic of the two saints is featured in the Crypt Church (hint: Daily Masses are offered in the morning and afternoon in the Crypt Church).
- Say a prayer for your closest friends.
- Start a prayer journal, keeping track of your spiritual journey.

40D40W: Stop by the church to spend 15 minutes in front of the Blessed Sacrament to pray for those who work or volunteer in youth and young adult ministry at your parish. Ask Jesus to strengthen those who serve him in this capacity and to aid them in their work of evangelization and catechesis.

Friday, March 8

40D40W: Abstain from a hot meal today for the intentions of the men, women and children served at Catholic Charities Christ House.

Learn More about Christ House:



Saturday, March 9

40D40W: Pray the Sorrowful Mysteries.

Pray with the Sisters, Servants of the IHM:



What a Difference Prayer and a Sacrifice Can Make

In December of 2023, I stumbled upon a compilation of stories from a hospice nurse, named Kelly Jankowski called *An Army in Heaven*. Her writings describe a series of bedside encounters with souls who were in the dying process, recounting miraculous visitations from loved ones, heavenly beings and even some darker encounters from evil spirits.

One story in particular made a lasting impression. Simon was a 65 year old professor who had been brought into the hospital after suffering a heart attack. He described in wonderful detail how his spirit had left his body, travelling through space, where he experienced the most vibrant music and colors and had an emotional encounter with the Lord Jesus who told a heartbroken Simon that he would have to return to his body. It wasn't yet his time.

When Kelly asked Simon why he was called back to earth, he said;

What my Jesus put into my heart that day was the absolute realization that God doesn't desire that anyone go to hell. Since I've been back, I can't erase the feeling of urgency that has been seared into my heart and soul. Eternity is very...long, you see, and for any soul to be lost, to be permanently separated; from a God who loves them so much causes me physical pain....the human soul is His most beloved and the most beautiful of His creations, and each and every one is so very precious to Him....My task, my something more to do, is that I must pray constantly for sinners. For their conversions, for their salvation, and to keep them from hell, and that is my task until my Jesus calls me home. (p.55)

This Lent, when thinking about my *something more to do*...I am

determined to take a page out of Simon's play book and to pray for conversions and to sacrifice for others. Putting a name with a sacrifice and a prayer makes "offering it up" a much easier prospect. One friend has a calendar with a different name for every day in Lent. He offers each day's prayers, sacrifices, sufferings and joys on behalf of a different soul. The goal is changing the heart of the sinner - starting with our own hearts - and hopefully repairing the wounds caused by sin.

Our Lord taught us by His words and actions that some evils can only be cast out by prayer and fasting. Let us pray for the grace to imitate Him remembering that every act of selflessness united to the sacrifice of Jesus Christ causes torrents of God's grace to fall from Heaven to transform our world. Together let us deny ourselves, joyfully unite our sufferings to Christ's cross and continuously beseech heaven that not another soul be lost.

*By Therese Bermpohl, Director of the Office of Marriage,
Family and Respect Life, Diocese of Arlington*

Monday, March 11

40D40W: Pray for journalists so they continue to share the news with delicacy.

Tuesday, March 12

40D40W: Read a spiritual work. E.g., Jacques Philippe.

Wednesday, March 13

40D40W: Look through your drawers and closet and donate warm weather garments to Catholic Charities clothing closet for neighbors in need.

Thursday, March 14

Feast Day: St. Matilda

The daughter of a count from Denmark, St. Matilda (also called “Maud” or “Maude”) was a queen in Germany and wife to King Henry the Fowler. She was known for her generosity, and her care for the sick and the imprisoned. Her generosity and piety were mocked by her children, who resented how generous she was with her wealth, believing she was squandering their inheritance. She countered this by becoming even more generous. Today, we can pray for St. Matilda’s intercession, asking that we become more generous in every possible way.

40D40W: Write a forgiveness letter. It doesn’t have to be sent.

Friday, March 15

40D40W: Make a donation to help someone who needs professional counseling for abortion trauma and grief. (Project Rachel)

Saturday, March 16

40D40W: Make a Holy Hour. Offer your intentions and listen.

Sunday, March 17

Feast Day: St. Patrick

A immensely popular saint and feast day, St. Patrick is celebrated around the world by Christians and non-Christians, honoring his legacy. Although he was originally from Britain, he became a bishop in Ireland known for his widespread conversion of pagans to Christianity. According to legend, he also drove all snakes out of Ireland and famously compared the Holy Trinity to a shamrock. His feast day is a solemnity and holy day of obligation in Ireland. Since his feast day falls on a Sunday this year, you may want to hold a festive Sunday Dinner with traditional Irish fare, including soda bread, corned beef and cabbage, cottage pie, or maybe *indulge* (a word we rarely use during the season of Lent) in the popular Irish-American tradition of eating Reuben sandwiches (swapping the typical pastrami for corned beef).



