

FEB/MARCH FAMILY LENTEN CALENDAR 2020



When we are baptized, we are sent on a mission: to transform the world by loving God and serving others. Through our gifts to *Together We Serve*, we can fulfill some of that mission. Every gift helps 11 different Catholic charitable partners. They serve those in need or prepare people who will bring the Gospel into our world here at home, across Canada, and around the world. Journey through Lent 2019 using this calendar and learn more about those we support through *Together We Serve*. Please visit the Family Resource Page found at caedm.ca/action to find more information to help you with the activities on the calendar.

caedm.ca/WeServe



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lent prepares us for Easter, the greatest feast of the year. Remember the formula for observing Lent: pray, fast, and give alms. These are the three things that we are encouraged to do to strengthen our relationship with the Lord during this season. Use this calendar to help you on your Lenten journey.</p>						
<p>1 1st SUNDAY OF LENT Archbishop Smith asks us to read scripture every day. Read today's Gospel as a family: Matthew 4: 1-11 Do you like tests?</p>	<p>2 For a rosary colouring page, as well as instructions about how to pray the rosary, visit caedm.ca/action. For the next 5 Tuesdays, pray a decade of the rosary.</p>	<p>25 SHROVE TUESDAY Make a Lenten tracker to encourage you in your Lenten journey. For instructions, visit caedm.ca/action.</p>	<p>26 ASH WEDNESDAY When you receive ashes in the shape of a cross on your forehead today, you may hear the priest say, "Remember that you are dust, and to dust you shall return."</p>	<p>27 The Diocese of Mackenzie-Fort Smith covers a very large area. In the North good shelter is a necessity & maintaining buildings is costly. Help them by donating \$1 today. <i>Diocese of Mackenzie Fort Smith</i></p>	<p>28 Today is the first Friday in Lent. Move to a deeper hunger for God by fasting each Friday in Lent. Fast from junk food and fast food today.</p>	<p>29 Spend 5 minutes in prayer today. Don't forget to thank God for His many blessings in your life.</p>
<p>8 2nd SUNDAY OF LENT Read today's Gospel as a family: Matthew 17: 1-9 How sunny is your face?</p>	<p>9 Yesterday was the Feast of St. John of God. He was known and respected for his care of the sick. Pray for those who are sick.</p>	<p>3 Pray a decade of the rosary today, focusing on the 1st Sorrowful Mystery: the Agony in the Garden. While you pray, think about how Jesus must have been feeling.</p>	<p>4 Catholic Social Services helps people in need. Help them to help others by sharing \$1 today. <i>Catholic Social Services</i></p>	<p>5 Tomorrow is World Day of Prayer. Prayer has a great influence in the world and Christians are invited to pause and pray together. Read about it at worlddayofprayer.net</p>	<p>6 It is easy to forget to be thankful for all that God and our parents provide. Be thankful today and fast from complaining or saying anything negative. Notice how often you are tempted to complain today.</p>	<p>7 Remember to set your clocks forward one hour tonight and start the week off right by getting to Mass on time. Losing sleep can be hard; it will help to say your prayers and get to sleep early.</p>
<p>15 3rd SUNDAY OF LENT Read today's second reading as a family: Romans 5: 1-2 & 5-8 Where can we find peace?</p>	<p>16 Tomorrow is St. Patrick's Day. St. Patrick was a missionary. Missionaries leave home and family & go to other countries to help people because they love God. For a colouring page, go to caedm.ca/action. <i>Evangelization of Peoples</i></p>	<p>10 Pray a decade of the rosary today, focusing on the 2nd Sorrowful Mystery: The Scourging at the Pillar. While you pray, think about what Jesus had to go through to bring about our salvation.</p>	<p>11 Your Catholic school teacher or priest may have gone to Newman Theological College, a place where people learn about God. Help support this special school by sharing \$1. <i>Newman Theological College</i></p>	<p>12 Prayer is important. Make a handprint Easter prayer card to help you remember to keep prayer in your everyday life. For instructions, visit caedm.ca/action.</p>	<p>13 Fast from procrastination today. Do things the first time that you are asked.</p>	<p>14 Prayer for Vocations God, thank you for loving me. In Baptism you called me by name to live as your child. Help all your people to know their call in life. For your greater glory, raise up generous leaders to serve as priests, deacons, sisters, and brothers. Amen</p>
<p>22 4th SUNDAY OF LENT Pray for our bishops, that in wisdom, they may direct and guide our family of faith. Help them by sharing \$1 today. <i>Needs of the Church in Canada</i></p>	<p>23 Penance can take many forms: apologizing, making peace in our families, fasting and accepting the menial tasks of life. The purpose of penance is to enrich life. Think of one act of penance you can do this week.</p>	<p>17 Pray a decade of the rosary, focusing on the 3rd Sorrowful Mystery: The Crowning with Thorns. Afterwards the soldiers knelt down before Jesus and mocked Him, saying, "Hail King of the Jews." How do you feel when people make fun of you?</p>	<p>18 Care for your family today by joyfully doing an extra chore to help out at home.</p>	<p>19 Feast of St. Joseph Gracious Saint Joseph, protect me and my family as you did the Holy Family. Kindly keep us ever united in the love of Christ, ever strong in imitation of the virtue of our Blessed Lady, and always faithful in devotion to you. Amen.</p>	<p>20 To fast is to give up something we like to get closer to God. Fast from distractions and have a quiet time today – no TV, iPods, music or cell phones.</p>	<p>21 Fill a bag to donate. Declutter your house and make a donation to charity. Toys, clothes, books, housewares, etc. are all appreciated by others. This is almsgiving too.</p>
<p>24 Pray a decade of the rosary, focusing on the 4th Sorrowful Mystery: The Carrying of the Cross. While you pray, think of how Jesus struggled to carry the heavy cross.</p>	<p>25 Find a picture you can print and colour at caedm.ca/action.</p>	<p>26 St. Joseph Seminary is a place for men who think that God's plan for them might be to serve the Church as a diocesan priest. Encourage seminarians at St. Joseph Seminary by sharing \$1 today. <i>St. Joseph Seminary</i></p>	<p>27 Give up something you like doing or eating today.</p>	<p>28 Take part in Earth Hour from 8:30-9:30 p.m. tonight. Switching the lights off is a symbol of unity, hope, and the power in collective action for nature.</p>		

