













Lent Family Calendar

St. Bernadette Catholic Church

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 = a day of fasting and abstinence from meat

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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>			<p>1 Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day.</p> 	<p>2 Pick a family Lenten offering, such as giving up TV one night a week, praying a family Rosary regularly, or attending daily Mass.</p>	<p>3 St. Katherine Drexel used what she had for God by serving others. Ask each person to share a game, toy, or treat with someone else in your home.</p> 	<p>4 Set up a family prayer altar. Pick a table or shelf in a quiet room and decorate it with religious items: a crucifix, statues, candles, a Bible. Use it for individual prayer.</p>
<p>5 Pick a saint depicted in one of the statues in your church and learn about him or her. Ask the saint to pray for your family during Lent.</p>	<p>6 Put a picture or statue of Jesus in a central place in your home to help you focus on him. Ask him to guide you and your family this Lent.</p>	<p>7 Today, practice being peacemakers. Instead of bickering, choose not to be offended and move on to something else.</p>	<p>8 Tonight, say an extra prayer for the refugees fleeing from their homelands.</p>	<p>9 Cover the dinner table with a purple cloth. Explain that purple reminds us that Jesus, our king, suffered on the cross for us.</p>	<p>10</p>  <p>To honor Jesus' Passion on Good Friday, share a meatless family meal together.</p>	<p>11 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>12 Listen carefully to the Gospel and the homily at Mass. Afterwards, talk about ways to live the Gospel this week.</p>	<p>13 Cut a large cross out of construction paper. Together, decorate it with symbols that remind you of Jesus, Lent, Holy Week, Easter and display it prominently.</p>	<p>14 Pick a charity to which you want to donate. Fill a box or a jar with loose or spare change and donate it at the end of Lent.</p>	<p>15 At dinner tonight, encourage everyone to think of a person he or she doesn't like and say three nice things about that person.</p>	<p>16 Make up a box for a needy family or homeless shelter. Fill with canned goods, clothing, toiletries, and gently used toys.</p>	<p>17 St. Patrick was devoted to evangelizing Ireland. In his honor, make and deliver thank you cards to your religious education teachers.</p> 	<p>18 Make cookies or other treats for residents at a local nursing home. If you can, bring an extra tray of cookies for those who work there.</p>
<p>19 St. Joseph, husband of Mary and foster-father of Jesus, is also the patron of families, fathers, and travelers. Today, ask for his intercession for all who will travel on Easter.</p>	<p>20 Each day remaining in Lent, put a jelly bean in a jar whenever someone does a good deed. Share the jelly beans at Easter!</p>	<p>21 Say a short prayer in front of each cross or crucifix in your home.</p>	<p>22 Review your Lenten offerings and refresh your commitment to them.</p>	<p>23 Foster a sense of gratitude. At dinner tonight, encourage each family member to name at least one blessing for which he or she is grateful.</p>	<p>24</p>  <p>Serve pretzels as a reminder that Catholics used to give up milk, butter, eggs, cheese, cream, and meat.</p>	<p>25 Today is the feast of the Annunciation, when the angel Gabriel visited Mary and asked her to be the mother of Jesus. Read all about it in Luke 1:26-38.</p>
<p>26 Laetare Sunday</p> <p>Today, have a special meal to celebrate the halfway point of Lent.</p>	<p>27 Hot cross buns are a traditional Lenten treat. Defrost frozen bread dough and shape into rolls. After baking, put icing crosses on buns and enjoy!</p>	<p>28 Ask each family member to make an examination of conscience, using the Ten Commandments and eight Beatitudes as guides.</p>	<p>29 Pick a friend or neighbor and perform an anonymous good deed for him or her.</p>	<p>30 Encourage everyone to make a sacrificial offering, such as doing an extra chore without being asked. Doing it cheerfully wins!</p>	<p>31 Go on a screen fast (from recreational use) from noon to 3, in memory of the three hours Jesus hung on the cross.</p> 	<p>1 Go to Confession as a family. Go out for a special treat afterwards to celebrate God's forgiveness.</p>
<p>2 Light a candle in church for someone who passed away or needs special help. Stay for a few minutes afterwards to pray for him or her.</p>	<p>3 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>4 Using colored markers, decorate tracing paper with Easter symbols. Hang them in front of windows to let the light shine through.</p>	<p>5 Give up a favorite toy or treat just for today.</p>	<p>6 Place any final donations in the box you set up on March 16. Make a family trip to deliver it to its destination.</p>	<p>7</p>  <p>Forgive someone who hurt you today. Ask forgiveness of anyone you may have offended.</p>	<p>8 Family story night! Cuddle up tonight and read Easter-themed books, such as the <i>Legend of the Three Trees or The Week That Led to Easter</i>.</p>
<p>9 After Mass, place palms around each of the images of Jesus in your home to welcome the Messiah!</p>	<p>10 Tonight and every night this week, say a special prayer for those entering the Church during the Easter Vigil.</p>	<p>11 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross</p>	<p>12 Get up 15 minutes earlier than usual today and pray as a family.</p>	<p>13 Read the story of the Last Supper (Matthew 26:20-30). Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p>	<p>14</p>  <p>Pray the Stations of the Cross today, and meditate on each one.</p>	<p>15 Today, color Easter eggs as a symbol of the new life we have in Christ.</p>