



2009 Family Lent Calendar

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" (Catechism of the Catholic Church).</p>	<p>February</p>	<p>Ash Wednesday</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>1 March After Mass, explain the Gospel and the homily in terms your children can understand.</p>	<p>2 Pray for the victims of natural disasters who are still struggling to recover.</p>	<p>3 Invent a new family prayer you can say together each day.</p>	<p>4 Assess how your Lenten fasts are going and refresh your commitment to them.</p>	<p>5 Before eating your family meal together, ask each person to say a spontaneous prayer.</p>	<p>6 Pray for the people in the world who can't afford to eat meat every day.</p>	<p>7 Turn off the television, unplug the computers, and take the phone off the hook for a half-hour to pray as a family.</p>
<p>8 Before Mass today, pick a saint from the statues or stained glass windows in your church and learn more about him or her during Lent.</p>	<p>9 Collect stuffed animals or pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug.</p>	<p>10 Ask each person to share a game, toy, or treat with someone else in your home today.</p>	<p>11 Plan how each of you can show kindness or compassion to someone outside the family tomorrow.</p>	<p>12 Think of someone you don't like and write down three nice things about him or her.</p>	<p>13 Figure out how much your family saved by not eating meat today. Put that money in the poor box at church.</p>	<p>14 At bedtime, ask your family to turn their hearts to God and think of him. Sit in silence together for a few minutes.</p>
<p>15 Light a candle in church today for someone who passed away recently or who needs special help from God.</p>	<p>16 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.</p>	<p>17 Make cookies together and bring them to a nearby nursing home.</p>	<p>18 Perform an examination of conscience. Demonstrate for small children.</p>	<p>19 Place a crucifix or picture of Jesus in a central place in your home to keep the focus on him.</p>	<p>20 Every time a good deed is done until Easter, put a jelly bean in a jar on a kitchen counter. Share the candy on Easter.</p>	<p>21 Encourage each person to make a sacrificial offering, such as doing an extra chore without being asked.</p>
<p>22 Laetare Sunday Have a special meal today to celebrate the half-way point through Lent.</p>	<p>23 Pick a friend or neighbor and perform an anonymous good deed for him or her.</p>	<p>24 Promise to refrain from bickering today and offer the silence to Jesus.</p>	<p>25</p>	<p>26 Make up a box for a needy family or homeless shelter. Put canned goods, toiletries, and gently used clothing in it.</p>	<p>27 Eat pretzels today as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.</p>	<p>28 Make crosses out of construction paper. Write on them, "He died for me." Post them all over the house.</p>
<p>29 After Mass, light a candle and recite the Apostle's Creed as an affirmation of faith.</p>	<p>30 Call Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help.</p>	<p>31 Send a card to someone who might need cheering.</p>	<p>1 April</p>	<p>2 Visit or call someone who is sick and can't leave home.</p>	<p>3 Place any final donations in the donation box you set up. Make a family trip to deliver it.</p>	<p>4 Go to Confession or attend a Reconciliation Service. Then go out for ice cream afterwards to celebrate forgiveness.</p>
<p>5 Have a Palm Sunday procession around the house and take turns playing Jesus.</p>	<p>6 Take a walk outside and look for signs of new life.</p>	<p>7 Forgive someone who hurt you today.</p>	<p>8 Get up 15 minutes earlier than usual today and pray together as a family.</p>	<p>9 Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p>	<p>10 Play the Stations of the Cross today, and meditate on each one.</p>	<p>11 Dress a doll in a white garment and talk about the Baptismal vows we renew each year.</p>