










Family Lent Calendar 2018

 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February “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>).			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.