UC's Daily Lenten Challenges
(from *The Magnificat Lenten Companion 2013)*

We show our love for Jesus and grow in holiness by loving our neighbor as ourselves. We are surrounded by people in need of our compassion, attention, and prayers. During this Lenten season in the Year of Faith, we are committing ourselves as a UC community to relieving the physical and spiritual suffering of others by performing the corporal and spiritual works of mercy. On a daily basis during the school week, we will be presented with a "Lenten Challenge," which will be announced on UCTV and will also appear on the message board in the main foyer.As Jesus said, whatever we do for the least of our brothers and sisters, we do for Him (Matt 25:35). As we prepare for Easter, we remember the words of St. James: "Draw near to God, and He will draw near to you" (Jas 4:8).

- Wednesday, Feb. 13: Spend ten minutes or more reading the Bible.
- Thursday, Feb. 14: Offer your day for the intentions of another person whose name you keep in mind all day.
- Friday, Feb. 15: Visit an elderly person.
- Wednesday, Feb. 20: Spend ten minutes slowly meditating on the Our Father.
- Thursday, Feb. 21: Sacrifice some ordinary comfort or convenience today.
- Friday, Feb. 22: Do something concrete to help the poor.
- Monday, Feb. 25: Make a gesture of reconciliation with someone from whom you are alienated.
- Tuesday, Feb. 26: Do something kind for someone who will be surprised by your kindness
- Wednesday, Feb. 27: Listen to someone you would otherwise pass by.
- Thursday, Feb. 28: Do some extraordinary kindness to someone who would never expect it.
- Friday, March 1: Pray and offer some sacrifice for Pope Benedict.
- Monday, March 4: Point out to another his or her virtues.
- Tuesday, March 5: Fast from television or some other amusement.
- Wednesday, March 6: Console someone.
- Thursday, March 7: Do something kind for someone you love.
- Friday, March 8: Pray with special devotion to your patron (or favorite) saint.
- Monday, March 11: Clean up someone else's mess.
- Tuesday, March 12: Send a thank-you note to someone who has done something nice for you.
- Wednesday, March 13: Do something loving for someone who is sick.
- Thursday, March 14: Bear wrongs that you experience today patiently.
- Friday, March 15: Pray in a special way to the Blessed Virgin Mary.
- Monday, March 18: Give alms to a needy person or cause.
- Tuesday, March 19: Give comfort to someone who is suffering.
- Wednesday, March 20: Do something kind without seeking any reward.
- Thursday, March 21: Say "I'm sorry" to someone who is alienated from you.
- Friday, March 22: Pray for those who have died.
- Monday, March 25: Spend 15 minutes or more in total silence.
- Tuesday, March 26:Thank someone for being a blessing in your life.
- Wednesday, March 27: Pray with your family for the graces of Holy Week.