











# Family Lent Calendar 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February</b>			<b>14 Ash Wednesday</b> Attend Mass and wear the ashes all day as a sign of penance. 	<b>15</b> Help children choose Lenten offerings that are meaningful and do-able.	<b>16</b>  Have meatless meals today. Pray for those who can't have meat as a regular part of their diets.	<b>17</b> Pick a patron saint for Lent to pray for your family until Easter.
<b>18</b> "Bury the Alleluiah." Write the word, "alleluia," on a piece of paper. Put it in a bag and bury it in the ground until Easter.	<b>19</b> Resolve to only use kind words today.	<b>20</b> Pick a person or situation in the news and pray for them at dinner.	<b>21</b> Put out an empty "Donations" box. Fill it with unused clothes or toys in good condition throughout Lent.	<b>22 St. Peter's Chair</b> Offer extra prayers for the intentions of the Holy Father.	<b>23</b>  Attend a Stations of the Cross service or pray through the Stations together at home. Find them here: <a href="http://www.usccb.org">www.usccb.org</a> .	<b>24</b> Set out a "Lenten good deed jar" and add a jelly bean every time someone does a good deed. Enjoy at Easter.
<b>25</b> After Mass, stay and light a candle for someone who passed away recently.	<b>26</b> At dinner, have everyone name one thing for which they're grateful.	<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</b> Practice patience -- a much-needed form of almsgiving.	<b>29</b> Enjoy pretzels -- a traditional Lenten snack because they were originally shaped into crossed 'prayer' arms.	<b>1 March</b>  Attend daily Mass together or make time later today to visit Jesus in the Blessed Sacrament.	<b>2</b> Pray a family Rosary together in honor of Mary's Immaculate Heart.
<b>3</b> After Mass, go over the homily with children. Discuss practical ways to "clean the temple" of your hearts.	<b>4</b> Stop by the parish office and ask if there are any upcoming events you can volunteer to help with.	<b>5</b> Encourage children to give up a favorite toy or game -- just for today, just for God.	<b>6</b> Tonight, have everyone think of someone they don't get along with and share three good things about them.	<b>7</b> Pray the Chaplet of Divine Mercy together for souls in need. See details here: <a href="http://www.thedivinemercy.org">www.thedivinemercy.org</a> .	<b>8</b>  Attend a parish fish fry together.	<b>9</b> Show Jesus you're trustworthy and work on a project you've been putting off.
<b>10 Laetare Sunday</b> Go out for a small treat to celebrate the midpoint of Lent.	<b>11</b> Encourage everyone to refresh any Lenten commitments.	<b>12</b> Look for signs of God's love and presence today. Have everyone share two of them at dinner.	<b>13</b> Prepare souls for Easter! Do an examination of conscience, using the Ten Commandments or Eight Beatitudes as a guide.	<b>14</b> Encourage everyone to do an extra chore and offer it for the souls in Purgatory.	<b>15 Family Night</b>  Take the phone off the hook and turn off the TV. Play board games and spend time together.	<b>16</b> Go to Confession as a family and experience God's mercy.
<b>17</b> Offer special prayers for catechists and anyone else who teaches the Faith.	<b>18</b> Go for a walk together and look for signs of Spring.	<b>19 St. Joseph's Day</b> Today is a solemnity! See if your parish has a "St. Joseph's Table" or enjoy pastries at home to celebrate.	<b>20</b> Holy Week and Easter are busy times for parishes. Offer prayers for the priests and parish staff.	<b>21</b> Bring your donations box to its destination.	<b>22</b>  Have a screen fast (from recreational use) from noon to 3, honoring the time Jesus hung on the Cross.	<b>23</b> The King is coming! Tidy up the house to prepare for the holiest week of the year.
<b>24 Palm Sunday</b> Display palm branches -- signs of victory -- around the images of Jesus in your home to mark the start of Holy Week.	<b>25</b> At dinner, offer extra prayers for everyone coming into the Church at Easter.	<b>26</b> Go on a water fast today. Drink only water and pray for those for whom accessible drinking water is difficult.	<b>27</b> Get up 15 minutes early to pray as a family.	<b>28 Holy Thursday</b> Attend a Holy Thursday liturgy or read John 13:1-11. What would you say if Jesus offered to wash your feet?	<b>29 Good Friday</b>  Pray the Stations of the Cross together, recalling Jesus' greatest act of love for us.	<b>30 Holy Saturday</b> Light a candle and renew your baptismal vows together as a family.