

 = a day of fasting and abstinence from meat  
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# Family Lent Calendar 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March</b>			<b>6</b> <i>Ash Wednesday</i> Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day. 	<b>7</b> Choose a family Lenten offering, such as giving up desserts, attending daily Mass, or praying a family Rosary regularly.	<b>8</b>  Share a meatless family meal. Discuss your Lenten offerings to be sure all are doable and sacrificial.	<b>9</b> Tape a drawing of a vase on the fridge and label it, "Lent." Each day draw a flower in the vase and watch Lent blossom.
<b>10</b> After Mass today, explain the Gospel and the homily in terms your children can understand.	<b>11</b> Place a crucifix or picture of Jesus in a central place to keep the focus on him.	<b>12</b> Invent a new family prayer you can say together each day.	<b>13</b> Forgive someone who hurt you today.	<b>14</b> Think of someone you don't like and say three nice things about him or her.	<b>15</b>  Pray for the people in the world who can't afford to have meat as a regular part of their diets.	<b>16</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>17</b> <i>St. Patrick of Ireland</i> St. Patrick evangelized Ireland. In his honor, pray for Catholic missions in other countries at dinner tonight.	<b>18</b> Plan how each of you can show kindness or compassion to someone else tomorrow.	<b>19</b> Give up a favorite toy or treat just for today.	<b>20</b> Pray for victims of violence and war in the world.	<b>21</b> Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.	<b>22</b>  Figure out how much your family saved by not eating meat today, and put that money in the poor box at church.	<b>23</b> At bedtime say, "Let's turn our hearts to God and think of him." Sit in silence together for a few minutes.
<b>24</b> Light a candle in church today for someone who passed away or who needs special help.	<b>25</b> Before eating your family meal together, ask each person to say a spontaneous prayer.	<b>26</b> Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug.	<b>27</b> Take stock of how your Lenten fasts are going, and refresh your commitment to them.	<b>28</b> Say a short prayer before each cross or crucifix in your home.	<b>29</b>  Whenever someone does a good deed, put a jelly bean in a jar. Share the jelly beans at Easter!	<b>30</b> Ask each person to make a sacrificial offering, such as doing an extra chore without being asked.
<b>31</b> <i>Laetare Sunday</i> Have a special meal at home or a restaurant to celebrate the half-way point through Lent.	<b>1 April</b> Send a card to someone who might need cheering today.	<b>2</b> Ask each person to share a game, toy, or treat with someone else in your home.	<b>3</b> Make cookies and bring them to a nearby nursing home.	<b>4</b> Encourage all family members to refrain from bickering today.	<b>5</b>  Serve pretzels as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.	<b>6</b> Make simple crosses out of construction paper. Write on them, "He died for me," and post them around your home.
<b>7</b> After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith.	<b>8</b> Get up 15 minutes earlier than usual today and pray as a family.	<b>9</b> Encourage each family member to perform an examination of conscience.	<b>10</b> Pick a friend or neighbor and perform an anonymous good deed for him or her.	<b>11</b> Contact Catholic Relief Services (877-HELP-CRS, <a href="http://www.catholicrelief.org">www.catholicrelief.org</a> ) to see how you can help any of their ongoing projects.	<b>12</b>  Place any final donations in the box you set up. Make a family trip to deliver it to its destination.	<b>13</b> Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness.
<b>14</b> <i>Palm Sunday</i> Have a Palm Sunday procession around the house and take turns playing Jesus.	<b>15</b> Visit someone who is sick and can't leave home.	<b>16</b> Take a walk outside and look for signs of new life.	<b>17</b> Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.	<b>18</b> <i>Holy Thursday</i> Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.	<b>19</b> <i>Good Friday</i> Pray the Stations of the Cross today, and meditate on each one. 	<b>20</b> <i>Holy Saturday</i> Dress a doll in a white garment and talk about the Baptismal vows we renew each year.