

UC's Lenten Challenge for 2019: Principles of Catholic Social Teaching (CST)

Ash Wednesday, March 6---Saturday, March 9:

Life and Dignity of the Human Person: CST Principle #1

We believe that human life is sacred. **Therefore, throughout Lent, we will be partnering with the Valerie Fund, an organization that supports children with cancer and blood diseases. We can make a difference in the quality of life for the child and their family by donating gift cards for gas, for meals, for movies, for whatever is needed by these families fighting to save their child's life.** Our donations will be a sign of the love and compassion that Jesus, and we as his disciples, have for those who suffer.

First Week of Lent, Sunday, March 10---Saturday, March 16:

Call to Family, Community, and Participation: CST Principle #2

We believe that human beings are social. We recognize that participating in family and community is essential to a healthy society and that it is our responsibility to work for the well-being of all—the common good. Make the world a better place by spreading God's love and mercy. **Do something unexpectedly kind for someone each day this week** (for ideas, see www.randomactsofkindness.org).

Second Week of Lent, Sunday, March 17—Saturday, March 23:

Rights and Responsibilities: CST Principle #3

We believe in what Jesus said: "Whatever you did for the least of my brothers and sisters, you did for me." We have a responsibility to treat others as we would like to be treated and to protect their human rights. We need to open our eyes to those around us who are hurting, either physically or emotionally. Disconnect and be present to others. **Reach out particularly to people in need of comfort or support. Pray for them daily.**

Third Week of Lent, Sunday, March 24—Saturday, March 30:

Option for the Poor and Vulnerable: CST Principle #4

We believe that the needs of the poor and vulnerable need to be put first. As Mahatma Gandhi has said, "the true measure of any society can be found in how it treats its most vulnerable members." This week we are called to examine our own consciences. Have we been concerned for our own good at the expense of others? **Apologize to someone whom you have hurt or whose needs you have neglected. Act to right the wrong.**

Fourth Week of Lent, Sunday, March 31—Saturday, April 6:

The Dignity of Work and the Rights of Workers: CST Principle #5

We believe that all workers have basic rights that need to be respected. Work is part of God's plan for us; it is a good thing. Work gives us an opportunity to use our God-given gifts and talents for His greater glory and for the common good. **Lighten someone else's load by learning and taking responsibility for a new chore or task. Work harder to become all that God is calling you to be in every area of your life.**

Fifth Week of Lent, Sunday, April 7—Saturday, April 13:

Solidarity: CST Principle #6

We are one human family. We believe, especially in today's global society, that we are our brothers' and sisters' keepers. We depend on one another and need to work together to promote peace. Make an effort each day to practice peace through your actions and words. **As St. Teresa of Calcutta (Mother Teresa) has said, do small things with great love, beginning at home** (for ideas, see <http://daymakermovement.com>).

Palm Sunday, April 14—Holy Saturday, April 20:

Care for God's Creation: CST Principle #7

We need to take care of all that God has created. We need to use what He has given us wisely. Pope Francis has noted that the destruction of the environment is having its worst impact on the poor and the vulnerable. He has stressed the need for "mercy towards our common home." **Do two things this week: 1) Find new ways to help the environment (walk or cycle instead of driving, choose to reuse, reduce food waste, etc.) 2) Pay attention to the beauty of God's creation all around you and offer a prayer of praise and thanksgiving in gratitude.**

Celebrate EASTER on Sunday, April 21, 2018:

Rejoice and be glad! As disciples of Jesus, we are called to spread the Good News and to continue His work on earth, especially through our pursuit of justice and peace. Amen.

