

# LENTEN FAMILY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>First Sunday of Lent</b> Attend Mass often. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.</p>	<p>Pray with your family at mealtime. Make a point of praying for people in need.</p>	<p>At bedtime, pray for people who are homeless and sleeping on the streets tonight.</p>	<p><b>Ash Wednesday</b> Attend an Ash Wednesday Mass or prayer service today.</p> <p>Be more courteous in your attitude, words, and deeds.</p>	<p>As a family, research and select a charity that you will support during Lent.</p> <p>Make a list of ten things you are grateful for in your life.</p>	<p>Fast from taking second helpings at meals.</p> <p>Fast from criticizing others aloud or silently in your mind. Seek to understand instead.</p>	<p>Take over a disliked chore for a family member.</p> <p>Pray while creating a piece of artwork. Do something creative, and do so for the glory of God.</p>
<p><b>Second Sunday of Lent</b> Forego a favorite TV program for a week.</p>	<p>Go through your closets and donate usable clothing and household goods to a local charity.</p>	<p>Pay attention to someone you are tempted to brush aside.</p>	<p>Fast from gossip.</p>	<p>Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.</p>	<p>Fast from e-mail, text messaging, or both for a day.</p>	<p>Speak less and listen more. Give others the gift of your undivided attention.</p>
<p><b>Third Sunday of Lent</b> Pray while you go for a walk.</p>	<p>Fast from overscheduling your time. Leave some time to simply be.</p>	<p>Curtail your extra spending and donate what you save to your chosen charity.</p>	<p>At the end of the day, take time to thank God for all the graces you received during the day.</p>	<p>Pray the Rosary or other traditional prayers of the Church. Realize that you are joining your voice to millions of others who have prayed these prayers through the years.</p>	<p>Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.</p>	<p>While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.</p>

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<p><b>Fourth Sunday of Lent</b> During prayer, picture yourself meeting Jesus in a scene from the Gospels. Imagine your reaction and response.</p>	<p>Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.</p>	<p>Fast from eating food mindlessly, that is, from not even bothering to taste it.</p>	<p>Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.</p>	<p>Invite a widowed neighbor to join your family for a meal.</p>	<p>Fast from worrying. Trust God instead.</p>	<p>Plant a tree that will benefit future generations.</p>
<p><b>Fifth Sunday of Lent</b> Pray for the willingness to seek forgiveness from people you have hurt.</p>	<p>Fast from light. Sit by the light of one candle in your home. Remember that Jesus has called you to be a light for the world.</p>	<p>Make a prayer out of performing a loving action for others. For example, when you take out the garbage or help your child with homework, do it mindfully.</p>	<p>Pick a day when you fast from using electronic appliances.</p>	<p>When you see or hear a news story about someone in trouble, pray for the person as a family.</p>	<p>Fast from hitting the snooze alarm. Get up and use the extra time for prayer.</p>	<p>At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.</p>
<p><b>Palm Sunday of the Lord's Passion</b> Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.</p>	<p><b>Monday of Holy Week</b> Volunteer for a parish program that helps those in need.</p>	<p><b>Tuesday of Holy Week</b> Let a favorite hymn run through your mind as a prayer.</p>	<p><b>Wednesday of Holy Week</b> Fast from comparing yourself to others. We are all one in God.</p>	<p><b>Holy Thursday</b> Recognize your own needs and give them their due. Allow others to help you from time to time.</p>	<p><b>Good Friday of the Lord's Passion</b> Fast from complaining. Notice how often you are tempted to complain!</p>	<p><b>Holy Saturday</b> Be mindful of all that God has done for you.</p>
<p><b>The Resurrection of the Lord</b> Celebrate Easter!</p>						<p><i>Notes and Reflections...</i></p>