

MARCH 23, 2025 3rd 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 25, 2025

8:30 A.M. – Dolly Cosgrove-M
Her Family

WEDNESDAY, MARCH 26, 2025

8:30 A.M. – Peggy & Paul Werth-M
Their Family

THURSDAY, MARCH 27, 2025

8:30 A.M. – Jeanine Carbon-M
Diana Markee O'Brien

FRIDAY, MARCH 28, 2025

8:30 A.M. – Freda Owens-M
Vickie & Greg Owens



WEEKEND INTENTIONS

SATURDAY, MARCH 29, 2025

4:00 P.M. – Daniel Kaluza-M
Georgia Charbonneau

SUNDAY, MARCH 30, 2025

7:30 A.M. – John Kulas-M
Thomas & Delores Sitek

10:30 A.M. – Greg Carlson-M
Mom & Dad



THE SANCTUARY CANDLE for the week of March 23rd

Will burn in Loving Memory of
 Eldore Franzen~UWS 1957 Classmate
 By: Bill & Donna Durand



VOCATIONS... *The Lord is kind and merciful and calls us to proclaim his name. Consider a call to priesthood or religious life? (Psalm 103)*

Cathedral Church Calendar

Sun. Mar. 23 – 12:00-3:00pm – 1st Communion Retreat
 Mon. Mar. 24 – 7:00pm – Men's Group in KH
 Tues. Mar. 25 – 6:00pm SVdP Meeting.
 Wed. Mar. 26 – 5:30-6:30pm – Religious Ed. – Gr. K-6
 7:00-8:00pm – Religious Ed. - Gr. 7-11
 Wed/Thurs. Mar. 26/27 – 24 Hours for the Lord
 Thur. Mar. 27 – 1:00-3:00pm – Adoration
 5:00pm – Holy Hour
 6:00pm – Soup Supper
 Sat/Sun. Mar. 29/30 – World Concern Collection



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. 29 & 30

READERS:

4:00 Irene Peterson
 7:30 Sandy Frazier
 10:30 Tom Markee & Jessica Poskozim



EUCCHARISTIC MINISTERS:

4:00 **Need 1** (F) & Susan Paine (B)
Need 2 Ministers for Communion Cup
 7:30 Louise Pope (F) & Renee Wachter (B)
Need 2 Ministers for Communion Cup
 10:30 Bonnie Thom (F) & Kent Phillips (B)
Cup: Christine Polkinghorne, Need 1



SERVERS:

4:00
 7:30 Tom Tracy
 10:30 Stella & Tommy Tenerelli



USHERS:

4:00 Eric Williams (Lead)
 Need 3
 7:30 Bob Ahlborg (Lead)
 Jim Crawford
 Bruce Haraldson
 Kevin Peterson
 10:30 Walt Tafelski (Lead)
 Sandy & Tom Henning
 Need 1



GREETERS:

4:00
 7:30 Cathy Wenho
 10:30 Jeanine Buck



STEWARDSHIP OF TREASURE

The parable in today's Gospel clearly warns that we, like the fig tree, will be judged by our fruit. While God mercifully provides us with time and opportunity, let us give witness to our faith with deeds of kindness and generosity!

	<u>Mar. 15/16</u>	<u>Last Year</u>
Envelopes:	109	86
Collection:	\$4,776.40	\$3,517.00
On-Line Giving (42)	\$2,412.00	\$3,299.00
Loose:	\$ 693.00	\$ 619.00



Thank you for your generosity!

WEEKLY MEDITATION

Let's examine some of the themes that we find in the Mass readings for the 3rd Sunday of Lent.

1st Reading - Exodus 3:1-8a,13-15

- While tending flocks near Mount Horeb, Moses encounters God in the burning bush.
- The Lord has heard the cry of the people enslaved in Egypt and will lead them to a land flowing with milk and honey.
- God tells Moses that when he goes to the Israelites, he will tell them, "I AM sent me to you...the Lord, the God of your Fathers, the God of Abraham, the God of Isaac, and the God of Jacob."

Psalm - 103: 1-4,6-8,11

- "The Lord is kind and merciful."
- Merciful and gracious, the Lord pardons, heals, redeems, and guides the children of Israel.

2nd Reading - 1st Corinthians 10:1-6,10-12

- Paul reminds the people that many Israelites displeased God during the Exodus.
- The example of the Israelites serves as a warning to neither grumble nor desire evil things.

Gospel - Luke 13:1-9

- Citing a couple of recent tragedies, Christ reminds the people to repent of their sins lest they perish.
- Jesus then speaks about a parable of an unfruitful fig tree, revealing both the mercy and judgment of God.

