













# FAMILY LENT CALENDAR

 = a day of fasting and abstinence from meat  
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| Sunday                                                                                                                                                                                                                                                                                                                                                   | Monday                                                                                                                                                                       | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                                                                          | Thursday                                                                                                                                     | Friday                                                                                                                                                                        | Saturday                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>“Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church’s liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer” (<i>Catechism of the Catholic Church</i>).</p> |                                                                                                                                                                              | February                                                                                                                                                     | <p>10 Ash Wednesday<br/>Take your family to the Ash Wednesday liturgy and wear the cross of ashes all day.</p>  | <p>11 Invent a new family prayer you can all say together each day.</p>                                                                      | <p>12 Prepare a meatless meal together. Review each child’s Lenten offering to be sure they are reasonable and sacrificial.</p>                                               | <p>13 Make a prayer chain. List 40 intentions on paper slips and link them together. Rip one off each evening as you pray for the intentions.</p>  |
| <p>14 Before Mass today, pick a saint depicted in one of the statues in your church and find out more about him or her during Lent.</p>                                                                                                                                 | <p>15 Decide on a family Lenten offering. Examples include: no desserts, attend daily Mass, pray a family Rosary each day.</p>                                               | <p>16 Place a crucifix or picture of Jesus in a central place to keep everyone focused on him.</p>                                                           | <p>17 Bury the Alleluia — write the word “Alleluia” on a scrap of paper and put it in a box until the end of Lent.</p>                                                                             | <p>18 Give up procrastinating today! Join together to do one task you have been putting off.</p>                                             | <p>19 Figure out how much you saved by avoiding meat today, and put that money in the poor box at church.</p>                                                                 | <p>20 Join together to make a sacrificial offering today, such as doing a extra chore without being asked or preparing a snack for someone else.</p>                                                                                  |
| <p>21 Light a candle in church today for a loved one who died. Spend a few moments in prayer on his or her behalf.</p>                                                                                                                                                   | <p>22 Participate in the Operation Rice Bowl, or make an almsgiving box and fill it with your loose change during Lent. Donate it at Easter Mass.</p>                        | <p>23 Think of someone you don’t like and say three nice things about him or her.</p>                                                                        | <p>24 Serve or make pretzels today as a reminder that Catholics used to give up milk, butter, eggs, cheese, cream, and meat.</p>                                                                   | <p>25 Ask each person to share a game, toy, or treat with someone else in your home.</p>                                                     | <p>26 Learn and pray the Chaplet of the Divine Mercy. It can be said on regular rosary beads. Find it here: <a href="http://ow.ly/XC69k">http://ow.ly/XC69k</a></p>           | <p>27 Get up 15 minutes earlier than usual today and pray together as a family.</p>                                                                |
| <p>28 After Mass, reread today’s Gospel reading and have each family member explain something he or she found interesting.</p>                                                                                                                                                                                                                           | <p>29 Choose a public figure featured in the news and pray for him or her at dinner tonight and the rest of the week.</p>                                                    | <p>1 March<br/>Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug.</p>    | <p>2 Sing a Lenten hymn together as a family. Have a singing contest, if you want.</p>                          | <p>3 Give up a favorite toy or treat just for today.</p>                                                                                     | <p>4 Turn off the television and say a family Rosary instead.</p>                                                                                                             | <p>5 Make up a box for a needy family or homeless shelter. Put canned goods, warm clothes in good condition, toiletries, and toys in it.</p>                                                                                          |
| <p>6 In honor of Laetare Sunday, go out for a celebratory meal after Mass.</p>                                                                                                                                                                                                                                                                           | <p>7 At this half-way point, refresh your commitment to your family Lenten offering.</p>  | <p>8 Try to go the whole day without complaining. Instead, say kind, encouraging things to each other.</p>                                                   | <p>9 Drink only water today. Pray for those who don’t have access to clean drinking water.</p>                                                                                                     | <p>10 Talk about the difference between mortal and venial sin. Prepare anyone who is eligible to attend the Sacrament of Reconciliation.</p> | <p>11 Forgive someone who hurt you today.</p>                                            | <p>12 Go to Confession or attend a parish Reconciliation service. Go out afterwards to celebrate forgiveness.</p>                                                                                                                     |
| <p>13 Make an Easter basket for a neighbor. Fill it with your favorite treats and include a prayer card. Beware of any food allergies.</p>                                                                                                                                                                                                               | <p>14 As a family, visit someone who is sick.</p>                                                                                                                            | <p>15 If the weather is nice, take a family walk. Look for signs of new life.</p>                                                                            | <p>16 Encourage all family members to refrain from bickering over small matters and offer their silence to Jesus.</p>                                                                              | <p>17 Today, go on a phone and TV fast, except for work or homework.</p>                                                                     | <p>18 As you sit down to your meatless meals today, pray for the people in the world who can’t afford meat in their diets.</p>                                                | <p>19 Give the house another good cleaning and put any final donations into the box you set up. As a family, deliver the box to its destination.</p>                                                                                  |
| <p>20 Palm Sunday. Reread the story of Palm Sunday and have a Palm Sunday procession around the house.</p>                                                                                                                                                            | <p>21 Send a card to someone who might need cheering.</p>                                                                                                                    | <p>22 Say a short prayer before each cross or crucifix in your home.</p>  | <p>23 Ask each family member to write a letter to Jesus telling him what his sacrifice on the Cross means for him or her.</p>                                                                      | <p>24 Holy Thursday. Read the story of the Last Supper at dinner—either from Scripture or a children’s version and discuss.</p>              | <p>25 Attend a Stations of the Cross service if your parish offers one. If not, you can find them on the USCCB website: <a href="http://www.usccb.org">www.usccb.org</a>.</p> | <p>26 Holy Saturday. Pray for those who will become members of the Catholic Church at tonight’s Vigil Mass. Renew your own baptismal vows.</p>                                                                                        |