

# MARFAM LENTEN FAMILY CALENDAR - 2023

Preparing for Easter by becoming an eco-friendly family

## OUR WORLD, A FAMILY OF FAMILIES – LOVE IS HIS LAW, LOVE IS HIS WAY



*ACTS OF LOVE AND SACRIFICE* show our commitment to act with responsibility and a desire for repentance and reconciliation in all our relationships. Choose acts as appropriate, to do separately or together, for one day or longer. Also see MARFAM suggestions on monthly themes on the website [www.marfam.org.za/lent](http://www.marfam.org.za/lent)

### Some special acts for special days.

**22 February** Ash Wednesday. Fast and abstinence.

**19 March.** St Joseph. Ask for his intercession for families, fathers and workers.

**21 March.** Human Rights Day SA. Consider and respect rights and responsibilities of all



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

**2 – 9 April.** Commemorate Holy Week and Easter in the parish and at home.

**10 April. Easter Monday. Family Day in SA**

### Choose suitable acts from the following

1. Check out your responsibilities against your rights.
2. Be particularly kind to one another as a family, no cheekiness, swearing or arguing.
3. Tell your grandparents how special they are.
4. Do something for someone who is sick.
5. Discuss healthy living to prevent obesity or getting “lifestyle” diseases.
6. Be attentive instead of rude to teachers.
7. Give some money to the poor.
8. Consider how to save energy today.
9. Don't throw away anything you can reuse.
10. Talk to others how you practise recycling.
11. Buy local instead of imported.
12. Clean up and beautify your own place.
13. Pray for peace in a particular part of the world where conflict exists.
14. Take some action to support nature and wild life.



15. Pray for religious unity in families.
16. Walk instead of driving.
17. Have a Family Reconciliation time, share your hurts and forgive one another.
18. Am I hurtful or abusive? How can I change?
19. Offer to do something in your parish.
20. Have a family fast day and give the money saved to a beggar.
21. Don't use bad language all day.
22. Support the Bishops' Lenten Appeal.
23. Start a water-saving campaign at home or a group.
  24. Be especially honest in everything you say or do.
  25. Start a week of special morning prayers.
  26. Be like Jesus in the way you speak to others.
  27. What addictive habits of mine or others can I address?
  28. Contact someone in the family you haven't been in touch with for a while.
  29. Be patient and help a younger person learn.
  30. Make a project to study and discuss *Laudato Si* Pope Francis' encyclical on integral ecology.
  31. Do your household chores with special care.
  32. Invite Mary to be present in your family.
  33. Don't moan or complain about anything today.
  34. Praise and thank God for yourself, even if you're not feeling good about yourself.
  35. Write a note of friendship to someone you know you have hurt.
  36. Plant a tree or start and care for a vegetable garden at home.
  37. Say the Rosary for peace in all families.
  38. Help out at the SPCA or support an animal shelter.
  39. Discuss how to act responsibly when out with friends.
  40. Pray for all those who have been affected by floods, earthquakes or other natural disasters.



41. Take some action to support poor or homeless people.
42. Get involved in helping where needed in your school.
43. Show gratitude towards your godparents.
44. Give up alcohol for a day or more, consider how alcohol and drugs destroy families.
45. Offer to babysit for someone free of charge.
46. Eat dinner together as a family with no cellphones.
47. Give up smoking, or vaping for your health.
48. Pray the Our Father as a family
49. Pray for all mothers as agents of peace.
50. Watch or listen to a religious TV or radio show.
51. Examine your conscience and choose some failing you really need to work at.
52. Be generous with a beggar.
53. Pray for children of unemployed parents.
54. See how you can help unemployed persons.
55. Pray for all fathers, especially those absent from their families.
56. Say thank you for everything today.
57. Pray for those in your family who have died.
58. Pray the Stations of the Cross for Families alone or together.
59. Give up cold drinks or sweets for a time.
60. Read what Pope Francis says about family life.
61. Reflect on the Scripture readings for a week.
62. Pray for all married couples that their love may become more like Jesus' love.
63. Do a special act of kindness for an older person
64. Smile even when you don't feel like it.
65. Participate in a Lenten programme.
66. Do a Lenten check-up. Are my acts of love and sacrifice bringing me closer to God and neighbour?
67. Plan to CELEBRATE a HAPPY EASTER together