








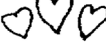














# Family Lent Calendar 2025

 = a day of fasting and abstinence from meat  = a day of abstinence from meat.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March</b>			<b>5 Ash Wednesday</b> Go to Mass and receive the cross of ashes. 	<b>6</b> Help children choose simple, but meaningful penances.	<b>7</b> Make a Lenten home altar. Decorate a table with purple cloth, a Bible, Crucifix, and candles. 	<b>8</b> Bury the "Alleluiah." Write the word "Halleluia" on a piece of paper, put it in a bag, and bury it in the yard. "Resurrect" it at Easter.
<b>9</b> Stay after Mass to pray for a spiritually fruitful Lent.	<b>10</b> Set out an empty jar and fill it with loose change. When it's full, empty it into the poor box.	<b>11</b>  Tonight, go around the table, and have everyone offer a compliment to the person on their right.	<b>12</b> Enjoy pretzels — a traditional Lenten snack. The crossed "arms" reminded monks of someone at prayer.	<b>13</b> Use only kind words to everyone you encounter today. 	<b>14</b>  Pray the Chaplet of Divine Mercy together. Find it here: <a href="http://www.usccb.org/prayers">www.usccb.org/prayers</a> .	<b>15</b> Email the parish office and ask if there are any upcoming events that need your family's help.
<b>16</b>  After Mass, light a candle for those who have no one else to pray for them.	<b>17 St. Patrick's Day</b> Offer extra prayers for those who sacrifice to spread the Gospel.	<b>18</b> Practice patience — a true act of charity.	<b>19 St. Joseph's Day</b> Happy Solemnity! Entrust fathers (including priests) to St. Joseph's care.	<b>20</b> Agree that each person should perform an extra chore today, and offer the effort for the souls in Purgatory.	<b>21</b>   Attend a parish meatless meal together.	<b>22</b>  Before bed, pray an Our Father, a Hail Mary, and a Glory Be together for everyone's prayer intentions.
<b>23</b> After Mass, explain Father's homily in terms children can understand.	<b>24</b>  Encourage children to give up a favorite toy or game, just for today, just for God.	<b>25 The Annunciation</b> We celebrate Mary's "Yes!" to God. Pray three Hail Marys to ask for help to be faithful to God's plan.	<b>26</b>  Get up 15 minutes early to pray as a family.	<b>27</b> Check out Catholic Relief Services and see if you can help support any of their projects at: <a href="https://www.crs.org">https://www.crs.org</a> .	<b>28 Family Night</b>  Turn off the TV and phone screens. Relax, order pizza and play board games.	<b>29</b> Give up an hour of screen time tonight (no phones, either!) and spend it in prayer, reading Scripture, or doing a family activity.
<b>30 Laetare Sunday</b> It's the halfway point of Lent. Have a special dessert after Mass to celebrate.	<b>31</b> Encourage everyone to refresh their Lenten resolutions.	<b>1 April</b> Each day remaining in Lent, put a jellybean in a jar whenever someone does a good deed. Enjoy the results at Easter!	<b>2</b> Go to Confession together and experience God's mercy. Have a treat afterward to celebrate.	<b>3</b> Put out a box for gently used clothes that are no longer needed. When it's full, take it to a shelter or thrift store.	<b>4</b>  Pray the Stations of the Cross or visit the Blessed Sacrament together to console Jesus' Sacred Heart.	<b>5</b> Pray a Rosary together, in honor of Mary's Immaculate Heart. 
<b>6</b>  Read today's Gospel (John 8:1-11), and talk about Jesus' important message.	<b>7</b> At dinner, have everyone name two blessings for which they are thankful and something they'd like to improve.	<b>8</b>  Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	<b>9</b> Read Luke 22:39-46. Talk about the need to trust God when doing His will is difficult.	<b>10</b>  Go for a walk together and look for signs of Spring.	<b>11</b>  To prepare for Holy Week, set a family screen fast from 12:00pm to 3:00pm, the time Jesus hung on the Cross.	<b>12</b>  The King is coming! Tidy up the house to welcome Him.
<b>13 Palm Sunday</b> Place palms around the images of Jesus in your home to mark the start of Holy Week.	<b>14</b> Offer extra prayers for those entering the Church at Easter.	<b>15</b> At dinner, share one way God showed His love to each of you today. 	<b>16</b>  Forgive someone who hurt you. Ask forgiveness of anyone you may have hurt.	<b>17 Holy Thursday</b> Read John 13:1-11. What would you say if Jesus offered to wash your feet?	<b>18 Good Friday</b>  Pray the Stations of the Cross at church or at home. Thank Jesus for His sacrifice of love.	<b>19 Holy Saturday</b> Light a candle and renew your baptismal vows together as a family.