

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

Family Lent Calendar 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March			6 <i>Ash Wednesday</i> Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day. 	7 Decide on a family Lenten offering. Examples include: no desserts, attending daily Mass, praying a family Rosary daily.	8  Share a meatless meal and review each child's Lenten offering to be sure they are reasonable and age-appropriate.	9 <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.
10 Pay close attention for something during Mass that you haven't noticed before.	11 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.	12 Place a crucifix or picture of Jesus in a central place to keep the focus on him each day.	13 Contact Catholic Relief Services (877-HELP-CRS, catholicrelief.org) to see how you can help any of their ongoing projects.	14 Put a jelly bean (or candy of your choice) into a jar every time someone performs a good deed. Share together at Easter.	15  Avoid bickering. Try to find peaceful, constructive ways to resolve disagreements instead.	16 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.
17 <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.	18 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.	19 <i>Solemnity of St. Joseph</i> St. Joseph is the patron of families, fathers, and travelers. Pray for families who are struggling.	20 Resolve to only use kind, encouraging words with each other today.	21 Serve pretzels – a traditional Lenten food. The crossed arms of the pretzel symbolize arms crossed in prayer.	22  Pray the Chaplet of Divine Mercy together. It can be said on regular rosary beads. Find it here: http://ow.ly/XC69k .	23 Fill a box for a needy family or homeless shelter. Include canned goods, warm clothes in good condition, toiletries, and toys.
24 Light a candle in church today for someone who has passed away or who needs special help.	25 <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.	26 Ask each person to share a game, toy, or treat with someone else in your home.	27 Review your Lenten offerings and refresh your commitment to them.	28 Prepare for Confession by making an examination of conscience, with the Ten Commandments and the Eight Beatitudes as guides.	29  Figure out how much you saved not eating meat today and put that money into the poor box at church on Sunday.	30 Go to Confession as a family. Go out afterwards for a treat to celebrate God's forgiveness.
31 <i>Laetare Sunday</i> Today, have a special meal to celebrate the halfway point of Lent.	1 April Choose someone featured in the news today and pray for him or her at dinner tonight and for the rest of the week.	2 Pick a friend or neighbor and perform an anonymous good deed for him or her.	3 Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home.	4 Think of someone you don't like and say three nice things about him or her.	5  <i>St. Vincent Ferrer</i> In honor of St. Vincent, make and mail cards to express your gratitude for the work of your priests.	6 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!
7 Ask each family member to name something they learned or found interesting from the Gospel or homily at Mass.	8 Make Easter "sun-catchers." Decorate tracing paper with Easter symbols using colored markers. Hang them in the windows.	9 Go for a walk together and look for signs of new life.	10 Make an Easter basket for a friend. Fill it with favorite treats, a prayer card and a Rosary.	11 <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.	12  Go on a electronics fast from 12:00pm to 3:00pm, in memory of the three hours Jesus hung on the Cross.	13 Place any final donations into the box you set up on March 23rd. Make a family trip to deliver it to its destination.
14 <i>Palm Sunday</i> Use your Palm Sunday palms to make crosses to place in the rooms in the house you use the most.	15 Tonight and every night this week, pray for the catechumens coming into the Church at the Easter Vigil.	16 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.	17 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.	18 <i>Holy Thursday</i> Read the story of the Last Supper at dinner – either from Scripture or a children's version – and discuss.	19 <i>Good Friday</i>  Pray the Stations of the Cross as a family today and meditate on each one.	20 <i>Holy Saturday</i> Color Easter eggs as a symbol of the new life we receive in Christ.