

MARCH 9, 2025
1st SUNDAY OF LENT



Parish Web Site - www.superiorcatholics.org
 Superior Diocese Web Site - www.catholicdos.org
 In the event of an **Emergency after Business Hours**
 Call Fr. Andrew at 715-392-8511

DAILY MASS INTENTIONS

TUESDAY, MARCH 11, 2025

8:30 A.M. – Philip Birch-M
 Ron & Lynn Krause

WEDNESDAY, MARCH 12, 2025

8:30 A.M. – Elayne Lancour-M
 Dale & Patricia Carlson

THURSDAY, MARCH 13, 2025

8:30 A.M. – Edward Stramko-M
 Ray & Julie Posquali

FRIDAY, MARCH 14, 2025

8:30 A.M. – Rita Trianoski-M
 David & Sandra Trianoski



WEEKEND INTENTIONS

SATURDAY, MARCH 15, 2025

4:00 P.M. – The Spiritual & Temporal Welfare
 of Cathedral Parishioners

SUNDAY, MARCH 16, 2025

7:30 A.M. – Kirk Sampson-M
 Patrick & Diane Ricci

10:30 A.M. – In Thanksgiving for the Ordination of
 Deacon Tim Thom
 Joe & Mary Lenn



VOCATIONS... What tempts us away from the reign of God? Try this week to live as an example for the young people in your life. Let them see the rewards of living by the Good Spirit. Encourage them in their discernment with your prayers and support. (Luke 4:1-13)

Cathedral Church Calendar

Sun. Mar. 9 – 3:00pm Rite of Election
 Mon. Mar. 10 – 5:30pm Catholic Daughters Mtg. in KH
 – 6:00pm KC Council #16691 Mtg. Parish Office
 Wed. Mar. 12 – No Religious Ed. Classes
 Thur. Mar. 13 – 1:00-3:00pm Adoration
 5:00pm Holy Hour
 6:00pm Soup Supper
 Sat/Sun. Mar. 15/16 – KC 16691 Info Weekend
 Food Collection Weekend
 Sun. Mar. 16 – Coffee & Rolls after 7:30 & 10:30 Masses



PRAYER MINISTRY – There are people in the parish willing to share your needs and prayers. Please call Mary Jo **218-341-2606** if you or a loved one is in need.



Notice: ALL MINISTERS OF HOLY COMMUNION, READERS, SERVERS, USHERS & GREETERS... We will be scheduling for the **months of May, June & July.** If you know of dates you cannot volunteer, please call the parish office (715-392-8511) no later than Friday, April 4th. Thank you!

LITURGICAL ROLES for Mar. 15 & 16

READERS:

4:00 Ryan Bayless
7:30 Vickie Owens
10:30 Larry French & Sean Tenerelli



EUCCHARISTIC MINISTERS:

4:00 Dean Hansen (F) & Susan Paine (B)
Need 2 Ministers for Communion Cup
7:30 Greg Owens (F) & Vickie Owens (B)
Need 2 Ministers for Communion Cup
10:30 Dcn. Tim Thom (F) & Mary Davis (B)
Cup: Thomas Sitek & Katee Sims



SERVERS:

4:00
7:30
10:30 Tom Markee & Diana Markee-O'Brien



USHERS:

4:00 Eric Williams (Lead)
 Need 3
7:30 Bob Ahlborg (Lead)
 Jim Crawford
 Bruce Haraldson
 Kevin Peterson
10:30 Walt Tafelski (Lead)
 Jim Ronchak
 Steve Tanko
 Need 1



GREETERS:

4:00
7:30 Greg & Vickie Owens
10:30 Larry French



STEWARDSHIP OF TREASURE

Today's first reading describes the offering of first fruits the people of Israel were to present to the Lord in thanksgiving for their deliverance from Egypt and the gift of the promised land. Is my offering at today's Mass an appropriate response to the many blessings the Lord has given me?

	Mar. 1/2	Last Year
Envelopes:	127	131
Collection:	\$6,451.00	\$6,783.00
On-Line Giving (43)	\$2,467.00	\$3,369.00
Loose:	\$ 742.00	\$ 859.00



Thank you for your generosity!

FROM THE RECTOR'S DESK

WINTER SAFETY

Winter is here, and while we try to keep the sidewalks and steps free from snow/ice as best we can, Mother Nature doesn't always follow our schedule!



