



Family Lent Calendar 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		February	<p>18 <i>Ash Wednesday</i></p> <p>Attend Mass together. Wear the cross of ashes all day. </p>	<p>19</p> <p>Help children choose Lenten promises of prayer, penance, and almsgiving.</p>	<p>20 </p> <p>Share a meatless meal together. Pray for those who can't afford to have meat.</p>	<p>21</p> <p>Choose a family Lenten sacrifice — ex. giving up desserts, praying together, giving to charity.</p>
<p>22</p> <p>Stay after church and pray for a holy Lent. </p>	<p>23 </p> <p>Display an image of Jesus to keep focused on Him.</p>	<p>24</p> <p>Practice patience — patiently!</p>	<p>25</p> <p>Have everyone pick a person or situation in the news to pray for at dinner. </p>	<p>26</p> <p>Commit to charitable speech: if it's not kind, don't say it. </p>	<p>27 </p> <p>Family Movie Night</p> <p>Order a cheese pizza and spend time together.</p>	<p>28 </p> <p>Have everyone do a chore they've been putting off.</p>
<p>1 March</p> <p>Stop to pray for the Holy Souls in Purgatory after Mass.</p>	<p>2 </p> <p>Pick a Beatitude to work on together this month (Matthew 5:3-11).</p>	<p>3</p> <p>Set up a good deed jar: For every good deed performed, add a jellybean. Enjoy on Easter. </p>	<p>4 </p> <p>Send a card to someone who needs cheering up.</p>	<p>5</p> <p>Pray one decade of the Rosary together each evening for the rest of Lent.</p>	<p>6 <i>First Friday</i> </p> <p>Make a brief chapel visit together to console Jesus' Sacred Heart.</p>	<p>7</p> <p>First Saturdays are dedicated to the Blessed Mother. In Mary's honor, pray a family Rosary.</p>
<p>8 </p> <p>After Mass, light a candle for the Pope's intentions.</p>	<p>9</p> <p>Encourage everyone to refrain from bickering today. </p>	<p>10</p> <p>Before bed, gather before a Crucifix and pray an Our Father, a Hail Mary, and a Glory Be.</p>	<p>11 </p> <p>Enjoy pretzels — twisted bread that recalled monks' arms folded in prayer.</p>	<p>12</p> <p>Fill a jar with loose change, then donate it to the poor box at church.</p>	<p>13 </p> <p>Check how everyone's Lent is progressing. Refresh commitments as needed.</p>	<p>14 </p> <p>Pray a Chaplet of Divine Mercy for the dying. Find it here: www.usccb.org</p>
<p>15 <i>Laetare Sunday</i></p> <p>The priest wears rose to mark the midpoint of Lent. Celebrate with a small treat.</p>	<p>16 </p> <p>Fill a box with gently used items you no longer need and donate it to charity.</p>	<p>17 <i>St. Patrick's Day</i></p> <p>Pray for Catholic school teachers, catechists, and missionaries — all who teach the Faith.</p>	<p>18</p> <p>Help everyone examine their consciences with the Ten Commandments (Exodus 20:1-17).</p>	<p>19 <i>St. Joseph's Day</i></p> <p>Say a special prayer for fathers everywhere. Remember to pray for priests!</p>	<p>20 Family Fun Night </p> <p>Turn off the phones and take out the boardgames. Winner picks dessert!</p>	<p>21</p> <p>Attend Confession together and celebrate God's mercy. </p>
<p>22</p> <p>After Mass, go over the homily in terms children can understand.</p>	<p>23</p> <p>Write prayer intentions on slips of paper and place them in a bowl to pray for nightly.</p>	<p>24 </p> <p>Encourage children to look for a sign of God's love for them. Share at dinner.</p>	<p>25 <i>The Annunciation</i></p> <p>We celebrate Mary's faithful "Yes!" to God. Pray the Hail, Holy Queen together.</p>	<p>26 </p> <p>Put together an Easter basket and bring it to a lonely neighbor.</p>	<p>27 </p> <p>Fast from recreational screen use from 12-3, the final hours Jesus hung on the Cross.</p>	<p>28 </p> <p>Have everyone write a letter to Jesus, thanking Him for His sacrifice.</p>
<p>29 <i>Palm Sunday</i></p> <p>Place palms around the crosses in your home, symbolizing Christ's victory.</p>	<p>30</p> <p>Offer extra prayers tonight for everyone becoming Catholic this year.</p>	<p>31</p> <p>Talk about what Lenten practices you want to continue after Easter.</p>	<p>1 April</p> <p>Ask forgiveness of those you may have hurt. Forgive those who have hurt you.</p>	<p>2 <i>Holy Thursday</i></p> <p>Make a chapel visit together, fulfilling Jesus' request for our company (Matthew 26:40).</p>	<p>3 <i>Good Friday</i> </p> <p>Pray the Stations of the Cross together and meditate on each one.</p>	<p>4 <i>Holy Saturday</i></p> <p>Renew your baptismal vows as a family to be faithful to God.</p>