










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