



*I invite you to join me as
I journey to the other side of death.*

Taking Lent Seriously

There is a tradition of commemorating the Seven Sorrows of the Blessed Virgin on seven consecutive Fridays, from the Friday before Ash Wednesday to the Friday before Palm Sunday.

Those Seven Sorrows are:

1. The prophecy of Simeon. (Luke 2:34-35.)
2. The flight into Egypt. (Matthew 2:13-14)
3. The loss of the Child Jesus in the Temple. (Luke 2:43-45)
4. The meeting of Jesus and Mary on the Way of the Cross.
5. The Crucifixion.
6. The taking down of the Body of Jesus from the Cross.
7. The burial of Jesus.

Another seven images that might be used would be:

1. The agony in the garden.
2. Christ before Pilate.
3. The scourging at the pillar.
4. Christ crowned with thorns.
5. An "Ecce Homo" image of Christ as the Man of Sorrows.
6. Christ carrying the cross.
7. The crucifixion.

The Magnificat Lenten Companion's daily suggested penances:

- March 2: Offer your Ash Wednesday fasting for all who are ensnared by sin.
- March 3: Offer your day for the intentions of another person whose name you keep in mind all day.
- March 4: Skip a meal or part of one.
- March 5: Pray a rosary today for persons reluctant to go to confession.
- March 6: Spend ten minutes reading the Bible.
- March 7: Do some extraordinary kindness to someone who would never expect it.
- March 8: Spend ten minutes slowly meditating on the Our Father.
- March 9: Sacrifice some ordinary comfort or convenience.
- March 10: Pray with special insistence for the most pressing petitions in your life.
- March 11: Make a gesture of reconciliation with someone from whom you are alienated.
- March 12: Do something kind for someone who does not like you.
- March 13: Listen to someone you would otherwise pass by.
- March 14: Pray and offer some sacrifice for the Pope.
- March 15: Do something concrete to help the poor.
- March 16: Serve someone today with love.
- March 17: Do something charitable for the homeless.
- March 18: Pray for your Godparents.
- March 19: Pray with special devotion to your patron saint(s).
- March 20: Pray for all who are far from God and in need of the grace of repentance.
- March 21: Spend ten minutes praying before the Blessed Sacrament.
- March 22: Point out to another his or her virtue.
- March 23: Share your knowledge of the faith with someone willing to learn.
- March 24: Clean up someone else's mess.
- March 25: Pray the rosary.
- March 26: Fast from Television or some amusement.
- March 27: Offer your day for someone who has fallen away from the faith.
- March 28: Pray for and give alms to the missions.
- March 29: Make an act of faith, such as reciting the Apostles' Creed.
- March 30: Do something kind for someone you love.
- March 31: Send a thank-you note to someone to whom you owe a debt of gratitude.
- April 1: Skip a meal or a part of one.
- April 2: Give alms to a needy person or cause.
- April 3: Do something loving for someone who is sick.
- April 4: Visit a homebound person or nursing home resident.
- April 5: Give counsel to the doubtful.
- April 6: Console someone who is grieving.
- April 7: Say "I'm sorry" to someone who is alienated from you.
- April 8: Reconnect with someone who was responsible for helping you grow in the faith.
- April 9: Pray in a special place to the Blessed Virgin Mary.
- April 10: Make a holy hour to pray for the graces of Holy Week.
- April 11: Give away some of your belongings.
- April 12: Pray for the conversion of all who have turned against God.
- April 13: Give comfort to someone who is afflicted.
- April 14: Pray for an increase in vocations to the priesthood.
- April 15: Make the Stations of Cross.