

# MARFAM LENTEN FAMILY CALENDAR - OUR WORLD, A FAMILY OF FAMILIES

## 2026 YEAR OF ST FRANCIS - LOVE IS HIS LAW, LOVE IS HIS WAY (MARFAM PROGRAMME)

**POPE LEO's Lenten message:** Listening and Fasting: Lent as a Time of Conversion. Come together as a community to listen to the word of God and to the vulnerable. Avoid harsh words, cultivate kindness and respect in our families, among friends, at work, on social media, in political debates, in the media and in Christian communities so that words of hatred will give way to words of hope and peace. Lent is a time to place the mystery of God back in the center of our lives.

**ACTS OF LOVE AND SACRIFICE.** Choose to do separately or together, for one day or longer. See suggestions for monthly themes on [www.marfam.org.za/lent](http://www.marfam.org.za/lent)

### Some special acts for special days.

**18 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.

**29 March – 5 April.** Commemorate Holy Week and Easter in the parish and at home.

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



### Choose suitable acts from the following

1. Choose suitable times to gather for family faith sharing. In synodal way “listen to God’s word and one another, share openly from the heart, choose appropriate action. Conclude with prayer.”
2. Share on MARFAM THOUGHTS FOR THE DAY.
3. Share on your responsibilities against your rights.
4. Be particularly kind to one another as a family, no cheekiness, swearing or arguing.
5. Tell your grandparents how special they are.
6. Share, listen and discuss healthy living to prevent obesity or getting “lifestyle” diseases.
7. Be attentive instead of rude to teachers.



8. Give some money to the poor in your area.
9. Consider how to save energy today.
10. Don’t throw away anything you can reuse.
11. Talk to others how you practise recycling.
12. Buy local instead of imported.
13. Clean up and beautify your own place.
14. Pray for peace in a particular part of the world where conflict exists.
15. Take some action to support nature and wild life.
16. Pray for religious unity in families.
17. Walk instead of driving.
18. Have a Family Reconciliation time, share your hurts and forgive one another.
19. Ask: Am I hurtful or abusive? How can I change?
20. Offer to do something in your parish.
21. Have a family fast day and give money to a beggar.
22. “Fast” by not using bad language all day.
23. Support the Bishops’ Lenten Appeal.
24. Start a water-saving campaign at home or a group.
25. Listen to the story of someone who is sick.
26. Be especially honest in everything you say or do
27. Start a week of special morning prayers
  28. Be like Jesus in the way you speak to others.
  29. What addictive habits of mine or others can I address?
  30. Contact someone in the family you haven’t been in touch with for a while.
  31. Be patient, listen to help a young person learn.
  32. Make a project to study and discuss *Laudato Si* Pope Francis’ encyclical on integral ecology.
  33. Do your household chores with special care.
  34. Invite Mary to be present in your family.
  35. Don’t moan or complain about anything today.
  36. Praise and thank God for yourself, even if you’re not feeling good about yourself.
  37. Pray for all married couples that their love may become more like Jesus’ love.
  38. Smile even when you don’t feel like it.
39. Write a note of friendship to someone you know you have hurt.
40. Plant a tree or start and care for a vegetable garden at home.
41. Say the Rosary for peace in all families.
42. Help at the SPCA or support an animal shelter.
43. Share and listen to each other. How to act responsibly when out with friends.
44. Pray for all those who have been affected by floods, earthquakes or other natural disasters.
45. Take some action to listen to and support poor or homeless people.
46. Get involved. Help out in your school.
47. Show gratitude towards your godparents.
48. Give up alcohol for a day or more, consider how alcohol and drugs destroy families.
49. Offer to babysit for someone free of charge.
50. Eat dinner together as a family with no phones
51. Give up smoking, or vaping for your health.
52. Pray the Our Father as a family
53. Pray for all mothers as agents of peace.
54. Watch or listen to a religious TV or radio show.
55. Examine your conscience and choose some failing you really need to work at.
56. Be generous with a beggar.
57. Pray for children of unemployed parents.
58. See how you can help unemployed persons.
59. Pray for all fathers, especially those absent from their families.
60. Say thank you for everything today.
61. Pray for those in your family who have died.
62. Pray the Stations of the Cross for Families alone or together.
63. Fast by giving up cold drinks or sweets.
64. Read what Pope Leo says about family life.
65. Reflect on the Scripture readings for a week.
66. Participate in a Lenten programme.
67. Check up. How is my Lent leading me to God?

