

LENTEN FAMILY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>Ash Wednesday</p> <p>Attend an Ash Wednesday Mass or prayer service today.</p>	<p>As a family, research and select a charity that you will support during Lent.</p>	<p>Fast from taking second helpings at meals.</p>	<p>Take over a disliked chore for a family member.</p>
<p>First Sunday of Lent</p> <p>Attend Mass often. The Eucharist is our greatest communal prayer and a surefire way to encounter Jesus.</p>	<p>Pray with your family at mealtime. Make a point of praying for people in need.</p>	<p>At bedtime, pray for people who are homeless and sleeping on the streets tonight.</p>	<p>Be more courteous in your attitude, words, and deeds.</p>	<p>Make a list of ten things you are grateful for in your life.</p>	<p>Fast from criticizing others aloud or silently in your mind. Seek to understand instead.</p>	<p>Pray while creating a piece of artwork. Do something creative, and do so for the glory of God.</p>
<p>Second Sunday of Lent</p> <p>Forego a favorite TV program for a week.</p>	<p>Go through your closets and donate usable clothing and household goods to a local charity.</p>	<p>Pay attention to someone you are tempted to brush aside.</p>	<p>Fast from gossip.</p>	<p>Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.</p>	<p>Fast from e-mail, text messaging, or both for a day.</p>	<p>Speak less and listen more. Give others the gift of your undivided attention.</p>
<p>Third Sunday of Lent</p> <p>Pray while you go for a walk.</p>	<p>Fast from overscheduling your time. Leave some time to simply be.</p>	<p>Curtail your extra spending and donate what you save to your chosen charity.</p>	<p>At the end of the day, take time to thank God for all the graces you received during the day.</p>	<p>Pray the Rosary or other traditional prayers of the Church. Realize that you are joining your voice to millions of others who have prayed these prayers through the years.</p>	<p>Fast from the habit, substance, practice, or mindset that most stands in the way of your growing closer to God.</p>	<p>While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.</p>