


	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>LENTEN REFLECTION CALENDAR 2021</b></p>	<p>Amidst all the uncertainty of life in a highly vulnerable world, Lent offers a time to reflect on our realities, align ourselves with God and harmonize with each other and with creation. This Lenten Reflection Calendar 2021 is based on quotes from Pope Francis' 2021 Lenten Message (LM) <i>Lent: a Time for Renewing Faith, Hope and Love</i>, the encyclical <i>Fratelli Tutti</i> (FT) and other quotes cited in the latter.</p> <p><i>Prepared by Bishop Allwyn D'Silva (Auxiliary Bishop of Bombay), Fr Luke Rodrigues SJ and Ms Shawna Nemesia Rebello</i></p>			<p><b>FEB 17</b> <b>ASH WEDNESDAY</b></p> <p>Lent is a time for believing, for welcoming God into our lives, to make his dwelling among us (LM)</p> <p>What concrete steps can I take to welcome God into my life?</p>	<p><b>FEB 18</b></p> <p>Faith calls us to accept the truth and testify to it before God and all our brothers and sisters (LM)</p> <p>Do I stand for the truth or am I afraid of the consequences?</p>	<p><b>FEB 19</b></p> <p>Fasting, experienced as a form of self-denial, helps those who undertake it to recognize that we find our fulfilment in God (LM)</p> <p>How often do I push God to the periphery?</p>	<p><b>FEB 20</b> <b>World Day of Social Justice</b></p> <p>In our charity, may we speak words of reassurance and help others to realize that God loves them as sons and daughters (LM)</p> <p>Is my charity accompanied by my presence?</p>
	<p><b>During the First Week of Lent, let us reflect on the necessity of being connected to family and community</b></p> <p>Do I embrace others as family?</p>	<p><b>FEB 21</b></p> <p>We are more alone than ever in an increasingly massified world that promotes individual interests and weakens the communitarian dimension of life (FT #12)</p>	<p><b>FEB 22</b></p> <p>Individualism does not make us more free, more equal, more fraternal (FT #105)</p>	<p><b>FEB 23</b></p> <p>We need to think of ourselves more and more as a single family dwelling in a common home (FT #17)</p>	<p><b>FEB 24</b></p> <p>Some parts of our human family, it appears, can be readily sacrificed for the sake of others considered worthy of a carefree existence (FT #18)</p>	<p><b>FEB 25</b></p> <p>The relegation of the elderly to a sad and lonely existence is a subtle way of stating that our individual concerns are the only thing that matters (FT #19)</p>	<p><b>FEB 26</b></p> <p>Families are the first place where the values of love and fraternity, togetherness and sharing, concern and care for others are lived out and handed on (FT #114)</p>
<p><b>During the Second Week of Lent, let us reflect on the positive and negative influences of the digital world</b></p> <p>Is my reality more concrete or more virtual?</p>	<p><b>FEB 28</b></p> <p>Digital media can expose people to the risk of addiction, isolation and a gradual loss of contact with concrete reality (FT #43)</p>	<p><b>MAR 1</b></p> <p>Prisoners of a virtual reality, we lost the taste and flavour of the truly real (FT #33)</p>	<p><b>MAR 2</b></p> <p>Digital communication wants to bring everything out into the open; people's lives are combed over, laid bare and bandied about, often anonymously (FT #42)</p>	<p><b>MAR 3</b></p> <p>Persons or situations we find unpleasant or disagreeable are simply deleted in today's virtual networks; isolating us from the real world in which we are living (FT #47)</p>	<p><b>MAR 4</b></p> <p>A new lifestyle is emerging, where we create only what we want and exclude all that we cannot control or know instantly and superficially (FT #49)</p>	<p><b>MAR 5</b></p> <p>We cannot accept a digital world designed to exploit our weaknesses and bring out the worst in people (FT #205)</p>	<p><b>MAR 6</b></p> <p>No one can experience the true beauty of life without relating to others, without having real faces to love (FT #87)</p>
<p><b>During the Third Week of Lent, let us thank God for women and reflect on gender equality</b></p> <p>How can I make gender equality a reality in my life, starting with my own home?</p>	<p><b>MAR 7</b></p> <p>Truth means recognizing the pain of women who are victims of violence and abuse (FT #227)</p>	<p><b>MAR 8</b> <b>International Women's Day</b></p> <p>Societies worldwide are still far from reflecting clearly that women possess the same dignity and identical rights as men (FT #23)</p>	<p><b>MAR 9</b></p> <p>Doubly poor are those women who endure situations of exclusion, mistreatment and violence, since they are frequently less able to defend their rights (FT #23)</p>	<p><b>MAR 10</b></p> <p>It is unacceptable that some have fewer rights by virtue of being women (FT #121)</p>	<p><b>MAR 11</b></p> <p>By acknowledging the dignity of each human person, we can contribute to fraternity between all men and women (FT #8)</p>	<p><b>MAR 12</b></p> <p>Inequality and lack of integral human development make peace impossible (FT #235)</p>	<p><b>MAR 13</b></p> <p>Nor is equality achieved by an abstract proclamation that "all men and women are equal" (FT #104)</p>
