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 = 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> | | | | | | |
| | | March | <p>9 Ash Wednesday  Take your family to the Ash Wednesday liturgy and wear the cross of ashes all day. </p> | <p>10 Tape a drawing of a vase on the fridge and label it, "Lent." Each day draw a flower in the vase and watch Lent blossom. </p> | <p>11 Share a meatless family meal. Discuss your Lenten offerings to be sure all are doable and sacrificial. </p> | <p>12 Choose a family Lenten offering, such as giving up desserts, attending daily Mass, or praying a family Rosary regularly.</p> |
| <p>13 After Mass today, explain the Gospel and the homily in terms your children can understand. </p> | <p>14 Contact Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help any of their ongoing projects.</p> | <p>15 Invent a new family prayer you can say together each day. </p> | <p>16 Take stock of how your Lenten fasts are going, and refresh your commitment to them.</p> | <p>17 Before eating your family meal together, ask each person to say a spontaneous prayer. </p> | <p>18 Pray for the people in the world who can't afford to have meat as a regular part of their diets. </p> | <p>19 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>20 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>21 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>22 Ask each person to share a game, toy, or treat with someone else in your home. </p> | <p>23 Plan how each of you can show kindness or compassion to someone else tomorrow. </p> | <p>24 Think of someone you don't like and say three nice things about him or her.</p> | <p>25 Figure out how much your family saved by not eating meat today, and put that money in the poor box at church. </p> | <p>26 At bedtime say, "Let's turn our hearts to God and think of him." Sit in silence together for a few minutes.</p> |
| <p>27 Light a candle in church today for someone who passed away or who needs special help. </p> | <p>28 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross. </p> | <p>29 Make cookies and bring them to a nearby nursing home. </p> | <p>30 Encourage each family member to perform an examination of conscience. </p> | <p>31 Place a crucifix or picture of Jesus in a central place to keep the focus on him. </p> | <p>1 April Whenever someone does a good deed, put a jelly bean in a jar. Share the jelly beans at Easter! </p> | <p>2 Ask each person to make a sacrificial offering, such as doing an extra chore without being asked.</p> |
| <p>3 Laetare Sunday Have a special meal at home or a restaurant to celebrate the half-way point through Lent.</p> | <p>4 Pick a friend or neighbor and perform an anonymous good deed for him or her. </p> | <p>5 Encourage all family members to refrain from bickering today. </p> | <p>6 Say a short prayer before each cross or crucifix in your home. </p> | <p>7 Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.</p> | <p>8 Serve pretzels as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat. </p> | <p>9 Make simple crosses out of construction paper. Write on them, "He died for me," and post them around your home. </p> |
| <p>10 After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith. </p> | <p>11 Pray for the victims of the earthquake still suffering in Haiti. </p> | <p>12 Send a card to someone who might need cheering today. </p> | <p>13 Give up a favorite toy or treat just for today. </p> | <p>14 Visit someone who is sick and can't leave home. </p> | <p>15 Place any final donations in the box you set up. Make a family trip to deliver it to its destination. </p> | <p>16 Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness. </p> |
| <p>17 Have a Palm Sunday procession around the house and take turns playing Jesus. </p> | <p>18 Take a walk outside and look for signs of new life. </p> | <p>19 Forgive someone who hurt you today. </p> | <p>20 Get up 15 minutes earlier than usual today and pray as a family. </p> | <p>21 Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p> | <p>22 Pray the Stations of the Cross today, and meditate on each one. </p> | <p>23 Dress a doll in a white garment and talk about the Baptismal vows we renew each year. </p> |