Please be careful when attending events by sticking to the main walk ways. If the weather changes quickly, there are shovels and salt/grit bins at every entrance.

WEEKLY MEDITATION

Let's examine some of the main themes that we find in the Mass readings for the 1st Sunday of Lent.

1st Reading - Deuteronomy 26:4-10

- Moses recalls God's mighty works that freed the people from slavery in Egypt.
- Inspired by this memory they now bring forth the first fruits of their produce to honor the Lord in the Promised Land.

Psalm - 91:1-2,10-15

- "Be with me, Lord, when I am in trouble."
- We place our trust in God, who sustains us when we are in distress.

2nd Reading - Romans 10:8-13

- If we confess with the mouth that Jesus is Lord and believe in our heart that God raised him, we will be saved.
- This salvation in Christ is available to all, there is no distinction between Jew and Greek.

Gospel - Luke 4:1-13

- Jesus, filled with the Holy Spirit, is led by the Spirit into the desert for forty days to be tempted by the devil.
- The Lord responds to the devil's temptations, quoting Scripture until the devil departs for a time.

Fr. Andrew

Question for Children: When you feel tempted to do wrong, how do you remain strong in your faith?

Question for Youth: What is one thing you will do during Lent to become more open to God in your life?

Question for Adults: As you come to understand the temptation of Jesus in the desert, which one of the devil's offerings is hardest for you to resist?

Readings for the week of March 9, 2025

Sunday:	Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15 (see 5b)/Rom 10:8-13/Lk 4:1-13
Monday:	Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15 Mt 25:31-46
Tuesday:	Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 Mt 6:7-15
Wednesday:	Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 Lk 11:29-32
Thursday:	Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12
Friday:	Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 Mt 5:20-26
Saturday:	Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 Mt 5:43-48
Next Sunday:	Gn 15:5-12, 17-18/Ps 27:1, 7-8, 8-9, 13-14 Phil 3:17—4:1 or 3:20—4:1/Lk 9:28b-36



CATHEDRAL NEWS

LENTEN HOLY HOUR with Fr. Andrew Ricci

5:00pm ~ Thursdays during Lent at Cathedral Stations of the Cross & a six-part series entitled "Carry Your Cross"

Soup Supper to follow provided by the Knights of Columbus Christ the King Council #16691

TOURS OF THE CATHEDRAL

Tours are being offered at the Cathedral after all of the Masses on the weekend of March 22nd & 23rd. Tour guides will be available in the back of the church after each of the Masses.

BOOK CLUB

The Cathedral Book Club is open to all interested readers in our area, regardless of which parish you call home. Each month we have a lively and interesting discussion. We meet at 6:30pm in the large meeting room at Cathedral Parish Office.



April 2nd
May 7th

The Bully Pulpit
Left To Tell

by Doris Kerns Goodwin
by Immaculee Ilibagiza

CATHEDRAL 62nd ANNUAL CHICKEN DINNER APRIL 27, 2025



Hello to all from the Chicken Dinner Committee! Preparations for our 62nd Annual Chicken Dinner are once again underway. If you would like to sponsor or simply contribute to help cover the cost of any items needed for the dinner, please contact the parish office (715-392-8511) or place your contribution in the collection box at a weekend mass, marked "Chicken Dinner" indicating what item(s) you would like your much appreciated contribution to be applied towards. Please consider sponsoring any items listed below. Once again – thank you in advance for your consideration and generosity.

Chicken	\$1,800
Stuffing (SPONSORED)	\$00
Cabbage	\$100
Pickles	\$60
Cranberry sauce	\$140
Vegetables	\$300
Potatoes	\$250
Milk, Butter, Lemonade, Coffee	\$200
Coleslaw dressing	\$60
Gravy (\$100 SPONSORED)	\$ 25
Dinner Rolls	\$250
Seasoning for chicken (SPONSORED)	\$00
S.S.H.S.F charge for cooking chicken	\$480
Carryout containers	\$70
Desserts & Plates	\$300
Beverage cups	\$40
Dinner plates	\$40
Napkins, placemats	\$40
Angel Tickets	\$12 EACH

Purchasing "Angel Tickets" at (\$12 each) is also an opportunity to make meals available for those who are in need. This may be done in the same way as a sponsorship of expenses. Please simply include a note to apply to your donation that specifies "Angel Tickets".

