

LENTEN FAMILY CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fourth Sunday of Lent</p> <p>During prayer, picture yourself meeting Jesus in a scene from the Gospels. Imagine your reaction and response.</p>	<p>Send a greeting card or a letter to a relative, friend, or fellow parishioner who is homebound.</p>	<p>Fast from eating food mindlessly, that is, from not even bothering to taste it.</p>	<p>Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.</p>	<p>Invite a widowed neighbor to join your family for a meal.</p>	<p>Fast from worrying. Trust God instead.</p>	<p>Plant a tree that will benefit future generations.</p>
<p>Fifth Sunday of Lent</p> <p>Pray for the willingness to seek forgiveness from people you have hurt.</p>	<p>Fast from light. Sit by the light of one candle in your home. Remember that Jesus has called you to be a light for the world.</p>	<p>Make a prayer out of performing a loving action for others. For example, when you take out the garbage or help your child with homework, do it mindfully.</p>	<p>Pick a day when you fast from using electronic appliances.</p>	<p>When you see or hear a news story about someone in trouble, pray for the person as a family.</p>	<p>Fast from hitting the snooze alarm. Get up and use the extra time for prayer.</p>	<p>At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.</p>
<p>Palm Sunday of the Lord's Passion</p> <p>Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.</p>	<p>Monday of Holy Week</p> <p>Volunteer for a parish program that helps those in need.</p>	<p>Tuesday of Holy Week</p> <p>Let a favorite hymn run through your mind as a prayer.</p>	<p>Wednesday of Holy Week</p> <p>Fast from comparing yourself to others. We are all one in God.</p>	<p>Holy Thursday</p> <p>Recognize your own needs and give them their due. Allow others to help you from time to time.</p>	<p>Good Friday of the Lord's Passion</p> <p>Fast from complaining. Notice how often you are tempted to complain!</p>	<p>Holy Saturday</p> <p>Be mindful of all that God has done for you.</p>
<p>The Resurrection of the Lord</p> <p>Celebrate Easter!</p>	<p><i>Notes and Reflections...</i></p>					