







# Family Lent Calendar 2024



Try and accomplish each day's challenge together as a family!  
After you complete each challenge, mark a cross on the day.

 a day of abstinence  
 a day of fasting & abstinence

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Catholic Relief Service Rice Bowl Pick up a rice bowl and place on your prayer table. 18		1 February 14	 February 14 Ash Wednesday Write the word ALLELUIA, hide it until Easter Sunday! Share your Lent plans. 21	15 Every time a good deed is done, put a jelly bean in a jar. Share the jelly beans at Easter! 22	 16 Stations of the Cross, 9:30am, 7pm Lenten Dinner 5:30-7pm 23	17 Pray for someone who is sick or needs extra prayers. 24
Re-read today's Gospel and each person share something they heard. 25	19 Place a cross or picture of Jesus on your kitchen table to keep your focus on Jesus. 26	20 Plan how each of you can show kindness or compassion to someone else tomorrow. 27	7 pm, Come to the Penance Service. Write a prayer petition and bring to cross in the foyer at church. 28	Before eating your family meal together, ask each person to say a spontaneous prayer. 29	 March 1 Stations of the Cross, 9:30am, 7pm Lenten Dinner 5:30-7pm 8	Find out more about the Transfiguration, Peter, John, James, Moses and Elijah & share with your family. 2
Take home a paper Easter egg to help with the Easter Basket project. 3	Pray for the people in the world who don't have enough to eat today. 4	Pray the Glory Be Prayer before dinner. 5	Think of someone you don't like and say three nice things about him or her. 6	Light a candle and say the Apostle's Creed as an affirmation of faith. 7	Stations of the Cross, 9:30am, 7pm Lenten Dinner 5:30-7pm 8	Go to the store together to buy your items for Mercy Bags. Bring to Family Faith. 9
Take a family walk today and thank God for creation. Laetare Sunday 10	Pray the Hail Mary before getting started with the day's activities. 11	Be aware and smile at 5 people today! 12	Each person make a sacrificial offering, such as doing an extra chore without being asked. 13	Pray for all who are sick and all healthcare workers and first responders. 14	Stations of the Cross, 9:30am, 7pm Lenten Dinner 5:30-7pm 15	Make or eat pretzels today as a reminder of crossed arms in prayer. Help at Transfiguration Serves/Hands On, 9 -12, FLC 16
Have a special meal at home (or get takeout) to celebrate the half-way point through Lent 17	Give up dessert tonight. 18	Make the sign of the cross today and remember how much you are loved. 19	Pick a friend or neighbor and perform an anonymous good deed for him or her. 20	Give up a favorite toy, technology or treat just for today. 21	Stations of the Cross, 9:30am, 7pm Lenten Dinner 5:30-7pm 22	Sort through possessions & each person find one thing that someone else would like & donate to SVDP. 23
Happy St. Patrick's Day. Wear and eat something green today. PALM SUNDAY 24	Send a card, text or call someone who may need cheering today and will be happy to hear from you. 25	Happy St. Joseph's Day Do something together as a family: read, game, movie... 26	Pray an examination of conscience as part of your night prayer. 27	First day of spring – look for a sign of spring and each person share at dinner. 28	 29 Good Friday Stations, 3pm Be quiet from noon – 3pm Children's Stations, 5:30pm FLC Solemn Observance of the Lord's Passion, 8pm 29	Come to the Parish Seder Meal Food blessing & Resurrection Egg Hunt – noon Help to decorate the Church Make resurrection rolls to eat for breakfast tomorrow. 30
Place palms behind the crucifixes in your home. EASTER SUNDAY	Pray a decade of the Sorrowful Mysteries today 31 ALLELUIA	Say a short prayer before each cross or crucifix in your home. You can always make additional crosses.	Forgive someone who hurt you today.	Holy Thursday, Mass of the Last Supper, 8pm Children's Last Supper Experience 5:30pm, FLC		