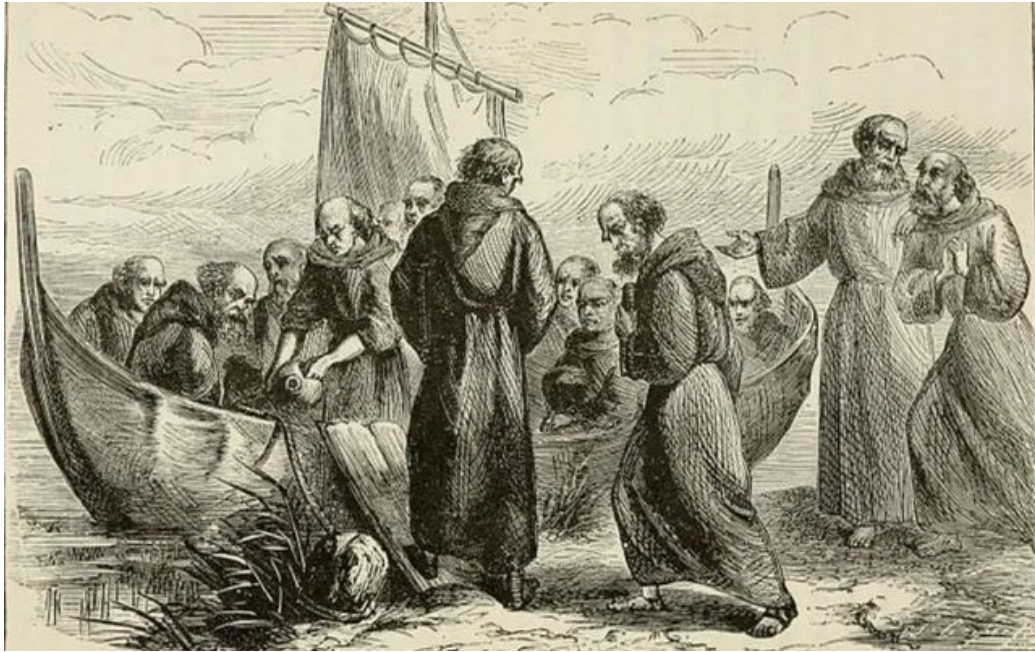


Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Devotional Prayer



The Prayer of Saint Brendan the Navigator - Irish Patron of Sailors

“Help me to journey beyond the familiar and into the unknown.
Give me the faith to leave old ways and break fresh aground with you.

Christ of the mysteries, I trust you to be stronger than each storm within me.

I will trust in the darkness and know that my times, even now, are in your hand.

Tune my spirit to the music of heaven and somehow make my obedience count for you.

Amen.

Saint Brendan the Navigator, Patron of Sailors **pray for us. ”**

“God, may my sacrifice today remind me of my dependence on you for all the blessings I enjoy.
Lord God, keep me strong to continue my Lenten sacrifice.

Amen.”

Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Faith

Bible

Complete Daily Readings

Prayer

Daily Rosary

Daily Devotional Prayer

Adoration, Confession or Stations of the Cross Weekly

Sacrifices

Food

Daily Fast until 3pm

No Meat Wednesday and Friday

No Processed Food

No Seed Oils

No Sugar

No Sweet Drinks

No Alcohol

No Purchasing Food (Groceries Exempt).

No eating out, No take-out, No Fast Food etc

Lifestyle

Exercise 5x Per Week

Daily Cold Plunge or Cold Shower

No Unnecessary Phone (Call and Text Only)

Read a Book Daily or Write

Canoe 1x Per Week (Or Outdoor Activity)

Schedule a Summer Overnight Canoe Trip

Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Week 1:

March 5 Ash Wednesday	March 6 Thursday	March 7 Friday	March 8 Saturday
Reading: Exodus 1 Tobit 1 Sirach 1-2 Observance: 24 Hour Fast No Meat Mass	Reading: Exodus 2 Tobit 2 Sirach 3-4	Reading: Exodus 3 Tobit 3 Sirach 5-6 Observance: No Meat	Reading: Exodus 4 Tobit 4 Sirach 7-8

Week 2:

March 9 Sunday	March 10 Monday	March 11 Tuesday	March 12 Wednesday	March 13 Thursday	March 14 Friday	March 15 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 5 Tobit 5 Sirach 9-10	Reading: Exodus 6 Tobit 6 Sirach 11-12	Reading: Exodus 7 Tobit 7 Sirach 13-14 Observance: No Meat	Reading: Exodus 8 Tobit 8 Sirach 15-16	Reading: Exodus 9 Tobit 9 Sirach 17-18 Observance: No Meat	Reading: Exodus 10 Tobit 10 Sirach 19-20

Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Week 3:

March 16 Sunday	March 17 Monday	March 18 Tuesday	March 19 Wednesday	March 20 Thursday	March 21 Friday	March 22 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 11 Tobit 11 Sirach 21-22	Reading: Exodus 12 Tobit 12 Sirach 23-24	Reading: Exodus 13 Tobit 13 Sirach 25-26 Observance: No Meat	Reading: Exodus 14 Tobit 14 Sirach 27-28	Reading: Exodus 15 Wisdom 1 Sirach 29-30 Observance: No Meat	Reading: Exodus 16 Wisdom 2 Sirach 31-32

Week 4:

March 23 Sunday	March 24 Monday	March 25 Tuesday	March 26 Wednesday	March 27 Thursday	March 28 Friday	March 29 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 17 Wisdom 3 Sirach 33-34	Reading: Exodus 18 Wisdom 4 Sirach 35-36	Reading: Exodus 19 Wisdom 5 Sirach 37-38 Observance: No Meat	Reading: Exodus 20 Wisdom 6 Sirach 39-40	Reading: Exodus 21 Wisdom 8 Sirach 41-42 Observance: No Meat	Reading: Exodus 22 Wisdom 9 Sirach 43-44

Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Week 5:

March 30 Sunday	March 31 Monday	April 1 Tuesday	April 2 Wednesday	April 3 Thursday	April 4 Friday	April 5 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 23 Wisdom 10 Sirach 45-46	Reading: Exodus 24 Wisdom 11 Sirach 47-48	Reading: Exodus 25 Wisdom 12 Sirach 49-50 Observance: No Meat	Reading: Exodus 26 Wisdom 13 Sirach 51	Reading: Exodus 27 Wisdom 14 Hosea 1 Observance: No Meat	Reading: Exodus 28 Wisdom 15 Hosea 2

Week 6:

April 6 Sunday	April 7 Monday	April 8 Tuesday	April 9 Wednesday	April 10 Thursday	April 11 Friday	April 12 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 29 Wisdom 16 Hosea 3	Reading: Exodus 30 Revelation 1-2 Hosea 4	Reading: Exodus 31 Revelation 3-4 Hosea 5 Observance: No Meat	Reading: Exodus 32 Revelation 5-6 Hosea 6	Reading: Exodus 33 Revelation 7-8 Hosea 7 Observance: No Meat	Reading: Exodus 34 Revelation 9-10 Hosea 8

Catholic Canoeists - Lenten Observance

Chupacabra Canoe

Week 7: Holy Week

Optional: Week of Black Fasting

“This is based in practice on the fasting done by the early Church and the Apostles. In practice, there are three criteria that make a fast a “black fast,” as the Encyclopedia identifies:

“In the first place, more than one meal was strictly prohibited. At this meal flesh meat, eggs, butter, cheese, and milk were interdicted (Gregory I, Decretals IV, cap. vi; Trullan Synod, Canon 56). Besides these restrictions, abstinence from wine, especially during Lent, was enjoined (Thomassin, *Traité des jeûnes de l'Église*, II, vii). Furthermore, during Holy Week the fare consisted of bread, salt, herbs, and water (Laymann, *Theologia Moralis*, Tr. VIII; *De observatione jejuniorum*, i). Finally, this meal was not allowed until sunset. St. Ambrose (*De Elia et jejuni*o, sermo vii, in Psalm CXVIII), St. Chrysostom (*Homil. iv in Genesim*), St. Basil (*Oratio i, De jejuni*o) furnish unequivocal testimony concerning the three characteristics of the black fast.”

Hence, a black fast is one that meets these criteria:

1. Only one meal a day;
2. Complete abstinence from all meat and animal products;
3. The one meal may only be consumed after sunset. ” (Fatima.Org)

Source: Fatima.org (<https://fatima.org/news-views/catholic-apologetics-186/>)

April 13 Sunday	April 14 Monday	April 15 Tuesday	April 16 Wednesday	April 17 Thursday	April 18 Good Friday	April 19 Saturday
Observance: Mass Celebrate the Lord's Day No Disciplines	Reading: Exodus 35 Revelation 11-12 Hosea 9 Optional: Black Fast	Reading: Exodus 36 Revelation 13-14 Hosea 10 Optional: Black Fast	Reading: Exodus 37 Revelation 15-16 Hosea 11 Observance: No Meat Optional: Black Fast	Reading: Exodus 38 Revelation 17-18 Hosea 12 Observance: Passover Meal (In lieu of Black Fast) Optional: Black Fast	Reading: Exodus 39 Revelation 19-20 Hosea 13 Observance: 24 Hour Fast No Meat Optional: Black Fast	Reading: Exodus 40 Revelation 21-22 Hosea 14 Observance: No Disciplines Optional: Black Fast

EASTER SUNDAY - APRIL 20