Other ways you can celebrate:

- Say the Prayer of St. Patrick, also known as the Breastplate Prayer or “Lorica” Prayer.
- Wear green clothing or accessories.
- Take on the early Church tradition and *fast* from alcohol on St. Patrick’s Day.
- Say 3 Our Father’s, 3 Hail Mary’s and 3 Glory Be’s (for the 3 leaves of the shamrock).
- Not a fan of Irish cuisine? Eat green foods like avocado, broccoli, or brussels sprouts.
- Visit St. Patrick Catholic Church in Spotsylvania. The new church building was dedicated in 2021, and worth a trip if you haven’t seen it yet! Learn more about St. Patrick Catholic Church here:



Monday, March 18

40D40W: Pray that Catholic Charities mental health therapists can bring Christ’s light to those experiencing mental health challenges.

Tuesday, March 19

Feast Day: St. Joseph

The foster-father of Jesus and spouse of the Blessed Virgin Mary, St. Joseph is a widely celebrated saint in the Universal Church, especially in Italy, Poland, Spain and the Philippines. He is the patron saint of the Catholic Church and of workers, carpenters, fathers, married people, and a holy death - the latter because it is believed he would have passed with both the Virgin Mary and Jesus by his side.



To celebrate his feast day, consider doing any of the following:

- Wear red clothing, as is done traditionally in Italy.
- Decorate your home with lilies, symbolic of St. Joseph's purity and integrity.
- Pray for your own father and loved ones who are fathers. Pray for those who have lost their fathers.
- Work with your hands. To honor St. Joseph's carpentry skills, take up a craft, a household chore, or a building project.
- Spend time in silence, as St. Joseph is not quoted anywhere in the Bible, only spoken of.
- Plan a "St. Joseph's Table" feast. A Sicilian tradition, it typically involves decorating a table with flowers, bread, pasta, desserts, and other Italian foods of choice. You can design the feast however you'd like. You may opt to do a potluck, inviting friends and neighbors to celebrate with you.
- Say a Novena to St. Joseph. In the Diocese of Arlington, the Cameroon Catholic Community partakes in this novena annually, beginning on March 10 and ending on his feast day. You can join them in solidarity; there are many versions of the novena found online. *(Interested in learning more about the Cameroon Catholic Community? Every first Sunday of the month, the community celebrates Mass at 2:30 PM at St. Mark's in Vienna. All are welcome!)*

40D40W: Fast from social media or television. During this newfound free time, pray for college students in your life and write them a letter to let them know you prayed for them and their intentions specifically on this day.

Wednesday, March 20

Feast Day: St. Maria Josefa Sancho de Guerra

Hailing from Spain, St. Maria Josefa Sancho de Guerra established her own congregation, the Servants of Jesus of Charity. She assumed the name Maria Josefa of the Heart of Jesus. As a congregation, they focused on caring for the sick and the poor, particularly the elderly and children. She died in 1912 at the age of 70, and was canonized by Pope John Paul II in 2000.

As she was dedicated to the Sacred Heart, today offer up a prayer to the Sacred Heart of Jesus. One option is the Diocese of Arlington's Golden Jubilee: Renew prayer. Copies of these prayer cards can be found at many parishes, or simply refer to the prayer below:

Heavenly Father, in your mercy you have called us out of darkness, into your own wonderful light.

In the gift of the Eucharist we receive the Body and Blood of your Only-Begotten Son, and we remember in gratitude the good things you have done for us.

As you invite us to rejoice, with Mary, in the work of the Lord, may you who "make all things new" now renew us in the Holy Spirit, and inspire us to share the Good News of the Gospel so that all may come to know the love of the Heart of Jesus Christ, your Son, who lives and reigns for ever and ever. Amen

40D40W: Pray a litany to St. Joseph for an increase in the virtues of humility, temperance, and chastity.

Thursday , March 21

40D40W: When struggling to be generous (either in charitable or monetary donations) – offer that act of generosity for a young person who feels called to be a priest or sister and is contemplating leaving everything behind.

Friday , March 22

40D40W: Welcome the newcomer by volunteering to teach citizenship, English, computer or other classes at Catholic Charities Education, Workforce and Development.

Learn more here:



Saturday , March 23

40D40W: Make a donation to help an expectant mother in need of prenatal care.

