

Family Lent Calendar 2020

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| February | | | | | | |
| <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>26 Ash Wednesday Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day. </p> | <p>27 Discuss everyone's Lenten sacrifices and make sure they are reasonable, but challenging.</p> | <p>28  Pray an Our Father together. Ask God to bless your family this Lent and help you grow in holiness.</p> | <p>29 As a family, vote on a charity (or two) to which you want to donate this year.</p> |
| <p>1 March Adopt a Lenten saint to be your family's patron. Learn about him or her and see how you can imitate him or her.</p> | <p>2 Place a crucifix or picture of Jesus in a central place to keep the focus on him.</p> | <p>3 Greet everyone you meet today with a smile, no matter how you're feeling.</p> | <p>4 Tonight, have everyone name two things for which they're thankful and one intention for which they want prayers.</p> | <p>5 Peace starts at home. Resolve to only say positive, kind things today.</p> | <p>6  Set out an empty jar. Put in a jellybean whenever a child does a good deed or makes a sacrifice. Enjoy at Easter.</p> | <p>7 Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.</p> |
| <p>8 After Mass today, explain the Gospel and the homily in terms children can understand.</p> | <p>9 Spiritual Bouquet Have each person choose a prayer to offer daily for your parish priest(s). Send him a card with everyone's promises.</p> | <p>10 Do something kind for someone else today, with a humble and gracious heart. Remember it is Christ you're helping.</p> | <p>11 Talk about what you would say to Jesus if he came to your house to visit.</p> | <p>12 Ask the parish office to see how your family can help.</p> | <p>13  Enjoy pretzels, a traditional Lenten food. Originally, their shape evoked arms folded in prayer.</p> | <p>14 Encourage everyone to perform an extra chore around the house.</p> |
| <p>15 Light a candle in church today for someone who passed away or who needs special help.</p> | <p>16 Practice patience with each other. When it gets difficult, recall how patient God is with us.</p> | <p>17 St. Patrick's Day In St. Patrick's honor, light a candle and pray for missionaries in foreign lands.</p> | <p>18 Take stock of how your Lenten sacrifices are going, and refresh your commitment to them.</p> | <p>19 St. Joseph's Day St. Joseph protected the Holy Family from danger. Pray for the safety of families around the world.</p> | <p>20  Encourage everyone to do an examination of conscience.</p> | <p>21 Attend Confession as a family. Experience God's love and forgiveness. Have a treat to celebrate clean souls.</p> |
| <p>22 Laetare Sunday Have a special meal at home or a restaurant to celebrate the halfway point through Lent.</p> | <p>23 This week, try limiting screen time: no texting at the dinner table, during prayer time, and after 10:00pm.</p> | <p>24 Read today's Gospel (John 5:1-16). Have everyone detail one idea they found interesting.</p> | <p>25 Give up a toy or treat just for today, just for Jesus.</p> | <p>26 This evening, invite everyone to take a few minutes and silently turn their hearts and minds to God.</p> | <p>27  Family Fun Night Instead of watching a movie, pull out a boardgame or make up your own game.</p> | <p>28 Make cookies and bring them to a nearby nursing home.</p> |
| <p>29 After Mass, light a candle, and recite the Apostle's Creed as an affirmation of your faith.</p> | <p>30 Apologize to someone you hurt, even if it was an accident. Forgive someone who hurt you—even if it wasn't.</p> | <p>31 Pray for victims of violence and war in the world.</p> | <p>1 April As a family, consider doing a screen fast today and read together instead.</p> | <p>2 Contact Catholic Relief Services (877-HELP-CRS, www.crs.org) and help with any of their ongoing projects.</p> | <p>3  Place any final donations in the box you set up on March 7. Make a family trip to deliver it to its destination.</p> | <p>4 Calculate the money your family saved not eating meat on Friday and put that in the poor box at church.</p> |
| <p>5 Palm Sunday Have a Palm Sunday procession around the house and take turns playing Jesus.</p> | <p>6 Tonight and every night this week, pray for those who are preparing to enter the Church at Easter.</p> | <p>7 Take a walk outside and look for signs of new life.</p> | <p>8 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.</p> | <p>9 Holy Thursday Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p> | <p>10 Good Friday  Pray the Stations of the Cross. Meditate on each one. Find them here: www.usccb.org.</p> | <p>11 Holy Saturday Dress a doll in a white garment and talk about the Baptismal vows we renew each year.</p> |