

Family Lent Calendar 2023



= a day of fasting and
abstinence from meat



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February "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>).			22 Ash Wednesday Receive ashes at Mass and keep them on all day.	23 Help children choose offerings of prayer, penance, and almsgiving. Make sure they are age appropriate.	24 Today, have a simple meal together. Pray for those who can't have meat as a regular part of their diets.	25 Set up a prayer corner. Drape a small table in purple cloth. Include a Bible, a candle and a pillow. Meet there at night for family prayer.
26 "Bury the Hallelujah." Write the word, "hallelujah," on a piece of paper. Put it in a bag and bury it in the ground to be "resurrected" on Easter.	27 Make a Lent prayer chain. Write 40 intentions on strips of paper. Each day, choose a strip, say a prayer for the intention and add it as a link to the chain.	28 Give up a favorite snack today for the souls in Purgatory.	1 March Check out Catholic Relief Services and see if you can help support any of their projects. Look here: https://www.crs.org .	2 At dinner tonight, encourage everyone to think of a person he or she doesn't like and say three nice things about that person.	3 First Friday Attend Mass or make a visit to the Blessed Sacrament in church. Pray for a fruitful Lent.	4 Pray a family Rosary together in your prayer corner.
5 After Mass, light a candle for someone who passed away recently. Your parish family will join their prayers to yours.	6 Set out an empty box. Throughout Lent, add any unused clothes, books, or toys that are in good condition.	7 Pick someone in the news and pray for them.	8 Each day remaining in Lent, put a jelly bean in a jar whenever someone does a good deed. Share the jelly beans at Easter!	9 At dinner, share one way God showed His love to each of you today.	10 Consider fasting from screens tonight. Play boardgames, draw pictures, do a puzzle, read books together.	11 Family story night! Cuddle up tonight and read Easter-themed books, such as the <i>Legend of the Three Trees</i> or <i>The Week That Led to Easter</i> .
12 After Mass, explain the homily in terms children can understand. Come up with a resolution for the week.	13 Resolve to use only kind words today.	14 Monks would roll dough and twist it into crossed "prayer" arms -- now known as pretzels. Enjoy this traditional Lenten snack.	15 The Our Father is the perfect prayer, given by Jesus to us. Pray the Our Father together and talk about what it means.	16 Prepare souls for Easter! Ask each family member to make an examination of conscience, using the Ten Commandments and eight Beatitudes as guides.	17 <i>St. Patrick's Day</i> In St. Patrick's honor, pray for Catholic missionaries and those involved in religious education.	18 Go to Confession as a family. Go out for a special treat afterwards to celebrate God's forgiveness.
19 Laetare Sunday Today, we look forward to Easter joy! Have a treat after Mass to celebrate the midpoint of Lent.	20 St. Joseph's Day St. Joseph served, protected, and cared for Mary and Jesus. Entrust fathers (including priests) to his care.	21 Refresh any Lenten commitments you made.	22 Say a short prayer in front of each cross or crucifix in your home.	23 At dinner, go around the table and share something for which you are each grateful.	24 Go on a screen fast (from recreational use) from noon to 3, in memory of the three hours Jesus hung on the Cross.	25 Annunciation of the Lord We celebrate Mary's "Yes" to God. Pray three Hail Marys for help to be faithful to God's plan.
26 Spiritual Bouquet Have each person choose a prayer to offer daily for your pastor. Send a card with everyone's promises.	27 Get up 15 minutes earlier than usual today and pray as a family.	28 Practice patience -- a form of almsgiving that is especially pleasing in God's eyes.	29 Give up a favorite toy or treat just for today.	30 Deliver the box you started on March 6 to its destination.	31 Eat pizza, relax and play boardgames together.	1 April Dust, vacuum, clean and get your home ready to celebrate Holy Week -- the holiest time of the year.
2 Palm Sunday Palm fronds were a sign of victory and triumph. Decorate the statues and images of Jesus around your home with palms.	3 Tonight and every night this week, say a special prayer for those entering the Church during the Easter Vigil.	4 Go for a walk and look for signs of new life.	5 Using crayons or colored markers, draw Easter symbols. Hang them up to decorate for Easter.	6 Holy Thursday Read the story of the Last Supper (Matthew 26:20-30). Wash and dry each other's feet as Jesus washed the feet of his Apostles.	7 Good Friday Pray the Stations of the Cross together. Thank Jesus for His sacrifice on the Cross for us.	8 Holy Saturday Light a candle and renew your baptismal vows together as a family, promising to be faithful to God.