

A FAMILY CALENDAR FOR LENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 			10 ASH WEDNESDAY Today, do one act of kindness for a neighbour or family member.	11 No TV or any other screen today, except for work, school or homework.	12 Make a card or write a note to someone who needs a kind message.	13 Take some good used clothes to a Goodwill shop or Value Village.
14 1st Sunday of Lent At Mass today, take a selfie and send it to friends (if you like).	15 Reduce your household garbage to one bag.	16 Only water to drink today; no pop, coffee or juice.	17 At the drive through at Tim Horton's, pay for a coffee for the next customer.	18 Shovel a path for a neighbour.	19 Do an act of kindness for a family member without talking about it.	20 Buy a food item for the local Food Bank or shelter.
21 2nd Sunday of Lent At Mass today, pray for those without adequate shelter.	22 Eat very simple meals for breakfast, lunch and supper today.	23 Call someone who you've had a disagreement with.	24 Turn off the lights whenever you leave a room.	25 For every pair of boots in your closet, give \$.50 to charity.	26 For every pair of mittens or gloves, give \$.10 to Share Lent.	27 Prepare a family meal today.
28 3rd Sunday of Lent At Mass today, give thanks for someone who's been a role model.	29 Write a note to someone living away from home.	MARCH 1 Don't buy snacks or coffee today; give the money to a Share Lent.	2 Take a family walk. You might tell stories about other journeys you've taken.	3 Encourage someone today.	4 For every pair of shoes in your closet, give \$.50 to the poor.	5 Invite someone over to your house for a meal.
6 4th Sunday of Lent At Mass today, do an act of kindness for someone who needs help.	7 For one whole week, bring your lunch from home.	8 Pay someone a compliment at work or school.	9 Turn off the lights tonight for one hour, light candles and spend some family time.	10 Offer to do a job or a chore for someone else.	11 Pray for people who find it hard to believe in God.	12 As a family, make a meal for an elderly or sick neighbour.
13 At Mass today, stop as you enter the church and greet a stranger.	14 Name a gift that each family member has.	15 Pray for someone who has nobody to pray for them.	16 Eat by candlelight tonight.	17 ST. PATRICK Pray for missionaries today.	18. Do something together that one family member has wanted to do.	19 ST. JOSEPH Patron of Canada. Pray for fathers and guides
20 PALM SUNDAY At Mass today, pray for people who suffer for their faith.	21 First day of Spring. Plant something.	22 Write a thank you note to someone who has helped you.	23 Play a board game together.	24 HOLY THURSDAY How do you wash each others' feet in your family today? How can you be of service to others?	25. GOOD FRIDAY What would the Crown of Thorns look like today? How does the Body of Christ suffer today?	26 HOLY SATURDAY How can your family bring new life and light to others?
27 EASTER SUNDAY Give thanks for new life! How can you bring new life to others?						



FASTING AND ABSTAINING IN LENT

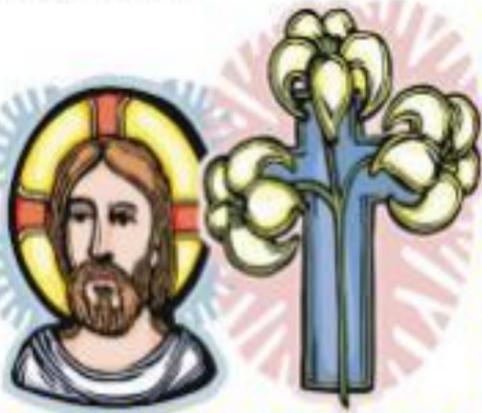
Ash Wednesday and Good Friday are days of Fasting. This means that we eat only one full meal and two very light meals on these days. All Fridays in Lent are days of Abstinence, which means that we eat no meat on these days.

Place a purple candle in the centre of your family meal table. Each time you gather for a meal together, light the candle and say this **Lenten Grace**:

*Loving God,
we thank you for this meal,
and for the many ways you are good to us.
Help us to remember those who have less than we do,
and show us ways we might help them.
We ask this through Jesus, your Son and our Brother.
Amen.*

What is Lent?

Lent is an important season in the Church's year. Every year Christians use Lent to prepare themselves for the death and resurrection of Jesus Christ, on Easter Sunday.



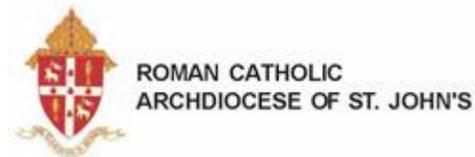
When is Lent?

Lent is the forty days before Easter. Christians do not include Sundays in the forty days because they celebrate Jesus' resurrection every Sunday. Lent begins on Ash Wednesday and ends on Holy Saturday.



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LIVING FAITH A FAMILY RESOURCE ASH WEDNESDAY, YEAR C



Matthew 6:1-6, 16-18

Prayer and Almsgiving

Beware of practising your piety before others in order to be seen by them; for then, you have no reward from your Father in heaven.

So whenever you give alms, so not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly, I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father, who sees in secret, will reward you.

And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners so that they may be seen by others. Truly, I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly, I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen, not by others, but by your Father who is in secret; and your Father who sees in secret will reward you.



REFLECTION ON THE GOSPEL

Today, we begin Lent. The Season of Lent is the 40 days leading up to Easter. If you are very smart, and can count, you can see that there are more than 40 days between now and Easter. Sundays are never part of Lent, because every Sunday we celebrate the Lord's Resurrection. But we wear purple, to keep the spirit of the season alive. Lent starts on Ash Wednesday and, if we take out the Sundays, ends on Holy Saturday. Then we begin to celebrate the great 50 days of Easter. During Lent, God invites us to reflect on our lives and, through prayer, fasting and self-sacrifice, change those areas of our lives that need to be changed in order that we might grow to be more like Jesus. This is called conversion. The colour purple is the colour of Lent, because it represents repentance. You'll notice that, during lent, we don't sing our joyful Alleluias. You won't hear that words again until Easter. It's part of our Lenten fasting. You'll be happy when you hear it again! Today, Ash Wednesday, we begin our journey toward Easter. We begin in ashes, and remember that God calls us from ashes to glory, through death to resurrection and new life.