RELIGIOUS EDUCATION



RELIGIOUS EDUCATION CLASSES

No Classes Wednesday, March 12th
Spring Break

YOUTH'S CORNER

Extreme Faith Camp

Bagging for Groceries is taking place again this year as we fundraise to send our kids to Extreme Faith Camp. Our campers, high school leaders and chaperones will attend the week of June 15-20th this summer for a week of fellowship, challenges, sacraments, and time with our Lord.

Volunteers will be stationed at the East End SuperOne on Harbor Drive in Superior on Friday, March 21st from 4-7pm and again Saturday, March 22nd from 10am - 4pm. Please consider shopping at SuperOne during these times and visit with our EFC patrons. They are excited to explain what EFC means to them and all donations received helps to send the 15 going.

Speaking of volunteers, if you are attending EFC this summer please RSVP to Virginia (952.300.1671) or vrkovy@gmail.com for at least 1 of the following time slots:

- Friday March 21st from 4pm - 7pm
- Saturday March 22nd from 10am - 1pm
- Saturday March 22nd from 1pm - 4pm

SOCIETY OF ST. VINCENT DE PAUL

ANNIVERSARY BREAKFAST THANK YOU

We were thrilled to have served 330 people at our free community breakfast to celebrate our 24th year in serving those in need in our community. Not only did our cooks create a delicious breakfast with our fully sponsored food - but we had fun with door prizes, an 80-item silent auction and an opportunity to socialize! Adding to the spirit of the event, we enjoyed the musical entertainment of Sam Dotterwick.



Thanks to all of our sponsoring businesses and individuals who covered the cost of the event and with proceeds, provided additional funds to serve our brothers and sisters. We are particularly grateful to those who volunteered their time to organize this event and to help on Sunday.

We look forward to celebrating our 25th Anniversary next year!

Voicemail: 715-398-4039

Mailing Address: SVDP P.O. Box 98 Superior, WI 54880

CATHEDRAL SCHOOL NEWS



Spring Break - March 10th - 14th

Preschool Registration Information

Cathedral School continues our tradition of 3 year-old and 4 year-old Preschool, enrollment has begun for the 2025-2026 school year. Preschool classes are 5 days a week with half-day or full day options available. Before and After school care is available for Preschool students through our Extended Care program. For more information, please contact us at 715.392.2976.

PK-8th grade Information

K-8th grade registration for the 2025-2026 school year has begun for the 2025-2026 school year. For more information, please contact us at 715.392.2976.

CLUSTER NEWS

MASSES AT ST. MARY HOSPITAL-SUPERIOR

Masses are celebrated at St. Mary's Hospital, Superior, on Wednesdays at 11:15 A.M.

EUCCHARISTIC ADORATION IN OUR CLUSTER:

Cathedral – every Thursday from 1-3pm
St. Anthony, L.N. – every Thursday from 9-10am
St. William – 1st Saturday from 5:30-6pm
Holy Assumption – 1st Friday from 7:30-8:00am
St. Anthony, Sup. – 1st Tuesday from 8-8:30am



FISH FRY

St. Anthony Church, 4315 E. 3rd St. in Superior, will be serving our Annual Lenten Fish Dinner each Friday during Lent starting March 7th and continuing through April 18th from 4:00 – 6:30 p.m. The dinner will be dine-in or take-out.



Meal includes: Fried or Baked Fish, Mashed or Baked Potato, Coleslaw, Vegetable, Pickled Beets, Roll, and Dessert (Beverage for dine-in). Adults – \$15.00, Students (12 and under) – \$7.00 and Preschool – Free.

We are handicapped accessible. Local deliveries will be available by calling **715-398-3261** Monday through Thursday each week. If there is no answer, please leave a message including name, address and phone number.

Catholic Daughters (CDA) meeting:

Monday, March 10, 2025 – 5:30 pm at Cathedral of Christ the King Church [1111 Belknap St.-elevator available] – Dessert will be served.