Fr. Andrew


Question for Children: God wants your faith to result in good living. What steps can you take during Lent to make sure that happens?

Question for Youth: What needs changing in your life right now? How will you invite God into that change?

Question for Adults: What steps are you taking this Lent to make sure that your faith bears fruit in good works?

Readings for the week of March 23, 2025

Sunday: Ex 3:1-8a,13-15/Ps 103:1-2,3-4,6-7,8,11(8a)
1 Cor 10:1-6, 10-12/Lk 13:1-9

Scrutiny:  Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 (8)/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

Monday: 2 Kgs 5:1-15b/Ps 42:2, 3; 43:3, 4/Lk 4:24-30

Tuesday: Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11
Heb 10:4-10/Lk 1:26-38

Wednesday: Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20
Mt 5:17-19

Thursday: Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23

Friday: Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17/Mk 12:28-34

Saturday: Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab
Lk 18:9-14

Next Sunday: Jos 5:9a, 10-12/Ps 34:2-3, 4-5, 6-7 (9a)
2 Cor 5:17-21/Lk 15:1-3, 11-32

Scrutiny: 1 Sm 16:1b, 6-7,10-13a/Ps 23:1-3a,3b-4,5,6 (1)
Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

CATHEDRAL NEWS

LENTE 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

CATHOLIC MEN'S GROUP MEETING

The Catholic Men's Group will meet on Monday,
March 24th at 7:00pm in Kress Hall. We invite men
to join us for Catholic fellowship and discussion.
Tom Tracy will present on church precepts.



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 2 nd	The Bully Pulpit	by Doris Kerns Goodwin
May 7 th	Left To Tell	by Immaculee Ilibagiza

LENTE ORGAN RECITAL

(from the American Guild of organist)

Cathedral of Christ the King

Wednesday, April 9, 2025

12:15-12:45pm

Featuring Cathedral's Organist ~ Rachael Kresha
Freewill offering

**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 (\$300 SPONSORED)	\$1,500
Stuffing (SPONSORED)	\$00
Cabbage (SPONSORED)	\$00
Pickles	\$60
Cranberry sauce (SPONSORED)	\$00
Vegetables	\$300
Potatoes (SPONSORED)	\$00
Milk, Butter, Lemonade, Coffee	\$200
Coleslaw dressing (SPONSORED)	\$00
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	\$13 EACH

Purchasing "Angel Tickets" at (**\$13 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".

Formed QR



Hallow QR



RELIGIOUS EDUCATION

FIRST COMMUNION RETREAT

Sunday, March 23rd
12:00pm -3:00pm
At Cathedral



RELIGIOUS EDUCATION CLASSES

Wednesday, March 26th ~ in Kress Hall
5:30-6:30pm for grades K-6 and
7:00-8:00pm for grades 7-11



SOCIETY OF ST. VINCENT DE PAUL

"As Lent is the time for greater love, listen to Jesus' thirst
'Repent and believe' Jesus tells us. What are we to repent?
Our indifference, our hardness of heart. What are we to believe?
Jesus thirsts even now, in your heart and in the poor - He knows
your weakness.
He wants only your love, wants only the chance to love you."
St. Teresa of Calcutta

Join us at our next meeting on Tuesday, March 25th at 6pm at
the Cathedral of Christ the King.
Help us quench the thirst of Jesus in the poor.



Voicemail: 715-398-4039

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

CATHEDRAL SCHOOL NEWS



Preschool Registration Information

Cathedral School continues our tradition of 3 year-old and
4 year-old Preschool, and 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



St. William's Family Bingo

Where: St. William Church on County Rd B, Foxboro

When: Tuesday, April 1st

Concessions will be available at 5:30pm

Bingo starts at 6:30pm



Come for a fun evening of Bingo, food and prizes.

\$200 in prizes to be given away and we will do a 50/50
raffle.. Bring your family and your friends.

Bingo is free.

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.

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. We hope that many of you will be able to attend.
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 luncheon ticket is Tuesday, March 25th,
2025**

SDCCW Mary Jane Morancyk Hennessy Scholarships

The Superior Diocesan Council of Catholic Women will
award four (4) \$1000 scholarships to women **completing
their second year of post high school education or
continuing their education** for career advancement or
returning to the work field.

Applications may be obtained by contacting the SDCCW
Scholarship Committee, Mary Werner, W5490 County
Road O, Medford WI 54451 – Telephone 715-748-4709,
email werner@tds.net.

Applications are available from the SDCCW website:
<https://sdccw-wisconsin.weebly.com>

The Committee will notify the winners by phone or email.
Applications will be accepted starting February 1st and
postmarked no later than May 15th.





