


# Family Lent Calendar

 = a day of abstinence from meat

 = a day of fasting and abstinence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> After Mass today, explain the Gospel and the homily in terms your children can understand.</p> <p><b>21</b> Before Mass today, pick a saint represented in one of the statues in your church and find out more about him or her during Lent.</p> <p><b>7</b> Light a candle in church today for someone who passed away or who needs special help.</p> <p><b>14 Laetare Sunday</b> Have a special meal at home (or get takeout) to celebrate the half-way point through Lent.</p> <p><b>21</b> After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith.</p> <p><b>28</b> Have a Palm Sunday procession around the house and take turns playing Jesus.</p>	<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 fasting and praying" (<i>Catechism of the Catholic Church</i>).</p> <p><b>22</b> Contact Catholic Charities (703-549-1390, <a href="http://www.catholiccharitiesusa.org/">www.catholiccharitiesusa.org/</a>) to see how you can help those suffering most in the pandemic.</p> <p><b>1</b> Collect stuffed animals or soft pillows, wash them well, and bring them to a local nursing home. Older folks love soft things to hug.</p> <p><b>8</b> Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.</p> <p><b>15</b> Pick a friend or neighbor and perform an anonymous good deed for him or her.</p> <p><b>22</b> Pray for the victims of the pandemic.</p> <p><b>29</b> Take a walk outside and look for signs of new life.</p>	<p>Invent a new family prayer you can say together each day.</p> <p><b>2</b> Ask each person to share a game, toy, or treat with someone else in your home.</p> <p><b>9</b> Make cookies and share them after dinner tonight.</p> <p><b>16</b> Encourage all family members to refrain from bickering today.</p> <p><b>23</b> Send a card to someone who might need cheering today.</p> <p><b>30</b> Forgive someone who hurt you today.</p>	<p>February</p> <p><b>17</b> If you are comfortable, take your family to the Ash Wednesday liturgy and wear ashes all day.</p> <p><b>24</b> Take stock of how your Lenten fasts are going, and refresh your commitment to them.</p> <p><b>3</b> Plan how each of you can show kindness or compassion to someone else tomorrow.</p> <p><b>10</b> Encourage each family member to perform an examination of conscience.</p> <p><b>17</b> Say a short prayer before each cross or crucifix in your home.</p> <p><b>24</b> Give up a favorite toy or treat just for today.</p> <p><b>31</b> Get up 15 minutes earlier than usual today and pray as a family.</p>	<p>Tape a drawing of a vase on the fridge and label it, "Lent." Each day draw a flower in the vase and watch Lent blossom.</p> <p><b>18</b> Before eating your family meal together, ask each person to say a spontaneous prayer.</p> <p><b>4</b> Think of someone you don't like and say three nice things about him or her.</p> <p><b>11</b> Place a crucifix or picture of Jesus in a central place to keep the focus on him.</p> <p><b>18</b> Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.</p> <p><b>25</b> Pray for someone who is sick and can't leave home.</p> <p><b>1</b> April Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p>	<p>Share a meatless family meal. Discuss your Lenten offerings to be sure all are doable and sacrificial.</p> <p><b>19</b> Figure out how much your family saved by not eating meat today, and put that money in the poor box at church.</p> <p><b>5</b> Every time a good deed is done, put a jelly bean in a jar. Share the jelly beans at Easter!</p> <p><b>12</b> Serve pretzels as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.</p> <p><b>19</b> Place any final donations in the box you set up. Make a family trip to deliver it to its destination.</p> <p><b>2</b> Play the Stations of the Cross today, and meditate on each one.</p>	<p>Choose a family Lenten offering, such as giving up desserts, attending or streaming daily Mass, or praying a family Rosary regularly.</p> <p><b>20</b> Turn off the television, unplug the computers, and take the phone off the hook for a half hour to pray a family Rosary.</p> <p><b>6</b> At bedtime say, "Let's turn our hearts to God and think of him." Sit in silence together for a few minutes.</p> <p><b>13</b> Ask each person to make a sacrificial offering, such as doing an extra chore without being asked.</p> <p><b>20</b> Make simple crosses out of construction paper. Write on them, "He died for me," and post them all over the house.</p> <p><b>27</b> If you feel comfortable, go to Confession or attend a Reconciliation Service. Then eat an ice cream afterwards to celebrate forgiveness.</p> <p><b>3</b> Dress up a doll in a white garment and talk about the Baptismal vows we renew each year.</p>