Topic: Lenten reflection - Speaker: Deacon Tim Thom

ANYONE INTERESTED IN BECOMING A CATHOLIC DAUGHTER IS WELCOME TO ATTEND THE MEETINGS

PURIFIED AND GENDER AND THE THEOLOGY OF THE BODY

Have you noticed that we live in a culture where relationships have become more confusing than ever? If you're looking for straight answers to tough questions about love according to God's designs, then don't miss the upcoming event at Our Lady of the Lake in Ashland, Wednesday, March 26th, 6-9:15pm: **Purified + Gender and the Theology of the Body**, with Jason Evert, with music by Aly Aleigha. This life-changing night featuring renowned speaker Jason Evert is for all ages, 13 and up (or younger at parents' discretion). So, bring the family and please consider inviting a friend, especially someone who doesn't usually come to events at Church. You'll be amazed at the impact this event will have on them! Don't wait! Tickets are selling fast! Get your ticket by going to <https://chastity.com/events/jason-evert-double-feature-49/>

Formed QR



Hallow QR



FIRST WEEK OF LENT



DIOCESE OF SUPERIOR
INVITATION TO THE MASS OF CHRISM

To the Faithful of the Diocese of Superior

As Diocesan Bishop, I cordially invite you
to join me and the entire presbyterate
in the blessing of the Oil of Catechumens,
in the blessing of the Oil of the Sick,
and in the consecration of Chrism
at the celebration of the MASS OF CHRISM
on Tuesday, the 8th day of April, 2025, at 12:00 noon,
at Cathedral of Christ the King, Superior, Wisconsin.

If you cannot be present for this celebration,
I invite you to be with us in prayer as we bless
these Oils and pray for those who will receive them.

Most Reverend James P. Powers
Bishop of Superior

THE MASS OF CHRISM
Tuesday, April 8, 2025– 12:00 Noon



You are invited to join in the celebration of the Mass of Chrism here at Cathedral on Tuesday, April 8th at 12:00 noon. During the Mass, the Oils of Catechumens, of the Sick, and of Chrism will be blessed in preparation for Easter Sacraments and those of the coming year. It is a very special event, open to all Catholics. There will be NO other scheduled Masses in the City of Superior on the day of the Chrism Mass. It is an important diocesan celebration and we at Cathedral are privileged to act as hosts. There will be a luncheon served immediately following in Kress Hall. **If you plan to attend the luncheon, we ask that you purchase your ticket in advance at the Parish Office. The cost of the ticket is \$15.00.** Reservations for the luncheon are required, as the caterer will need an accurate count for food preparation. **Deadline to purchase your ticket is Tuesday, March 25th, 2025.**



Dine-in or Take-out Lenten Fish Dinner

Each Friday during Lent,
March 7th through April 18th, 2025

Serving from 4:00 — 6:30 p.m.

St. Anthony Catholic Church
4315 E. 3rd. St. Superior, WI

*Handicapped accessible. Local deliveries are available by calling
715-398-3261 Monday through Thursday. If no answer please leave a
message, including name, address and phone number.
Take-out orders will be available downstairs in the Parish Hall.*

Menu

Fried or Baked Fish,
Mashed or Baked Potato,
Cole Slaw, Vegetable,
Pickled Beets, Roll, Dessert,
and Beverage.

Cost

Adults \$15.00
Students (12 & under) \$7.00
Pre-school (5 & under) Free



Serving great
Lenten
Fish Dinners
since 1991



**Christ the King Council 16691
Superior WI
Knights of Columbus**

40 Cans for Lent 2025

Our Christ the King Council 16691 of the Knights of Columbus is again helping the St. Vincent de Paul food shelf with this year's 40 Cans for Lent. Can you help us? As much as you are able, please consider 40 cans (or boxes or packages) for Lent. Here is a list of items requested by our St. Vincent de Paul food shelf for the 2025 Cathedral collection. Their needs are very great this year. This list is somewhat different than last year's list.

Please do not purchase or donate items in glass jars, as they could break and cause a big mess. Plastic jars (such as plastic peanut butter jars) are fine. Please do not provide fresh foods (such as bread and fresh vegetables and fruits) and items requiring refrigeration, and please do not donate expired or opened items. PLEASE: The Food Shelf DOES NOT NEED plain canned beans (like lima beans, pinto beans, garbanzo beans, etc.). Thank you!