"24 Hours for the Lord"
2025 Schedule

Wednesday, March 26th

8:30am School Mass -Fr. Andrew
 9:00am Eucharistic Adoration Begins
 9:30am Rosary
 9:30-Noon Confessions
 11:30am Rosary
 12:05pm Mass -Fr. Andrew
 12:30pm Eucharistic Adoration resumes immediately after Mass
 2:00pm Stations of the Cross
 2:30-4:00pm Confessions
 3:00pm Chaplet of the Divine Mercy
 5:00pm Rosary
 5:30-8:00 Confessions
 8:00pm Mass - Fr. Andrew
 8:30pm Resume Eucharistic Adoration through the night

Thursday, March 27th

Midnight Rosary
 6:30am Rosary - on "The Rosary Channel" with David Dusek
 8:00am Stations of the Cross
 8:30am Mass-Fr. Andrew

"We unite our hearts to Jesus Christ through study, prayer, and service."

**KNIGHTS OF COLUMBUS COUNCIL 499
SCHOLARSHIP**

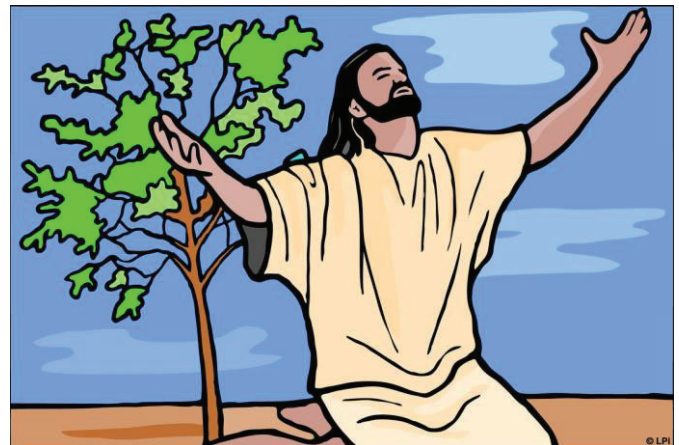
The Knights of Columbus Council 499 in Superior is now offering post-secondary scholarship to all Superior and Northwestern High School seniors. There will be a \$500 scholarship given to one student in each school. The application forms are available at all local parishes and at Northwestern High School. The deadline to apply is April 28, 2025.

PAX CHRISTI NOMINATIONS ACCEPTED

Attn: Ladies groups/Council of Catholic Women's Groups: The Superior Diocesan Council of Catholic Women invites every parish of the Diocese to actively participate in this program by submitting one nominee from your parish. This award is presented by the Bishop of the Diocese of Superior to recognize and honor a catholic woman in each of our five deaneries with remarkable dedication and contributions in their respective parishes.

Starting in February 2025, applications and additional information is made available to parishes within the Diocese of Superior and may be found on the Superior Diocesan Council of Catholic Women website: <https://sdccw-wisconsin.weebly.com> **Nominations are due by June 15, 2025.**

Jane Schiszik, Pax Christi Committee Chair, Phone: 715-965-8237 email: janeschis@hotmail.com



Jesus said to them in reply, "Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did!" — Lk 13:2-3



DIOCESE OF SUPERIOR

OFFICE OF THE BISHOP

March 2025

Dear Friends in Christ,

As we journey through the sacred season of Lent, a divine gift that prepares our hearts for the glorious resurrection of Jesus, it is truly inspiring to witness the transformative work of the Lord within us and through us as we approach Easter. In the Diocese of Superior, many faithful followers of Christ are contemplating contributing to the World Concern Collection (International Priests Collection for many) on the fourth weekend of Lent, March 30, 2025. Your gifts and fervent prayers will play a pivotal role in extending crucial relief services wherever they are most needed across the globe.

For those blessed with the service and guidance of one of the more than 25 International Priests in their parish community, all proceeds from the collection will be forwarded to the respective home diocese of these priests. This is a great opportunity to express our appreciation for their missionary service and to support their ongoing work.

The Collection to Aid the Catholic Church in Eastern Europe, endorsed by the U.S. Bishops as a vital fund, serves as a beacon of hope and humanitarian assistance in response to the ongoing war in Ukraine. It also empowers the Church to reconstruct parishes, schools, and seminaries, and impart religious education to the laity.

The Catholic Relief Services Collection stands as a pillar of support, delivering expertise, aid, and compassion to the most impoverished nations worldwide. As a front-runner in responding to crises, Catholic Relief Services continues to play a pivotal role in disaster relief efforts.

