











# Family Lent Calendar 2022

 = a day of fasting and abstinence

 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March</b>			<b>2</b> <i>Ash Wednesday</i> Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day. 	<b>3</b> Discuss everyone's Lenten sacrifices and make sure they are reasonable but challenging.	<b>4</b>  Whenever someone does a good deed, put a jelly bean in a jar. Enjoy at Easter!	<b>5</b> Start a Lenten prayer chain. Write 40 intentions on strips of paper. Each day, pray for the intention and add a link.
<b>6</b> Adopt a Lenten saint to be your family's patron. Learn about them and find ways to imitate their virtues.	<b>7</b> Place a crucifix or picture of Jesus in a central place to keep the focus on him.	<b>8</b> Enjoy pretzels, a traditional Lenten food. Originally, their shape evoked arms folded in prayer.	<b>9</b> Tonight, pray a decade of the Rosary together for the Church.	<b>10</b> Have everyone choose a daily prayer to offer for your parish priest(s). Send him a card with everyone's promises.	<b>11</b>  Today, give up playing video games and spend time together instead.	<b>12</b> Bring a box of canned goods, clothing, toiletries, and gently used toys to a homeless shelter.
<b>13</b> Explain today's homily in a way children can understand. Come up with a family resolution for this week.	<b>14</b> Peace starts at home. Resolve to say only positive, kind things today.	<b>15</b> Today, forego a favorite snack for those who can't afford to snack.	<b>16</b> Talk about what you would say to Jesus if He came to your house to visit.	<b>17</b> <i>St. Patrick's Day</i> In St. Patrick's honor, light a candle and pray for Catholic missions in other countries.	<b>18</b>  Call Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help.	<b>19</b> <i>St. Joseph's Day</i> St. Joseph protected the Holy Family from danger. Pray for the safety of families around the world.
<b>20</b> After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith.	<b>21</b> Bring cookies to a nearby nursing home.	<b>22</b> Pray for victims of violence and war in the world.	<b>23</b> Apologize to someone you hurt. Forgive someone who hurt you.	<b>24</b> At dinner, have everyone name two things they are thankful to God for.	<b>25</b>  <i>Family Fun Night</i> Instead of watching a movie, pull out a board game or make up your own.	<b>26</b> In honor of the Holy Family, encourage everyone to do one extra chore around the house.
<b>27</b> <i>Laetare Sunday</i> Have a special meal at home or a restaurant to celebrate the half-way point through Lent.	<b>28</b> Take stock of how your Lenten fasts are going, and refresh your commitment to them.	<b>29</b> Practice patience with each other. When it gets difficult, recall how patient God is with us.	<b>30</b> Make up thank-you cards for the healthcare workers at your local hospital.	<b>31</b> Have children draw a heart one way they experience Jesus' love, and on the back, draw how they can show love.	<b>1 April</b>  Encourage each family member to perform an examination of conscience.	<b>2</b> Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness.
<b>3</b> At church today, pray for someone who passed away or who needs special help.	<b>4</b> In today's Gospel, Jesus says, "I am the Light of the world" (John 8:12). Light a candle and pray for world peace.	<b>5</b> Send a card to someone who might need cheering today.	<b>6</b> Pray an extra prayer together for everyone coming into the Church at Easter.	<b>7</b> At dinner, go around the table and share one way you experienced God's love.	<b>8</b>  Today, give up a favorite toy or game, just for Jesus.	<b>9</b> Take 10 minutes and pray the Chaplet of Divine Mercy together. You can find it here: www.usccb.org/prayers
<b>10</b> <i>Palm Sunday</i> Have a Palm Sunday procession around your house and place the palms around the images of Jesus.	<b>11</b> This week, try to limit screen time. No texting at dinner, during prayer, and after 10:00 PM.	<b>12</b> Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.	<b>13</b> Open the jar of "Good deed" jelly beans and enjoy!"	<b>14</b> <i>Holy Thursday</i> Today, make a short visit to the Blessed Sacrament in church. Pray for priests.	<b>15</b> <i>Good Friday</i> Pray the Stations of the Cross today, and meditate on each one. 	<b>16</b> <i>Holy Saturday</i> Dress a doll in a white garment and talk about the Baptismal vows we renew each year.