<p><b>During the Fourth Week of Lent, let us reflect on the words: 'I exist because 'we' exist</b></p> <p>Does my joy come from self-gratification or does it lie in making others happy?</p>	<p><b>MAR 14</b></p> <p>Social friendship and universal fraternity necessarily call for an acknowledgement of the worth of every human person, always and everywhere (FT # 106)</p>	<p><b>MAR 15</b></p> <p>An individual and a people are only fruitful and productive if they are able to develop a creative openness to others (FT #41)</p>	<p><b>MAR 16</b></p> <p>What is important is to create processes of encounter, processes that build a people that can accept differences (FT #217)</p>	<p><b>MAR 17</b></p> <p>No one is saved alone; we can only be saved together (FT # 32)</p>	<p><b>MAR 18</b></p> <p>Building social friendship calls for a renewed encounter with the most impoverished and vulnerable sectors of society (FT #233)</p>	<p><b>MAR 19</b></p> <p>Those who fast make themselves poor with the poor and accumulate the treasure of a love both received and shared (LM)</p>	<p><b>MAR 20</b> <b>International Day of Happiness</b></p> <p>A small amount, if given with love, never ends, but becomes a source of life and happiness (LM)</p>
<p><b>During the Fifth Week of Lent, let us reflect on God's creation and our interconnectedness</b></p> <p>Do I understand that in respecting creation, I respect God?</p>	<p><b>MAR 21</b> <b>International Day of Forests</b></p> <p>Lent is precisely the season of hope, when we turn back to God who patiently continues to care for his creation which we have often mistreated (LM)</p>	<p><b>MAR 22</b> <b>World Water Day</b></p> <p>Often the voices raised in defence of the environment are silenced or ridiculed, using apparently reasonable arguments that are merely a screen for special interests (FT #17)</p>	<p><b>MAR 23</b></p> <p>The right of some to free enterprise or market freedom cannot supersede respect for the natural environment (FT #122)</p>	<p><b>MAR 24</b></p> <p>We have grown indifferent to all kinds of wastefulness, starting with the waste of food, which is deplorable in the extreme (FT #18)</p>	<p><b>MAR 25</b></p> <p>What is thrown away are not only food and dispensable objects, but often human beings themselves (FT #19)</p>	<p><b>MAR 26</b></p> <p>Fasting involves being freed from all that weighs us down – like consumerism or an excess of information, whether true or false (LM)</p>	<p><b>MAR 27</b></p> <p>Obsession with a consumerist lifestyle, above all when few people are capable of maintaining it, can only lead to violence and mutual destruction (FT # 36)</p>
<p><b>HOLY WEEK</b></p>	<p><b>MAR 28</b> <b>PALM SUNDAY</b></p> <p>History does not end with our mistakes, our violence and injustice, or the sin that crucifies Love; but the future opened up by the Father's mercy (LM)</p> <p>How have I experienced the mercy of God?</p>	<p><b>MAR 29</b></p> <p>Having received forgiveness ourselves, we can offer it through our willingness to enter into attentive dialogue with others and to give comfort to those experiencing sorrow and pain (LM)</p> <p>Do I forgive others?</p>	<p><b>MAR 30</b></p> <p>In order to give hope to others, it is sometimes enough simply to be kind, to speak a word of encouragement, to listen amid general indifference (LM)</p> <p>Are my words filled with kindness?</p>	<p><b>MAR 31</b></p> <p>Every moment of our lives is a time for believing, hoping and loving (LM)</p> <p>Have I lived the message of Christ during these days?</p>	<p><b>APR 1</b> <b>MAUNDY THURSDAY</b></p> <p>Love, in concern and compassion for all, is the highest expression of our faith and hope (LM)</p> <p>Do I demonstrate love as Christ did at the washing of the feet?</p>	<p><b>APR 2</b> <b>GOOD FRIDAY</b></p> <p>Christ has made himself the way – demanding, yet open to all – that leads to the fullness of life (LM)</p> <p>Like Christ amidst his passion, do I reach out to others despite my own suffering?</p>	<p><b>APR 3</b> <b>HOLY SATURDAY</b></p> <p>At the Easter vigil, we will renew our baptismal promises and experience rebirth by the working of the Holy Spirit (LM)</p> <p>Does fear and doubt prevent the Spirit from working in me?</p>
<p align="center"><b>APR 4 EASTER SUNDAY</b></p> <p align="center">The light of the resurrection inspires the thoughts, attitudes and decisions of the followers of Christ; we are witnesses of new times, in which God is making all things new (LM)</p> <p align="center"><b>Wishing you the joy and peace of the risen Christ! Through our choices and lifestyle, let us collaborate with God in renewing the world.</b></p>							