CATHOLICS MAKING A DIFFERENCE

MARCH/APRIL FAMILY LENTEN CALENDAR 2020



Catholics making a difference to:

- Catholic Social Services
- Development and Peace - Caritas Canada
- Diocese of Mackenzie - Fort Smith
- Evangelization of Peoples
- Needs of the Church in Canada
- Needs of the Church in the Holy Land
- Newman Theological College
- Pope's Pastoral Works
- St. Joseph Priests' Foundation of Edmonton
- St. Joseph Seminary
- St. Joseph's College Campus Ministry

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SUNDAY


29 MARCH 
5th SUNDAY OF LENT
 Read today's Gospel as a family:
 John 11: 1-45
 Do you trip in the dark?


5 
Palm Sunday
 Today we remember that
 people laid palm branches
 before Jesus and welcomed
 Him into Jerusalem. Find a
 picture you can print and
 colour at caedm.ca/action.

12 
**EASTER SUNDAY
 REJOICE!**


He is Risen!
 Through His sacrifice, Jesus
 redeemed the human race &
 gave perfect glory to the Father.
 By dying, Christ destroyed our
 death; by rising, He restored our
 life. Visit caedm.ca/action for a
 picture you can print and colour.


MONDAY

30 MARCH 
 Social justice means that
 everyone in the world has what
 they need – food, shelter, love.
 If you have these in your life,
 say thanks by sharing \$1.
**Development & Peace –
 Caritas Canada**


6 
 Pope Francis cares a lot about
 poor people. He often goes to
 visit and help them. Help Pope
 Francis serve the poor by
 sharing \$1 today.
Pope's Pastoral Works


TUESDAY

31 MARCH 
 Pray a decade of the rosary,
 focusing on the 5th Sorrowful
 Mystery: The Crucifixion.
 While you pray, think of all Jesus
 had to go through in order to
 open the gates of heaven for us.


7 
 Let everyone in your family
 share an idea for helping
 people in need. Ask God to
 help you carry out one of
 these ideas.


WEDNESDAY

1 
 The cross reminds us always
 of the sacrifice Jesus made for
 us. To make your own simple
 cross, find instructions at
 caedm.ca/action.


8 
 The Holy Land is where Jesus lived.
 People from around the world visit
 there, but not many Christians live
 there to take care of these Holy
 Places. Say thanks to those who do
 by sharing \$1.
**Needs of the Church in the
 Holy Land**


THURSDAY

2 
 Priests take care of us
 throughout our lives. We can
 look after them when they
 retire or cannot serve us
 anymore. Help retired priests
 by sharing \$1 today.
**St. Joseph Priests' Foundation
 of Edmonton**


9 
 The original Holy Thursday was the
 First Mass. In telling His disciples to
 "Do this in remembrance of Me,"
 Jesus started the tradition of the
 Sunday Mass. If you go to Mass
 today, you will see the priest
 washing feet. Why? Find the
 answer at caedm.ca/action.


FRIDAY

3 
 Refrain from buying
 anything today.

10 
 Visit caedm.ca/action for a Good
 Friday colouring page.
 Offer your fasting today for those in
 need. Put the money you have
 collected during Lent into the
 Together We Serve collection today.

SATURDAY

4 
 We should be thankful to God
 for all we are and have. Start
 today by saying "thank you" to
 everyone who helps you.

11 
 Easter Breads are filled with
 symbols.
 Go to caedm.ca/action for a recipe
 to make a colourful Easter bread.

 Church time  Donate  Scripture
 Do/Make  Fast  Prayer

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