

Family Lent Calendar 2018

 = a day of abstinence from meat

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