Donations can be brought to Cathedral between now and Holy Thursday. We anticipate that items will be on display on the steps to the stage in Kress Hall. **THANK YOU FOR YOUR GENEROUS DONATION! VIVAT JESUS!**

Breakfast Foods

- Cereal
- Pancake Mix and syrup

Fruit and Vegetables

- Canned fruit
- Canned Vegetables

Beverages

- Coffee
- Hot Cocoa Packages
- Powdered milk
- Shelf stable milk

Ready-to-Eat Foods

- Cheese and Crackers
- Crackers (all kinds)
- Healthy Bars (such as granola or cereal bars)
- Jell-O or pudding cups

Miscellaneous

- Easy Snacks for kids

Easy Meals in a Box or a Can and Protein

- Baked Beans (like Bush's, etc.)
- Beef Ravioli
- Beef stew
- Canned meats (chicken, ham, salmon, Spam, tuna)
- Chili (Hormel with pop-top lids)
- Chili in a Bag
- Ground Beef (canned)
- Hearty Soups (not creamed soups) chunky, hearty (such as Progresso, etc.)
- Peanut Butter (and Jelly!)
- Spaghetti and meatballs
- Spaghetti-O's

Carbohydrates

- Instant potatoes
- Macaroni and Cheese bowls
- Ramen Noodles
- Scalloped Potatoes
- Spaghetti Sauce
- Stove Top Stuffing

Impact

Bring faith to life. Find life in faith.

Ready for something better? Listen to Jesus.

It may be tempting to think of Lent as a spiritual self-help season, a time to give up bad habits, eat better, or exercise. While a healthy lifestyle is important and can have a positive impact on our physical and emotional being, Lent is first and foremost a spiritual season, one in which we are called to re-order our lives so that Christ will be at the center of all we are and do.

Impact this month

Listen to God in prayer.

Listen through fasting, in order to be more attentive to your hunger for God.

Listen by sharing with those who are in need.

Listen by being attentive to your heart and mind throughout this season.

Every one of us has things in our life that need to change: times when we are impatient, selfish, and inwardly focused. And yes, even those bad habits and unhealthy choices can affect our relationship with God and others; unhealthy lifestyle choices are not good stewardship of our body, mind, or spirit.

While it is easy to turn in on ourselves or look outwardly toward others with judgment, the readings this month remind us that there is a better way, one that frees us to be the persons God created us to be. On the mountain as Jesus was transfigured, leaving the disciples in awe, God said, "This is my chosen Son; *listen* to him." This Lent, let us listen to Jesus and learn from him.

Face temptation. Jesus faced temptation by staying focused on and trusting in God and God's ways. When you are tempted to take the easy way out or give up on your resolution entirely, turn to God in prayer knowing that the Lord is ready to guide and strengthen you.

Stand firm. The purpose of the traditional Lenten practice of fasting is to be more keenly aware of our hunger for God. When fasting from food or a favorite treat, be steadfast in your commitment to Jesus and bear the fruit of faith.

Multiply love. Jesus tells us to store goodness in our heart. We must be ready to share the love, mercy, and hope of Christ at all times, in every circumstance.

Focus first on your relationship with the Lord as you make your Lenten resolutions this year. . When we listen prayerfully and change our lives according to God's ways, we are sure to find something better, life filled with light, purpose, and meaning.



The Gospels are truly Good News — the good news of Jesus Christ! The Gospels during Lent spread out before us accounts of Jesus as God-with-Us, encountering people who, like us and all of humanity, are broken and sinful, who fail to bear fruit, who are blind to God's love and dead to all that love offers.

The First Sunday of Lent always includes an account of Jesus facing temptation in the desert. Jesus holds true to all that he knows is of God. *Do you also reject sin and temptation, staying focused on God and God's ways?*

On the Second Sunday of Lent, Peter, James and John go to the mountain with Jesus. There, they have a most profound experience of Jesus, who was transfigured before their eyes; they encounter holy ones of Israel's past; and they hear the voice of God! Pope Francis calls us to be open to an encounter or renewed encounter with Christ's love, daily! (EG, 2). *What experiences of God's love have touched your mind, heart, and actions? How are you called to hear the voice of mercy that calls you to reach out to others with God's love?*

During the third, fourth, and fifth weeks of Lent, two Gospel passages are possible for Sunday Mass, since the Gospel for the celebration of the scrutinies with the Elect who will be initiated at the Easter Vigil are the same from year to year. On March 23 and 30 we hear:

- The parable of the fig tree that does not bear fruit, yet receives the mercy of the gardener;
- The account of the Samaritan woman, who encounters Jesus' merciful attention at the well and who teaches us about being open to conversion and to sharing the love of Christ with others;
- The story of the son who takes his share of his inheritance before his father has died (imagine that!) and whose father waits for his return, running to him with a joyful and lavish expression of forgiveness and mercy;
- The narrative of the man who is healed of his blindness when everyone around him seems determined to live in darkness rather than embrace Christ's vision of mercy and love;

How do you experience God's mercy, forgiveness, compassion, and love, especially when you are least deserving of it? How does faith enlighten your mind and heart so that you are ready to see and respond to God's love?

