



St. Michael's Lent

St. Michael's Lent is a 40-day period of fasting and prayer, traditionally observed from August 15th to September 29th, concluding on the Feast of St. Michael the Archangel. It is a period of self-denial, often likened to a "mini-Lent," and is rooted in Franciscan tradition, particularly in the writings of St. Bonaventure and The Little Flowers of St. Francis.

St. Michael's Lent is a 40-day period of prayer and penance that begins on the Solemnity of the Assumption of the Blessed Virgin

Mary (August 15) and ends on the feast of the Holy Archangels: St. Michael, St. Gabriel and St. Raphael (September 29). This time of devotion is an opportunity for the faithful to renew their faith and grow in union with God. September 29, the Feast of the Archangels, is also known as Michaelmas (which combines "Michael" and "Mass") in certain countries, notably England and Ireland.

St. Michael's Lent has been kept alive by the Franciscans over the centuries, making it popular with lay people as well as religious. Despite not being part of the Church's official liturgical calendar, this devotion is a rich opportunity to immerse oneself in prayer and penance, as St. Francis did, in order to draw even closer to the Lord.

Observance and Practices:

Daily Prayer: Pray the Litany of St. Michael or other prayers dedicated to him, reflection on Scripture.

Penance: Choosing some kind of fast or choose something to give up to offer to God, such as waking up at dawn or abstaining from a specific food (like meat on Wednesdays and Fridays), and engaging in fraternity (meeting with others for support and accountability) are common practices.

Charity: Find a way to demonstrate love to those most in need in a concrete way, such as through the corporal works of mercy.

Examples: Feed the hungry, clothe the naked, visit the sick, and bury the dead.

Confession and Mass: Celebrate the Sacrament of Reconciliation and Holy Mass regularly in order to be open to God's graces.

Our Lady of the Assumption, pray for us!
St. Michael the Archangel, defend us in battle!



Join the **Hallow** Community Challenge

Starting August 12th!