

LENTEN FAMILY CALENDAR



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

First Sunday of Lent

Attend Mass often. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.

Pray with your family at mealtime. Make a point of praying for people in need.

At bedtime, pray for people who are homeless and sleeping on the streets tonight.

Ash Wednesday

Attend an Ash Wednesday Mass or prayer service today.

Be more courteous in your attitude, words, and deeds.

Make a list of ten things you are grateful for in your life.

As a family, research and select a charity that you will support during Lent.

Fast from taking second helpings at meals.

Take over a disliked chore for a family member.

Second Sunday of Lent

Forego a favorite TV program for a week.

Go through your closets and donate usable clothing and household goods to a local charity.

Pay attention to someone you are tempted to brush aside.

Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.

Fast from e-mail, text messaging, or both for a day.

Speak less and listen more. Give others the gift of your undivided attention.

Third Sunday of Lent

Pray while you go for a walk.

Fast from overscheduling your time. Leave some time to simply be.

Curtail your extra spending and donate what you save to your chosen charity.

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.

Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.

While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.

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Fourth Sunday of Lent

During prayer, picture yourself meeting Jesus in a scene from the Gospels. Imagine your reaction and response.

Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.

Fast from eating food mindlessly, that is, from not even bothering to taste it.

Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.

Invite a widowed neighbor to join your family for a meal.

Fast from worrying. Trust God instead.

Plant a tree that will benefit future generations.

Fifth Sunday of Lent

Pray for the willingness to seek forgiveness from people you have hurt.

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.

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.

Pick a day when you fast from using electronic appliances.

When you see or hear a news story about someone in trouble, pray for the person as a family.

Fast from hitting the snooze alarm. Get up and use the extra time for prayer.

At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.

Palm Sunday of the Lord's Passion

Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.

Monday of Holy Week

Volunteer for a parish program that helps those in need.

Tuesday of Holy Week

Let a favorite hymn run through your mind as a prayer.

Wednesday of Holy Week

Fast from comparing yourself to others. We are all one in God.

Holy Thursday

Recognize your own needs and give them their due. Allow others to help you from time to time.

Good Friday of the Lord's Passion

Fast from complaining. Notice how often you are tempted to complain!

Holy Saturday

Be mindful of all that God has done for you.

The Resurrection of the Lord
Celebrate Easter!

Notes and Reflections...