Find patience (and hope) in the journey

"Beyond the darkness we glimpse a light: we come to realize that evangelization is sustained by the power flowing from Christ's cross and resurrection. In this way, we learn to practice a virtue closely linked to hope, namely *patience*. In our fast-paced world, we are used to wanting everything now. We no longer have time simply to be with others; even families find it hard to get together and enjoy one another's company.



A renewed appreciation of the value of patience could only prove beneficial for ourselves and for others. Saint Paul often speaks of patience in the context of our need for perseverance and confident trust in God's promises.

Patience, one of the fruits of the Holy Spirit, sustains our hope and strengthens it as a virtue and a way of life.

This interplay of hope and patience makes us see clearly that the Christian life is a journey calling for moments of greater intensity to encourage and sustain hope as the constant companion that guides our steps towards the goal of our encounter with the Lord Jesus."

(Spes non confundit, 4, 5)

ST. ANDREW DINNER

AN EVENING OF
OPPORTUNITY TO
DISCERN GOD'S
CALL IN YOUR LIFE

TALKS, DINNER, EVENING PRAYER

OPEN TO YOUNG MEN:

- MIDDLE SCHOOL
- HIGH SCHOOL
- COLLEGE
- YOUNG ADULTS

AND THEIR PARENTS

MAY 29, 2019

5:30-8:30 PM

**IMMACULATE CONCEPTION
NEW RICHMOND, WI**



Contact your pastor or Fr. John Anderson

fj.anderson@frontier.com (715) 246-4652

LENT PRAY40 GUIDE 2025

INRI

HALLOW

PRAY40



THE WAY

LENT

ST. JOSEMARÍA ESCRIVÁ
TAKASHI NAGAI

Drawing on the incredible writings of St. Josemaría Escrivá, author of *The Way*, we'll follow Jesus into deeper faith every day this Lent. To help bring Escrivá's advice to life, we'll follow the story of Servant of God Takashi Nagai, a Japanese physician who survived the atomic bombing of Nagasaki in 1945. He survived, but his life was not without difficulty, heartbreak, and, ultimately, conversion.

This Lent, as we meditate on the lives of those who follow Christ, we'll see that despite the noise and distraction of today, Jesus died on the cross so that we might experience His love, His peace, and, ultimately, eternal life.

We need only to follow **His Way**.

"If our desire for holiness is sincere, if we are docile enough to place ourselves in God's hands, everything will go well. For He is always ready to give us his grace, especially at a time like this — grace for a new conversion, a step forward in our lives as Christians.

We cannot regard this Lent as just another liturgical season which has simply happened to come around again...

Jesus is passing by and He hopes that we will take a great step forward — today, now."



PRAY40 BOOKS

THE WAY

DAY 1	ASH WEDNESDAY	01
DAY 2	ASHES	01
DAY 3	FASTING FRIDAY	02
DAY 4	SILENT SATURDAY	03
DAY 5	SUNDAY HOMILY	03

THE WAY OF PRAYER

DAY 6	"26"	04
DAY 7	CHRISTMAS EVE	04
DAY 8	SWEETHEART	05
DAY 9	STORY OF FAITH	06
DAY 10	FASTING FRIDAY	06
DAY 11	SILENT SATURDAY	07
DAY 12	SUNDAY HOMILY	07

THE WAY OF LOVE

DAY 13	GONE	08
DAY 14	RETURN	08
DAY 15	ORDINARY	09
DAY 16	STORY OF FAITH	10
DAY 17	FASTING FRIDAY	10
DAY 18	SILENT SATURDAY	11
DAY 19	SUNDAY HOMILY	11

THE WAY OF SUFFERING

DAY 20	THE CROSS	12
DAY 21	THE BOMB	12
DAY 22	MIDORI	13
DAY 23	STORY OF FAITH	14
DAY 24	FASTING FRIDAY	14
DAY 25	SILENT SATURDAY	15
DAY 26	SUNDAY HOMILY	15

