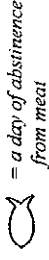


Family Lent Calendar 2018



= a day of abstinence from meat

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