

LENTEN FAMILY CALENDAR 2021 **Reflect. Repent. Restore.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Ash Wednesday Live-stream an Ash Wednesday Mass or prayer service today.	As a family, research and select a charity you will support during Lent.	Fast from taking second helpings at meals.	Begin your day with the Bible. Read or listen to the daily readings.
First Sunday of Lent Watch a live-streamed Mass often during Lent.	Do something special and fun with your family at home.	Spend quality time with a family member who is sick.	Greet warmly every person you meet all day.	Uplift and encourage someone who seems depressed.	Fast from Facebook and Twitter all day.	Reach out and relate with a difficult person.
Second Sunday of Lent Make a list of ten things for which you are grateful.	Take time to thank God for all the blessings you have received during the day.	Fast from criticizing others aloud or silently in your mind. Seek to understand instead.	Rededicate yourself to prayer by setting aside some time to sit with Jesus.	Go through your closets and donate usable clothing to a local charity.	Purchase a day's supply of food and drop it off at a local food bank.	Fast from over scheduling your time. Leave some time to simply BE.
Third Sunday of Lent Make a meal for someone who is living alone.	Buy cat/dog food and donate it to the local SPCA.	Send a card or letter to a relative, friend or fellow parishioner who is homebound.	Pray for the willingness to seek forgiveness from people you have hurt.	Praise and affirm others in little things they do.	Read a book or spiritual article on spiritual growth.	'Be extra kind to someone you do not like.
Fourth Sunday of Lent Fast from gossip	Pray with your family at mealtime. Make a point of praying for people in need.	At bedtime, pray for people who are homeless and sleeping on the streets tonight.	Be more courteous in your attitude, words and deeds.	Speak less and listen more. Give others the gift of your undivided attention.	Reconcile with God through prayer and the sacraments.	Take over a disliked chore for a family member.

<p>Fifth Sunday of Lent Pray the Rosary together</p>	<p>Give an anonymous gift to someone who might be lonely or sad.</p>	<p>Recognize your own needs and give them their due. Allow others to help you.</p>	<p>Fast from complaining. Notice how often you are tempted to complain.</p>	<p>Be generous with your words. Pay compliments today.</p>	<p>Pick up ten pieces of litter today.</p>	<p>Make a 'Things I Like About You' book or card for someone and give it to them.</p>
<p>Palm Sunday of Lord's Passion Read Mark's account of the Passion Narrative.</p>	<p>Monday of Holy Week Do something today you promised to do and forgot.</p>	<p>Tuesday of Holy Week Do a 'not-so-nice' job without being asked.</p>	<p>Wednesday of Holy Week Do not compare yourself to others. We're all 1 in God.</p>	<p>Holy Thursday Plan to watch you parish's live-streamed Triduum services.</p>	<p>Good Friday Read John's account of the Passion Narrative.</p>	<p>Holy Saturday Be mindful of all God has done for you.</p>
<p>Resurrection of the Lord Celebrate Easter!</p>						