The Church in Latin America extends its helping hand to a continent grappling with poverty, injustice, and economic-political turmoil.

The Solidarity Fund for the Church in Africa sponsors a multitude of essential pastoral programs that bolster the rapidly growing Church in the region. These programs include aid for Catholic schools, facilitating vocational training, education, and employment.

Contributions to the Collection for the Holy Father (Peter's Pence) empower Pope Francis to respond to direct appeals for vital assistance.

As we journey through this sacred season of Lent, please accept my warmest personal regards and the assurance of continued prayers.

Gratefully yours in Christ,

Most Rev. James P. Powers
Bishop of Superior

24

HOURS

for the Lord!

MARCH
26-27,
2025

YOU ARE MY HOPE

WEDNESDAY, MARCH 26TH

8:30 AM MASS

9:00 AM EUCHARISTIC ADORATION BEGINS

9:30 AM ROSARY

9:30-NOON CONFESSIONS

11:30 AM ROSARY

12:05 PM MASS

12:30 PM EUCHARISTIC ADORATION RESUMES

2:00 PM STATIONS OF THE CROSS

2:30-4:00 PM CONFESSIONS

3:00 PM CHAPLET OF THE DIVINE MERCY

5:00 PM ROSARY

5:30-8:00 PM CONFESSIONS

8:00 PM MASS

8:30 PM EUCHARISTIC ADORATION THROUGH THE NIGHT

THURSDAY, MARCH 27TH

MIDNIGHT ROSARY

6:30 AM ROSARY WITH LIVESTREAM

8:00 AM STATIONS OF THE CROSS

8:30 AM MASS



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



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.

A handwritten signature in black ink, reading "Most Reverend James P. Powers". The signature is written in a cursive style.

Most Reverend James P. Powers
Bishop of Superior

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 1

■ DAY 1 ■

Ash Wednesday

What is one thing you are hoping to accomplish during this season of Lent? How can the Litany of Humility help you in this way?

■ DAY 2 ■

Ashes

What do you want this Lent? Think big. What do you want God to do in your life? How do you want Him to transform your heart?

■ DAY 1 ■

“Lord, I believe, help my unbelief.” (Mark 9:24)

■ DAY 2 ■

“Don't let your life be sterile. Be useful. Blaze a trail. Shine forth with the light of your faith and of your love.... And light up all the ways of the earth with the fire of Christ that you carry in your heart.” (The Way, 1)

■ DAY 4 ■

Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

■ DAY 5 ■

Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

Week 2

■ DAY 6 ■

“Go to prayer: to become a blaze, a living flame giving heat and light.”
(The Way, 92)

■ DAY 7 ■

“You don’t know how to pray? Put yourself in the presence of God, and as soon as you have said, ‘Lord, I don’t know how to pray!’ you can be sure you’ve already begun”.
(The Way, 90)

■ DAY 6 ■

“26”

As we reflect on gratitude in your life, what has been good? What are you thankful for? Or maybe there are areas in life that are difficult right now. What challenges and obstacles are you facing?

■ DAY 7 ■

Christmas Eve

Is it challenging to talk with God about yourself? What holds you back from time in prayer?

■ DAY 11 ■

Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

■ DAY 12 ■

Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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?

■ DAY 18 ■

Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

■ DAY 19 ■

Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

Week 4

■ DAY 20 ■

“I want you to be happy on earth. But you won’t be if you don’t get rid of that fear of suffering. For as long as we are ‘wayfarers,’ it is precisely in suffering that our happiness lies.” (The Way, 217)

■ DAY 21 ■

“For others, death is a stumbling block, a source of terror. For us, death... is an encouragement and a stimulus. For them it is the end; for us the beginning.” (The Way, 738)

■ DAY 20 ■

The Cross

Consider your sufferings and the fear that your suffering might get worse or never end. What fears are holding you back from happiness? How can you give those fears to God?

■ DAY 21 ■

The Bomb

Today’s reflection was on Memento Mori, Latin for “remember you will die.” Have you ever considered this meditation practice before? How do you think reflecting “our death” can help us live better here on earth?

■ DAY 23 ■

Story of Faith

What stood out to you from the testimony shared? Write down your thoughts below.

■ DAY 24 ■

Fasting Friday

Challenge: Fast from procrastination.

Ask yourself: "What does God want of me?" Where in your life have you been saying to God "not right now"?

■ DAY 25 ■

Silent Saturday with Cardinal Sarah

Write down your thoughts from your time of silence today.

■ DAY 26 ■

Sunday Homily with Fr. Mike Schmitz

Write down your notes and thoughts from this day.

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?
