



cmmb

Healthier Lives Worldwide

A JOURNEY TO Easter

MARCH 2

ASH WEDNESDAY

For you are dust, and to dust you shall return.

—Genesis 3:19

MARCH 3

Lent comes providentially to awaken us, to shake us from our lethargy.

—Pope Francis

MARCH 4

Let us consider how to stir up one another to love and good works.

—Hebrews 10:24

MARCH 5

Lent is the time of greater love. Listen to Jesus' thirst.

—Mother Teresa

MARCH 6

FIRST SUNDAY OF LENT

Sanctify them by the truth; your word is truth.

—John 17:17

MARCH 7

We may encounter many defeats, but we must not be defeated.

—Maya Angelou

MARCH 8

Be strong, and let your heart take courage, all you who wait for the Lord!

—Psalm 31:24

MARCH 9

It is through weakness and vulnerability that most of us learn empathy and compassion.

—Desmond Tutu

MARCH 10

I have strength for everything through Him who empowers me.

—Philippians 4:13

MARCH 11

Come to me, all you who labor and are burdened, and I will give you rest.

—Matthew 11:28

MARCH 12

Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit.

—St. Augustine

MARCH 13

SECOND SUNDAY OF LENT

For nothing will be impossible for God.

—Luke 1:37

MARCH 14

I am your God. I will strengthen you. I will help you.

—Isaiah 41:10

MARCH 15

For God did not give us a spirit of cowardice but rather of power and love.

—2 Timothy 1:7

MARCH 16

God is our refuge and our strength, and ever-present help in distress.

—Psalm 46:2

MARCH 17

ST. PATRICK'S DAY

A good friend is like a four-leaf clover, hard to find and lucky to have.

—Irish Proverb

MARCH 18

It seems impossible until it's done.

—Nelson Mandela

MARCH 19

When we give cheerfully and accept gratefully, everyone is blessed.

—Maya Angelou

MARCH 20

THIRD SUNDAY OF LENT

He shall be peace.

—Micah 5:4

MARCH 21

The steadfast love of the Lord never ceases.

—Lamentations 3:22-23

MARCH 22

In the world you will have trouble, but take courage, I have conquered the world.

—John 16:33

MARCH 23

We must trust in the mighty power of God's mercy.

—Pope Benedict XVI

MARCH 24

Love your neighbor as yourself.

—Mark 12:31

MARCH 25

He who is devoid of the power to forgive is devoid of the power to love.

—Rev. Dr. Martin Luther King Jr.

MARCH 26

God never tires of forgiving us; we are the ones who tire of seeking his mercy.

—Pope Francis

MARCH 27**FOURTH SUNDAY OF LENT**

Trust in the Lord with all your heart.

—Proverbs 3:5

MARCH 28

Lent is a time to pull up weeds, and plant new seeds.

—Ven. Fulton J. Sheen

MARCH 29

We have this hope as an anchor for the soul.

—Hebrews 6:19

MARCH 30

My grace is sufficient for you for my power is made perfect in weakness.

—2 Corinthians 12

MARCH 31

Injustice anywhere is a threat to justice everywhere.

—Rev. Dr. Martin Luther King Jr.

APRIL 1

Have patience with all things, but first of all with yourself.

—St. Francis de Sales

APRIL 2

But as for you, be strong and courageous, for your work will be rewarded.

—2 Chronicles 15:7

APRIL 3**FIFTH SUNDAY OF LENT**

Whatever you do, work at it with all your heart.

—Colossians 3:23

APRIL 4

God doesn't require us to succeed; he only requires that you try.

—Mother Teresa

APRIL 5

There is no fear in love.

—1 John 4:18

APRIL 6

Above all else, guard your heart, for everything you do flows from it.

—Proverbs 4:23

APRIL 7

During Lent, let us find concrete ways to overcome our indifference.

—Pope Francis

APRIL 8

Love recognizes no barriers.

—Maya Angelou

APRIL 9

So we fasted and implored our God for this, and he listened to our entreaty.

—Ezra 8:23

APRIL 10**PALM SUNDAY**

Blessed is the one who comes in the name of the Lord.

—Matthew 21:9

APRIL 11

Forgiveness is not an occasional act; it is a permanent attitude.

—Rev. Dr. Martin Luther King Jr.

APRIL 12

The ultimate goal of fasting is to help each one of us to make a complete gift of self to God.

—Pope Benedict XVI

APRIL 13

Wait for the Lord; be strong and take heart and wait for the Lord.

—Psalm 27:14

APRIL 14**HOLY THURSDAY**

Rejoice in hope, endure in affliction, persevere in prayer.

—Romans 12:12

APRIL 15**GOOD FRIDAY**

Into your hands I commend my spirit.

—Psalm 31:6

APRIL 16**HOLY SATURDAY**

Trust in the Lord forever! For the Lord is an eternal rock.

—Isaiah 26:4

APRIL 17**WISHING YOU A BLESSED**

Easter!

He has been raised; He is not here.

—Mark 16:6

Remember that God is on the journey, too.

—Mother Teresa



cmmmb

Healthier Lives Worldwide

