

Living Lent as a Family

Prayer Knocks, Fasting Obtains, Mercy Forgives. *St. Peter Chrysologus*

Tuesday, March 4	Get ready for Lent. Eat pancakes and celebrate God's many gifts to you.
Wednesday, March 5	Go to Mass to receive ashes, then wear you ashes all day. Choose your Lenten offering.
Thursday, March 6	As a family, write a prayer that you will pray together each day of Lent.
Friday, March 7	Participate in CRS Rice Bowl. Each Friday try a CRS meatless meal recipe: http://www.crsricebowl.org/recipe-archive/
Saturday, March 8	Celebrate St. John of God, the patron of hospitals and patients. Make, and deliver, get-well cards to a local hospital.
Sunday, March 9	Read Psalm 51, or recite at home as responsorial Psalm: http://www.usccb.org/bible/readings/030914.cfm
Monday, March 10	Plant some seeds and watch them grow; watch for signs of growth in your spiritual life as you commit to really living lent.
Tuesday, March 11	Say I'm sorry to someone you have hurt.
Wednesday, March 12	Pray the prayer of St. Francis for peace in the world, in our country and in our families: http://www.shrinesf.org/franciscan-prayer.html
Thursday, March 13	Commit to not complaining for the day; offer a compliment to at least one person.
Friday, March 14	Pray the Stations of the Cross using the Missionary Childhood reflections: http://www.missionsla.org/missionprograms/hca/pdfs/hca_lent/stations.pdf
Saturday, March 15	Participate in <i>National Prayer and Penny Week</i> for missions: http://www.onefamilyinmission.org/hca/prayer-and-penny-week.html
Sunday, March 16	Re-read today's Gospel, Mt 17:1-9 . Discuss how you would have felt if you were present when Jesus transfigured.
Monday, March 17 St. Patrick	Learn about St. Patrick, the shamrock and the Trinity: http://catholicismpure.wordpress.com/2011/03/17/st-patrick-the-shamrock-and-the-trinity/
Tuesday, March 18	Celebrate St. Cyril of Jerusalem, one of the great teacher saints. Use the <i>Catechism of the Catholic Church</i> to learn something new about your faith today.
Wednesday, March 19 St. Joseph	Learn about Italian tradition of St. Joseph's Table: https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=1024
Thursday, March 20	Pray for someone you argued with.
Friday, March 21	Bless your children. Make the sign of the cross on child's forehead before going to school and before bed.
Saturday, March 22	Fast from soft drinks and other beverages today. Experience a day of drinking only water.
Sunday, March 23	Donate a tenth of your earnings for one day to the Poor Box collection at your parish.
Monday, March 24	Reflect on how you are doing on your Lenten resolution. It's not too late to re-commit your efforts to pray, fast and give alms.
Tuesday, March 25 Annunciation	Pray the Joyful Mysteries of the Rosary as a family to remember this special day: http://www.catholic-kids.com/rosary.htm
Wednesday, March 26	Purchase a gift for a newborn baby; donate the gift to a mother in need.

Thursday, March 27	Be good stewards of the earth; recycle and turn off unneeded lights.
Friday, March 28	Spend 15 minutes examining your conscience, see http://www.usccb.org/prayer-and-worship/sacraments/penance/examinations-of-conscience.cfm
Saturday, March 29	Celebrate the Sacrament of Penance as a family.
Sunday, March 30	Pay closer attention at Mass. Talk about something you noticed as you paid attention.
Monday, March 31	Make an effort to eat only what you need; have a sugarless Monday.
Tuesday, April 1	As a family, make a visit to the Blessed Sacrament.
Wednesday, April 2	During dinner (or other shared time) take turns telling a way that God has blessed you.
Thursday, April 3	Write a letter or call someone who is lonely or shut-in.
Friday, April 4	Clean out closets and donate extra clothing to the poor.
Saturday, April 5	Celebrate St. Vincent Ferrer. Patron of builders and reconciliation because of his missionary work to build up the Church. Tell someone about God's love today.
Sunday, April 6	Make a list of friends and family members who have died. Pray for them this week.
Monday, April 7	Celebrate St. John Baptist de la Salle, the patron of school teachers. Thank the teachers in your life today.
Tuesday, April 8	Write a letter to God, then sit quietly and listen for an answer.
Wednesday, April 9	Invite a friend or family member to attend Mass with you this Sunday.
Thursday, April 10	Shop Fair Trade to buy your Easter chocolates: http://www.crsfairtrade.org/chocolate/
Friday, April 11	Eat a very simple supper. Donate the money you saved to the needy.
Saturday, April 12	Turn of electronics for the day. Invite friends over to play Bible story charades.
Sunday, April 13 Palm Sunday	Before you go to Mass, read or discuss the story of the Passion which will be read today: http://usccb.org/bible/readings/041314.cfm
Monday, April 14	Try weaving your palm branches into crosses: http://www.origami-resource-center.com/palm-weaving.html . Display cross in prominent place.
Tuesday, April 15	Read from the Gospel of St. Matthew (a tax collector) to learn the heart of Jesus' teaching: Mt 5:1-12.
Wednesday, April 16	Make a meal for a family in need.
Thursday, April 17 Holy Thursday	Celebrate the Mass of the Lord's Supper at your parish. If you can't go, wash and dry each other's feet in remembrance of the Lord.
Friday, April 18 Good Friday	Pray the Stations of the Cross at your parish.
Saturday, April 19 Holy Saturday	Turn off all electronics for the day. Get ready for Easter - decorate eggs, https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=1041
Sunday, April 20 Easter Sunday	Celebrate the Risen Christ by attending Mass. Invite someone who is alone to join your family for lunch/dinner.