

LENTEN FAMILY CALENDAR

OUR WORLD, A FAMILY OF FAMILIES



ACTS OF LOVE AND SACRIFICE to show commitment and a desire for reconciliation in our families. Choose acts as appropriate, separately or to do together. Also see Lent and Easter in the Family for further suggestions.



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Some special acts for special days.

25th February. Ash Wednesday. Fast, abstinence.

19th March. Pray to St Joseph, that fathers will play their rightful role in their families.

21st March. Human Rights Day. Make a special effort not to trample on anyone's rights today.

25th Annunciation. Dedicate the family to Mary, the Mother of Jesus in honour of her commitment.

5 – 12th April. Holy Week and Easter. Take part in the special liturgy or pray at home.

13th April. Easter Monday, Family Day SA.

Choose suitable acts from the following

1. Decide which bad habit you could give up.
2. Keep quiet instead of arguing
3. Be particularly kind to one another as a family, no cheekiness, or swearing.
4. Tell your grandparents how special they are.
5. Do something for someone who is sick.
6. Start a discussion on saving energy.
7. Be attentive instead of rude to teachers.
8. Don't use bad language all day.
9. Give some money to the poor.
10. Have a Family Reconciliation time, share your hurts and forgive one another.
11. Together find a way to help a destitute family.



12. Share your faith with a younger person.
13. Don't throw away anything you can reuse.
14. Start a week of special morning prayers.
15. Be like Jesus in the way you speak to others.
16. Talk to others how you practise recycling.
17. Be patient and help a younger person learn.
18. Play a game as a family.
19. Do your household chores with special care.
20. Invite Mary to be present in your family.
21. Clean up and beautify your place.
22. Praise and thank God for yourself, even if you're not feeling good..
23. Write a note to someone you know you have hurt.
24. Pray for peace in a particular part of the world where conflict exists.
25. Say the Rosary for peace in all families.
26. Pray for those who have been affected by floods, earthquakes and natural disasters.
27. Take action to support nature and wild life.
28. Pray for Christian unity, especially in families.
29. Have a family fast day and give the money saved to the Bishops' Lenten Appeal.
30. Start a water-saving campaign.
31. Help out at the SPCA or where pets are neglected.
32. Walk instead of riding.



33. Give up alcohol for a day or more, consider how substance abuse destroys families.
34. Do a conservation project, find out how an animal family lives.
35. Offer to babysit for someone for free.
36. Eat dinner together as a family.
37. Pray the Our Father as a family
38. Pray that family violence will stop.
39. Watch or listen to a religious TV or radio show.
40. Give up all junk food for a week.
41. Be generous with a beggar.
42. Pray for children whose parents are unemployed, see if you can help.
43. Pray for all fathers, especially absent ones.
44. Say thank you for everything today.
45. Pray for those in your family who have died.
46. Pray the Stations of the Cross alone or together.
47. Give up cold drinks or sweets for a day or more, give the money away.
48. Do some spiritual reading.
49. Reflect on the Scripture readings for a week.
50. Pray for all married couples that their love may become more like Jesus' love.
51. Do a special act of kindness for an older person
52. Smile even when you don't feel like it.