










# Family Lent Calendar 2018

 = a day of abstinence from meat

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|--|---|---|---|--|
| <b>February</b>  |  |  | <b>14</b> <i>Ash Wednesday</i><br>Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day.  | <b>15</b><br>Decide on a family Lenten offering. Examples include: no desserts, attend daily Mass, pray a family Rosary each day, etc.                      | <b>16</b> <br>Share a meatless meal and review each child's Lenten offering to be sure they are reasonable and sacrificial.                                | <b>17</b> Hot Cross buns are a traditional Lenten treat. Defrost frozen bread dough and shape into rolls. After baking, put icing crosses on buns and enjoy! |
| <b>18</b><br>Pick a saint depicted in one of the statues in your church and learn about him or her. Ask the saint to pray for your family during Lent. | <b>19</b><br>Place a crucifix or picture of Jesus in a central place to keep the focus on him.   | <b>20</b><br>Contact Catholic Relief Services (877-HELP-CRS, <a href="http://catholicrelief.org">catholicrelief.org</a> ) to see how you can help any of their ongoing projects. | <b>21</b><br>Today, practice being peacemakers. Instead of bickering, choose not to be offended and move on to something else.  | <b>22</b><br>Give up procrastinating today! Join together to do one task you have been putting off.   | <b>23</b> <br>Adopt a priest or member of a religious order in your diocese and pray for them every day of Lent.   | <b>24</b><br>Turn off the television, unplug the computers, and take the phone off the hook for a half hour to pray a family Rosary.                         |
| <b>25</b><br>After Mass today, explain the Gospel and homily in terms your children can understand.  | <b>26</b><br>Choose a someone featured in the news today and pray for him or her at dinner tonight and for the rest of the week.             | <b>27</b><br>Participate in Operation Rice Bowl, or fill a jar with your loose change during Lent. Donate it at Easter Mass.   | <b>28</b><br>Forgive someone who hurt you today. Ask forgiveness of anyone you may have offended.   | <b>1 March</b><br>Put a jellybean in a jar every time someone performs a good deed. Share the candy at Easter!  | <b>2</b> <br>Serve pretzels as a reminder of when Catholics used to give up milk, butter, eggs, cheese, cream, and meat for Lent.                          | <b>3</b><br>Make up a box for a needy family or homeless shelter. Fill it with canned goods, warm clothes in good condition, toiletries, and toys.           |
| <b>4</b><br>Light a candle in church today for someone who has passed away or who needs special help.  | <b>5</b><br>Pray for the victims of natural disasters all over the world.  | <b>6</b><br>Lent is a stressful time for priests. Make cards to express your gratitude for their work and mail them to your priests.   | <b>7</b><br>Review your Lenten offerings and refresh your commitment to them.   | <b>8</b><br>Give up a favorite toy or treat, just for today.  | <b>9</b> <br>Pray the Chaplet of Divine Mercy. It can be said on regular rosary beads. Find it here: <a href="http://ow.ly/XC69k">http://ow.ly/XC69k</a> . | <b>10</b><br>Go to Confession as a family. Go out afterwards for a treat to celebrate God's forgiveness.   |
| <b>11</b> <i>Laetare Sunday</i><br>Today, have a special meal to celebrate the halfway point of Lent.  | <b>12</b><br>Plan how each of you can show kindness or compassion to someone else tomorrow.  | <b>13</b><br>Sing a Lenten hymn together as a family. Have a singing contest, if you want.   | <b>14</b><br>Today, only say kind, encouraging things to each other.  | <b>15</b><br>Make cookies and bring them to a nursing home nearby.  | <b>16</b> <br>Go on a screen fast (from recreational use) from noon to 3, in memory of the three hours Jesus hung on the cross.                          | <b>17</b><br>St. Patrick was influential in spreading the faith in Ireland. In his honor, pray for Catholic missions in other countries at dinner tonight.   |
| <b>18</b><br>After Mass, have everyone talk about two things they learned about or found interesting from the Gospel or homily.                        | <b>19</b><br>St. Joseph is the patron of families, fathers, and travelers. Ask for his intercession for all who will be traveling on Easter. | <b>20</b><br>Think of someone you don't like and say three nice things about him or her.   | <b>21</b><br>Using colored markers, decorate tracing paper with Easter symbols. Hang them in front of windows to let the light shine through.   | <b>22</b><br>Prepare anyone who is eligible for Confession to make an examination of Conscience, using the Ten Commandments and eight Beatitudes as guides. | <b>23</b> <br>Figure out how much you saved by avoiding meat today, and put that money in the poor box at church.  | <b>24</b><br>Place any final donations in the box you set up on March 3rd. Make a family trip to deliver it to its destination.                              |
| <b>25</b><br>Use your Palm Sunday palms to make crosses to place in the rooms in the house you use the most.   | <b>26</b><br>Tonight and every night this week, pray for the catechumens coming into the Church at the Easter Vigil.                         | <b>27</b><br>Make an Easter basket for a neighbor. Fill it with your favorite treats and include a prayer card and a rosary, if appropriate. Beware of any food allergies.       | <b>28</b><br>Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.   | <b>29</b> <i>Holy Thursday</i><br>Read the story of the Last Supper at dinner—either from Scripture or a children's version and discuss.                    | <b>30</b> <i>Good Friday</i> <br>Pray the Stations of the Cross as a family today, and meditate on each one.   | <b>31</b> <i>Holy Saturday</i><br>Color Easter eggs as a symbol of the new life we receive in Christ.  |