





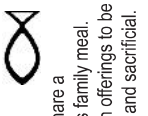
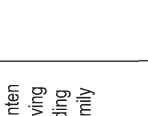
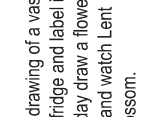
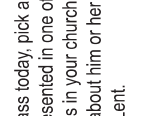
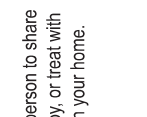
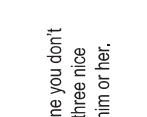

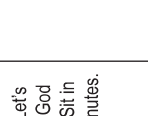
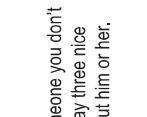
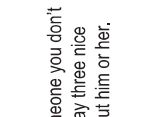

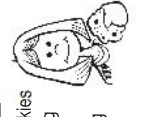

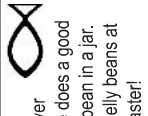
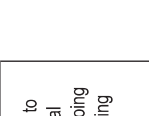


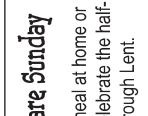
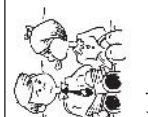
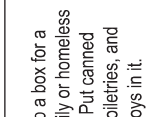

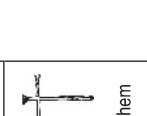
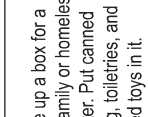
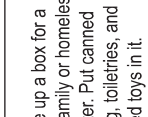
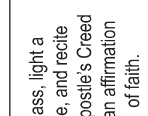
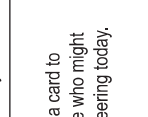

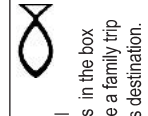
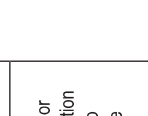



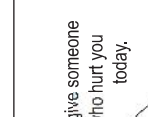
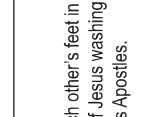

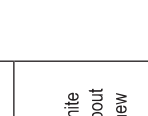
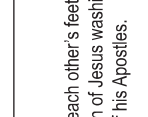


2012 Family Lent Calendar

 = a day of fasting and abstinence from meat
 = a day of abstinence from meat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26 After Mass today, explain the Gospel and the homily in terms your children can understand.</p> 	<p>27 Contact Catholic Relief Services (877-HELP-CRS, www.catholicrelief.org) to see how you can help any of their ongoing projects.</p> 	<p>28 Invent a new family prayer you can say together each day.</p> 	<p>22 Take your family to an Ash Wednesday liturgy and wear the cross of ashes all day.</p> 	<p>23 Tape a drawing of a vase on the fridge and label it, "Lent." Each day draw a flower in the vase and watch Lent blossom.</p> 	<p>24 Share a meatless family meal. Discuss your Lenten offerings to be sure all are doable and sacrificial.</p> 	<p>25 Choose a family Lenten offering, such as giving up desserts, attending daily Mass, or praying a family Rosary regularly.</p> 
<p>4 Before Mass today, pick a saint represented in one of the statues in your church and find out more about him or her during Lent.</p> 	<p>5 Collect stuffed animals or soft pillows in good condition and bring them to a local nursing home. Older folks love soft things to hug.</p> 	<p>6 Ask each person to share a game, toy, or treat with someone else in your home.</p> 	<p>7 Plan how each of you can show kindness or compassion to someone else tomorrow.</p> 	<p>8 Think of someone you don't like and say three nice things about him or her.</p> 	<p>9 Figure out how much your family saved by not eating meat today, and put that money in the poor box at church.</p> 	<p>10 At bedtime say, "Let's turn our hearts to God and think of him." Sit in silence together for a few minutes.</p> 
<p>11 Light a candle in church today for someone who passed away or who needs special help.</p> 	<p>13 Make cookies and bring them to a nearby nursing home.</p> 	<p>14 Encourage each family member to perform an examination of conscience.</p> 	<p>15 Place a crucifix or picture of Jesus in a central place to keep the focus on him.</p> 	<p>16 Whenever someone does a good deed, put a jelly bean in a jar. Share the jelly beans at Easter!</p> 	<p>17 Ask each person to make a sacrificial offering, such as doing an extra chore without being asked.</p> 	<p>18 Lactare Sunday Have a special meal at home or a restaurant to celebrate the half-way point through Lent.</p> 
<p>18 Lactare Sunday Have a special meal at home or a restaurant to celebrate the half-way point through Lent.</p> 	<p>20 Encourage all family members to refrain from bickering today.</p> 	<p>21 Say a short prayer before each cross or crucifix in your home.</p> 	<p>22 Make up a box for a needy family or homeless shelter. Put canned goods, clothing, toiletries, and gently used toys in it.</p> 	<p>23 Serve pretzels as a reminder that Catholics used to fast from milk, butter, eggs, cheese, cream, and meat.</p> 	<p>24 Make simple crosses out of construction paper. Write on them, "He died for me," and post them around your home.</p> 	<p>24 Lactare Sunday Have a special meal at home or a restaurant to celebrate the half-way point through Lent.</p> 
<p>25 After Mass, light a candle, and recite the Apostle's Creed as an affirmation of faith.</p> 	<p>26 Play for the victims of the earthquake still suffering in Haiti.</p> 	<p>27 Send a card to someone who might need cheering today.</p> 	<p>28 Give up a favorite toy or treat just for today.</p> 	<p>29 Visit someone who is sick and can't leave home.</p> 	<p>30 Place any final donations in the box you set up. Make a family trip to deliver it to its destination.</p> 	<p>31 Go to Confession or attend a Reconciliation Service. Then go out afterwards to celebrate forgiveness.</p> 
<p>1 Have a Palm Sunday procession around the house and take turns playing Jesus.</p> 	<p>2 Take a walk outside and look for signs of new life.</p> 	<p>3 Forgive someone who hurt you today.</p> 	<p>4 Get up 15 minutes earlier than usual today and pray as a family.</p> 	<p>5 Wash and dry each other's feet in commemoration of Jesus washing the feet of his Apostles.</p> 	<p>6 Pray the Stations of the Cross today, and meditate on each one.</p> 	<p>7 Dress a doll in a white garment and talk about the Baptismal vows we renew each year.</p> 