








 = a day of fasting and abstinence  
 = a day of abstinence from meat

# 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> Decide on a family Lenten offering. Examples include: no desserts, attending daily Mass, praying a family Rosary daily.	<b>8</b>  Share a meatless meal and review each child's Lenten offering to be sure they are reasonable and age-appropriate.	<b>9</b> <i>St. Frances of Rome</i> St. Frances used her wealth to help the poor. Use an Operation Rice Bowl or fill a jar with change during Lent. Donate it at Easter Mass.
<b>10</b> Pay close attention for something during Mass that you haven't noticed before.	<b>11</b> As a family, adopt a priest or member of a religious order in your diocese and pray for him or her every day during Lent.	<b>12</b> Place a crucifix or picture of Jesus in a central place to keep the focus on him each day.	<b>13</b> Contact Catholic Relief Services (877-HELP-CRS, catholicrelief.org) to see how you can help any of their ongoing projects.	<b>14</b> Put a jelly bean (or candy of your choice) into a jar every time someone performs a good deed. Share together at Easter.	<b>15</b>  Avoid bickering. Try to find peaceful, constructive ways to resolve disagreements instead.	<b>16</b> Set up a family altar using a crucifix, a candle, and a Bible. Include statues of favorite saints and pictures of loved ones for whom you want to pray.
<b>17</b> <i>St. Patrick of Ireland</i> St. Patrick was influential in spreading the faith in Ireland. In his honor, pray for Catholic missions at dinner.	<b>18</b> Forgive someone who hurt you today. Ask forgiveness of anyone you may have offended—even if you didn't mean to offend him or her.	<b>19</b> <i>Solemnity of St. Joseph</i> St. Joseph is the patron of families, fathers, and travelers. Pray for families who are struggling.	<b>20</b> Resolve to only use kind, encouraging words with each other today.	<b>21</b> Serve pretzels – a traditional Lenten food. The crossed arms of the pretzel symbolize arms crossed in prayer.	<b>22</b>  Pray the Chaplet of Divine Mercy together. It can be said on regular rosary beads. Find it here: <a href="http://ow.ly/XC69k">http://ow.ly/XC69k</a> .	<b>23</b> Fill a box for a needy family or homeless shelter. Include canned goods, warm clothes in good condition, toiletries, and toys.
<b>24</b> Light a candle in church today for someone who has passed away or who needs special help.	<b>25</b> <i>The Annunciation</i> Read about the Annunciation together (Luke 1:26-38) and talk about ways you can say "Yes" to God this week.	<b>26</b> Ask each person to share a game, toy, or treat with someone else in your home.	<b>27</b> Review your Lenten offerings and refresh your commitment to them.	<b>28</b> Prepare for Confession by making an examination of conscience, with the Ten Commandments and the Eight Beatitudes as guides.	<b>29</b>  Figure out how much you saved not eating meat today and put that money into the poor box at church on Sunday.	<b>30</b> Go to Confession as a family. Go out afterwards for a treat to celebrate God's forgiveness.
<b>31</b> <i>Laetare Sunday</i> Today, have a special meal to celebrate the halfway point of Lent.	<b>1</b> <b>April</b> Choose someone featured in the news today and pray for him or her at dinner tonight and for the rest of the week.	<b>2</b> Pick a friend or neighbor and perform an anonymous good deed for him or her.	<b>3</b> Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home.	<b>4</b> Think of someone you don't like and say three nice things about him or her.	<b>5</b>  <i>St. Vincent Ferrer</i> In honor of St. Vincent, make and mail cards to express your gratitude for the work of your priests.	<b>6</b> Hot cross buns are a traditional Lenten treat. Defrost frozen bread dough and shape into rolls. After baking, put icing crosses on them and enjoy!
<b>7</b> Ask each family member to name something they learned or found interesting from the Gospel or homily at Mass.	<b>8</b> Make Easter "sun-catchers." Decorate tracing paper with Easter symbols using colored markers. Hang them in the windows.	<b>9</b> Go for a walk together and look for signs of new life.	<b>10</b> Make an Easter basket for a friend. Fill it with favorite treats, a prayer card and a Rosary.	<b>11</b> <i>St. Stanislaus</i> St. Stanislaus died as a martyr for his faith. In his honor, pray for Christians suffering for the faith around the world.	<b>12</b>  Go on a electronics fast from 12:00pm to 3:00pm, in memory of the three hours Jesus hung on the Cross.	<b>13</b> Place any final donations into the box you set up on March 23rd. Make a family trip to deliver it to its destination.
<b>14</b> <i>Palm Sunday</i> Use your Palm Sunday palms to make crosses to place in the rooms in the house you use the most.	<b>15</b> Tonight and every night this week, pray for the catechumens coming into the Church at the Easter Vigil.	<b>16</b> Make Triduum Tri-folds. Fold a sheet of paper into thirds (one for each holy day). On each fold, draw symbols representing the Last Supper, Good Friday, and Holy Saturday.	<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> Read the story of the Last Supper at dinner – either from Scripture or a children's version – and discuss.	<b>19</b> <i>Good Friday</i>  Pray the Stations of the Cross as a family today and meditate on each one.	<b>20</b> <i>Holy Saturday</i> Color Easter eggs as a symbol of the new life we receive in Christ.