

# LENTEN FAMILY CALENDAR

preparing for Easter

## OUR WORLD, A FAMILY OF FAMILIES



MARFAM 2021

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

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### A FAMILY LENTEN PRAYER.

Father, Son and Holy Spirit, blessed Trinity

You have shown us how to love, to be God's family.

We're sorry for the things we've done to cause another pain, make us willing to forgive and so be whole again.

Bless our family today, keep us in your care, old and young, sick or healthy, those no longer there.

Help us care for others too, Jesus showed the way. May every home be home for God, now and every day.

Amen.

### Some special acts for special days.

17 **February.** Ash Wednesday. Fast, abstinence.

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

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

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

27 March - 4 April. Holy Week and Easter. Take part in the special liturgy or pray at home.

5 **April.** Easter Monday, Family Day SA.

1. Together Prepare your home for Lent, with a bible a crucifix, special pictures or statues.
2. Decide what personal changes you want to make
3. Be particularly kind to one another as a family, no cheekiness or swearing.

4. Tell your grandparents how special they are.
5. Start a discussion on saving energy.
6. Be attentive instead of rude to teachers.
7. Don't use bad language all day.
8. Give some money to the poor.
9. Have a Family Reconciliation time, share your hurts and forgive one another.
10. Together find a way to help a destitute family.
11. Share your faith with a younger person.
12. Don't throw away anything you can reuse.
13. Start a week of special morning prayers.
14. Be like Jesus in the way you speak to others.
15. Talk to others how you practise recycling.
16. Be patient and help a young person learn.
17. Play a game as a family.
18. Do your household chores with special care.
19. Invite Mary to be present in your family.
20. Clean up and beautify your place.
21. Praise and thank God for yourself, even if you're not feeling good about yourself.
22. Pray for peace in a particular part of the world where conflict exists.
23. Write a note to someone you know you have hurt.
24. Say the Rosary for peace in all families.
25. Pray for those who have been affected by floods, earthquakes and natural disasters.
26. Take action to support nature and wild life.
27. Pray for Christian unity, especially in families.
28. Walk instead of driving.
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. Give up alcohol for a day or more, how does substance abuse destroy families.
33. Do a conservation project, find out how an animal family lives.
34. Offer to babysit for someone for free.
35. Eat dinner together as a family.
36. Pray the Our Father as a family
37. Pray that family violence will stop.
38. Watch or listen to a religious TV or radio show.
39. Give up all junk food for a week.
40. Be generous with a beggar.
41. Pray for children whose parents are unemployed, see if you can help.
42. Pray for all fathers, especially absent ones.
43. Say thank you for everything today.
44. Pray for family members who have died.
45. Pray the Stations of the Cross alone or together.
46. Give up cold drinks or sweets for a day or more, give the money away.
47. Reflect on the Scripture readings for a week.
48. Pray for married couples that their love will grow more to be like Jesus' love
49. Do a special act of kindness for an older person or someone who is sick.
50. Do a check-up. How has your Lent been so far?
51. CELEBRATE a HAPPY EASTER together.