










# Family Lent Calendar 2018

 = a day of abstinence from meat

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