St Óscar Romero: Living Life to the Fullest

The Gospel of Luke 17:33 reminds us: “Whoever seeks to preserve his life will lose it, but whoever loses it will save it.” This is a fundamental truth of our faith, but a hard lesson for us to learn. It takes a lifetime to learn this lesson in a practical and not theoretical way. We all know this, but it’s hard for us to put it into practice. The lives of the saints are always a constant reminder for us that it is possible to live in accordance to the Gospel with the help of God’s grace.

Saint Óscar Romero constantly received phone calls threatening him with death. He knew that if he continued preaching and proclaiming the Gospel, he was going to be murdered. Even though he had a natural fear of death, like all of us, the death threats did not stop him from preaching and proclaiming the Gospel of Jesus Christ. He knew that his life was a gift from Heaven meant to be given back to God and to his neighbor. Real love is learning everyday how to give up our lives for God and for our neighbor.

Óscar Romero was eventually assassinated on March 24, 1980. During this Lent we probably won’t have to give up our lives *physically* for God and our neighbor, but we can *die to ourselves*. A daily practice that can help us with this is to pay more attention to the needs of God, the Church and our neighbor *before our own*. Not an easy practice, but one that can help us live our lives in accordance to the Gospel. Lent is a time to love God and our neighbor to the fullest. This is expressed in: praying, fasting and almsgiving.

By Fr. Guillermo González, Parochial Vicar, All Saints Catholic Church, Manassas VA

Palms Sunday & Holy Week

Sunday, March 24

Feast Day: St. St. Óscar Romero.

Read the reflection on the previous page about this great saint.

Today at the Procession of the Palms before the beginning of Mass, we will hear the Gospel reading describing Jesus' journey into Jerusalem, where multitudes gathered to greet Him, laying palms on the road as He traveled, praising Him aloud. This reading serves as a stark contrast to the second Gospel reading we will hear today, where the Passion of Christ is proclaimed, and those gathered in multitudes are, instead of proclaiming praises, shouting "Crucify Him!"

Take the palms you collected as Mass today and find a spot in your home to display them year-round, usually with a crucifix or a sacred image. Hold on to them until it is time to return the palms to make the next years' ashes for Ash Wednesday.

Monday, March 25

40D40W: Make a contribution to the Bishop's Lenten Appeal.

Tuesday, March 26

40D40W: Attend the Chrism Mass at All Saints or tune in via livestream. Offer a spiritual communion for all diocesan priests.

Wednesday , March 27

40D40W: Help provide diapers, school supplies and gas cards to meet the needs of pregnant and single mothers and children living at Catholic Charities St. Margaret of Cortona.

The Triduum

Thursday , March 28

A popular tradition on Holy Thursday is to participate in the Seven Churches Pilgrimage. This is a very popular tradition worldwide, especially the Philippines where it is called “Visita Iglesia.”

A helpful guide to plan this journey featuring six different route options within the Diocese can be found here:



40D40W: Plan your Seven Churches Pilgrimage.

Friday , March 29: Good Friday

Today, Catholics are required to fast and abstain from meat.

Parishes across the Diocese will hold solemn Good Friday services, however Mass is not celebrated. Services include the Stations of the Cross, Celebration of the Lord's Passion (usually beginning at 3:00 PM) and Veneration of the Cross.

- Stations of the Cross are held every Friday in Lent. In the Diocese of Arlington, Stations are prayed in English, Spanish, Korean, and Vietnamese. Please check with your parish to find times Stations of the Cross are held.
- In Vietnam, the Holy Friday service resembles a Vietnamese funeral. Attendees wear white (traditional mourning outfits), and the body of Christ is displayed in an open casket. The faithful approach the casket to kiss his feet. To attract children to this service, after kissing the feet they are gifted bags of popcorn.

40D40W: Attend a Good Friday liturgy at your parish.

Saturday , March 30: Holy Saturday

Today, the Church is at the Lord's Tomb, meditating on His Passion and awaiting His Resurrection. Throughout the day, pray the Office of Readings and Morning Prayer with your household.

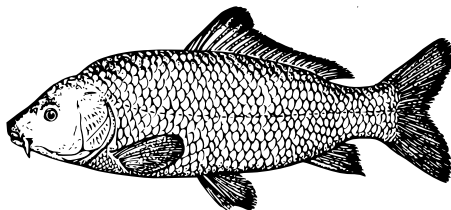
40D40W: Be a friend to the elderly. Volunteer to serve lunch, lead activities or play games with senior neighbors at Catholic Charities St. Martin de Porres Senior Center.

RECIPES

All recipes included in the guidebook were submitted by the individual and used with permission to appear in the Diocesan cookbook, *Gather At the Table: Multicultural Cooking for Liturgical Living*. Inclusion in this guidebook is intended for promotional purposes.

For Lent, all the recipes are meat free or can be easily made without meat (but not necessarily dairy, egg, or fish free), so they can be made at any time throughout the season.

