



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