THE WAY OF PRAYER

DAY 27	KOLBE	16
DAY 28	SPEECH	16
DAY 29	MEANING	17
DAY 30	STORY OF FAITH	18
DAY 31	FASTING FRIDAY	18
DAY 32	SILENT SATURDAY	19
DAY 33	SUNDAY HOMILY	19

THE WAY OF RESURRECTION

DAY 34	BELLS	20
DAY 35	VISITORS	20
DAY 36	FUNERAL	20
DAY 37	STORY OF FAITH	21
DAY 38	FASTING FRIDAY	21
DAY 39	SILENT SATURDAY	22
DAY 40	SUNDAY HOMILY	22

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PRAY40 BOOKS

Throughout Pray40, we will journey through some incredible books, *The Way* by St. Josemaría Escrivá, *A Song for Nagasaki* by Paul Glynn, S.M., and *The Power of Silence* by Cardinal Robert Sarah.

The Way is a collection of profound advice from St. Josemaría Escrivá compiled in 999 categorized “points”, or considerations. Select quotes associated with their day will be displayed throughout this study guide as an easy reference.

If you'd like to purchase your own copy of *The Way* to follow along with during Pray40, [click here](#).

The Power of Silence: Each Saturday during Lent, meditate in silence on scripture with guidance from Cardinal Robert Sarah using reflections from his book, *The Power of Silence*, to find peace amidst the noise of the world. [Purchase your copy here](#).

A Song for Nagasaki is a biography of Servant of God Takashi Nagai. Since this book is a straightforward narrative, we've included a reference for reading below for those who would like to follow along with the book.

Hallow partnered with Ignatius Press to create a special edition of *A Song for Nagasaki* for the Pray40 challenge, which you can [purchase here](#) for 20% off your order.

WEEK 1	THE WAY	Read chapters 1-5 in <i>A Song for Nagasaki</i>
WEEK 2	THE WAY OF PRAYER	Read chapters 5-9 in <i>A Song for Nagasaki</i>
WEEK 3	THE WAY OF LOVE	Read chapters 10-14 in <i>A Song for Nagasaki</i>
WEEK 4	THE WAY OF SUFFERING	Read chapters 15-22 in <i>A Song for Nagasaki</i>
WEEK 5	THE WAY OF SURRENDER	Read chapters 22-25 in <i>A Song for Nagasaki</i>
WEEK 6	THE WAY OF RESURRECTION	Read chapters 26-31 in <i>A Song for Nagasaki</i>

Week 3

■ DAY 13 ■

My God, I love you, but...
oh, teach me to love!"
(The Way, 423)

■ DAY 14 ■

"Humbly ask God to
increase your faith.
Then, with new lights,
you'll see clearly the
difference between the
world's paths and your
way as an apostle."
(The Way, 580)

■ DAY 13 ■

Gone

Today, we imagined Jesus coming to meet you. How did He show His tenderness toward you? Who is He calling you to be? What was your response?

■ DAY 14 ■

Return

Where in your life is God calling you to conversion?
How is He calling you to love Him more?

Week 6

■ DAY 34 ■

“Praise God. Leap for joy in the Lord, our one and only help... Do you know what it is to be lifted up to the heart of God? Do you realise that a soul can face his Lord, open his heart to him and tell him his woes?... But my lament is one of trust” (Friends of God, 153).

■ DAY 35 ■

“In the moments of struggle and tribulation, when perhaps... your way [is filled] with obstacles, lift up your... heart: listen to Jesus as he speaks... And you'll feel the joy of contemplating the victory to come.” (The Way, 695)

■ DAY 36 ■

“Haven't you heard the mournful tone with which the worldly complain that 'each day that passes is a step nearer death'? It is. And I tell you: rejoice...for each day that passes brings you closer to Life” (The Way, 737).

■ DAY 34 ■

Bells

In the time of silence today, did you allow yourself to be lifted up to the heart of God? Is it challenging to trust him with your woes? What ways are you praising Him?

■ DAY 35 ■

Visitors

Today, we asked God how He might be preparing us to help others who are suffering. What is your mission? How can you have the courage to live it out?

■ DAY 36 ■

Funeral

Reflect on your experience in imaginative prayer with Sr. Miriam today. Did anything come to mind? What stood out to you?
