









Family Lent Calendar 2022



= a day of fasting and abstinence



= a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March “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>).			2 <i>Ash Wednesday</i> Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day. 	3 Discuss everyone’s Lenten sacrifices and make sure they are reasonable but challenging.	4  Whenever someone does a good deed, put a jelly bean in a jar. Enjoy at Easter!	5 Start a Lenten prayer chain. Write 40 intentions on strips of paper. Each day, pray for the intention and add a link.
6 Adopt a Lenten saint to be your family’s patron. Learn about them and find ways to imitate their virtues.	7 Place a crucifix or picture of Jesus in a central place to keep the focus on him.	8 Enjoy pretzels, a traditional Lenten food. Originally, their shape evoked arms folded in prayer.	9 Tonight, pray a decade of the Rosary together for the Church.	10 Have everyone choose a daily prayer to offer for your parish priest(s). Send him a card with everyone’s promises.	11  Today, give up playing video games and spend time together instead.	12 Bring a box of canned goods, clothing, toiletries, and gently used toys to a homeless shelter.
13 Explain today’s homily in a way children can understand. Come up with a family resolution for this week.	14 Peace starts at home. Resolve to say only positive, kind things today.	15 Today, forego a favorite snack for those who can’t afford to snack.	16 Talk about what you would say to Jesus if He came to your house to visit.	17 <i>St. Patrick’s Day</i> In St. Patrick’s honor, light a candle and pray for Catholic missions in other countries.	18  Call Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help.	19 <i>St. Joseph’s Day</i> St. Joseph protected the Holy Family from danger. Pray for the safety of families around the world.
20 After Mass, light a candle, and recite the Apostle’s Creed as an affirmation of faith.	21 Bring cookies to a nearby nursing home.	22 Pray for victims of violence and war in the world.	23 Apologize to someone you hurt. Forgive someone who hurt you.	24 At dinner, have everyone name two things they are thankful to God for.	25  <i>Family Fun Night</i> Instead of watching a movie, pull out a board game or make up your own.	26 In honor of the Holy Family, encourage everyone to do one extra chore around the house.
27 <i>Laetare Sunday</i> Have a special meal at home or a restaurant to celebrate the half-way point through Lent.	28 Take stock of how your Lenten fasts are going, and refresh your commitment to them.	29 Practice patience with each other. When it gets difficult, recall how patient God is with us.	30 Make up thank-you cards for the healthcare workers at your local hospital.	31 Have children draw a heart one way they experience Jesus’ love, and on the back, draw how they can show love.	1 April  Encourage each family member to perform an examination of conscience.	2 Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness.
3 At church today, pray for someone who passed away or who needs special help.	4 In today’s Gospel, Jesus says, “I am the Light of the world” (John 8:12). Light a candle and pray for world peace.	5 Send a card to someone who might need cheering today.	6 Pray an extra prayer together for everyone coming into the Church at Easter.	7 At dinner, go around the table and share one way you experienced God’s love.	8  Today, give up a favorite toy or game, just for Jesus.	9 Take 10 minutes and pray the Chaplet of Divine Mercy together. You can find it here: www.usscb.org/prayers
10 <i>Palm Sunday</i> Have a Palm Sunday procession around your house and place the palms around the images of Jesus.	11 This week, try to limit screen time. No texting at dinner, during prayer, and after 10:00 PM.	12 Ask each family member to write a letter to Jesus thanking him for his sacrifice on the Cross.	13 Open the jar of “Good deed” jelly beans and enjoy!”	14 <i>Holy Thursday</i> Today, make a short visit to the Blessed Sacrament in church. Pray for priests.	15 <i>Good Friday</i> Pray the Stations of the Cross today, and meditate on each one. 	16 <i>Holy Saturday</i> Dress a doll in a white garment and talk about the Baptismal vows we renew each year.