To access the recipes and learn more about the cookbook project, scan the QR code below:



MEATLESS MEALS

Soup Suppers, Fish Frys, and More!

The following parishes are hosting meatless meals on Fridays during Lent. This is not an exhaustive list of all parishes hosting a meal. Costs per meal will vary. Please contact the respective parish for details including dates, locations, and other specifics.

- All Saints, Manassas: Fish Fry
- The Basilica of St. Mary, Alexandria: Meatless Meals
- Holy Spirit, Annandale: Pasta & Soup Supper
- Holy Trinity, Gainesville: Fish Fry
- Nativity, Burke: Fish Fry
- Our Lady of Good Counsel, Vienna: Fish Fry
- Our Lady of Lourdes, Arlington: Fish Fry
- Our Lady Queen of Peace, Arlington: Soup Supper
- St. Andrew the Apostle, Clifton: Soup Supper
- St. Elizabeth Ann Seton, Lake Ridge: Soup Supper
- St. James, Falls Church: Fish Fry
- St. John the Baptist, Front Royal: Soup Supper, Mexican Night, Fish Fry
- St. John Neumann, Reston: Soup Supper
- St. Lawrence, Alexandria: Fish Fry
- St. Leo the Great, Fairfax: Soup Supper
- St. Mary of Sorrows, Fairfax: Fish Fry
- St. Patrick, Fredericksburg: Fish Fry
- St. Rita, Alexandria: Soup Supper
- St. Theresa, Ashburn: Meatless Meals



Is your parish missing? Let us know for next year!



AT A GLANCE

Feast Day Calendar



February 14	Ash Wednesday St. Valentine (Rome)
February 16	Bl. Joseph Allamano (Italy)
February 18	St. Agatha Lin (China) St. Kuriakose Elias Chavara (India)
February 20	Sts. Francisco and Jacinta Marto (Portugal)
February 21	St. Peter Damian (Italy)
February 22	Feast of the Chair of St. Peter St. Margaret of Cortona (Italy)
February 26	St. Porphyry of Gaza
March 3	St. Katharine Drexel (United States)
March 4	St. Casimir of Poland
March 6	St. Colette (France)
March 7	Sts. Perpetua and Felicity (Carthage/Tunisia)
March 14	St. Matilda (Denmark)
March 17	St. Patrick (Ireland)
March 19	St. Joseph (Nazareth/ Italy, Poland)
March 20	St. Maria Josefa Sancho de Guerra (Spain)
March 24	Palm Sunday St. Óscar Romero (El Salvador)





This is not an exhaustive list of all feast days during the Lenten season, nor are all the feast days listed on this calendar expanded upon within this guidebook.

We encourage you to research these saints and other feast days, and if any saint resonates with you, to learn more about him or her and determine ways your household can celebrate.





LENT & THE TRIDUUM 2024

FEBRUARY 14 - MARCH 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	5	6	7	8	9	10
St. Casimir of Poland		St. Collette	Sts. Perpetua & Felicity			
11	12	13	14	15	16	17
			St. Marilda			St. Patrick
18	19	20	21	22	23	24
	St. Joseph	St. Maria Josefa Sauclo de Guerra				 PALM SUNDAY St. Oscar Romero

LENT & THE TRIDUUM 2024

FEBRUARY 14 - MARCH 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	31
						


LEGEND


 = Ash Wednesday

 = No Meat

 = Palm Sunday

 = 40 Days of Lent;
Commit to your
Lenten Penance

 = Ash Wednesday,
Commit to your
Lenten Penance,
fasting & abstaining

 = Days of the Triduum

 = Good Friday;
fasting & abstaining

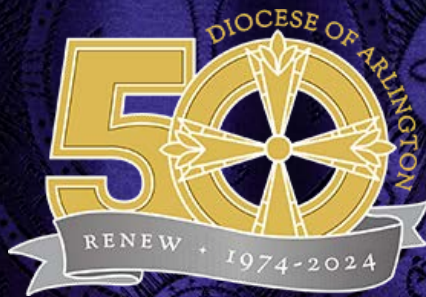




Are we missing anything?

Contact us and let us know if we can include your traditions, recipes and/or parish, ministry, and/or school events and initiatives in future guidebooks!

Email us at mcm@arlingtondiocese.org



This guidebook is project of the Diocese of Arlington's
Golden Jubilee, Multicultural Sub-Committee.

If you would like your seasonal and cultural events,
traditions, feasts, or more, included in future booklets please
reach out to us at:
mcm@arlingtondiocese.org

For more guidebooks, scan the QR Code
or visit
www.arlingtondiocese.org/multicultural

