


DIOCESE OF KINGSTOWN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FAMILY LENTEN CALENDAR 2019  Pray. Fast. Give/Serve.			MARCH 6TH Ash Wednesday. Take time to go to Mass.	MARCH 7TH Get up early, give thanks and offer your day to God.	MARCH 8TH Call or visit someone you haven't seen in a while.	MARCH 9TH Pray the rosary as a family. Continue once a week.
MARCH 10TH "I was hungry and you gave me food." Mt 25:35. Reflect.	MARCH 11TH Say a prayer of thanks for all you have in your life.	MARCH 12TH Start a kitchen garden and share your crops.	MARCH 13TH Fast by eating only one full meal today. No meat.	MARCH 14TH Pray for those who have nothing to eat.	MARCH 15TH Read God's Word as a family.	MARCH 16TH Commit to daily scripture reading.
MARCH 17TH <i>Feast of St Patrick</i> "I was thirsty and you gave me drink." Mt 25:35. Reflect.	MARCH 18TH Pray for the grace to thank God in all seasons.	MARCH 19TH <i>Feast of St Joseph</i> Be compassionate. Take coconut water to an ill person.	MARCH 20TH Fast from drinking juice today. Drink only water.	MARCH 21ST Pray for those who are suffering.	MARCH 22ND Visit the homebound.	MARCH 23RD Make good use of God's resources. Conserve water.
MARCH 24TH "I was a stranger and you welcomed me." Mt 25:35. Reflect.	MARCH 25TH <i>The Annunciation</i> Pray for the gift of obedience to God's Word.	MARCH 26TH Give unconditional love to anyone who challenges you today.	MARCH 27TH Share your time, listen to someone.	MARCH 28TH Pray for the homeless.	MARCH 29TH Think of ways to thank God by serving. Choose one and act on it.	MARCH 30TH Commit to monthly contributions to one of our homes or other social service.
MARCH 31ST "I was naked and you clothed me." Mt 25:36. Reflect.	APRIL 1ST Ask God to make kindness and generosity a habit in your life.	APRIL 2ND Teach someone to say the rosary. Give a crucifix or rosary to someone.	APRIL 3RD Fast from electronic devices today.	APRIL 4TH Pray for the poor.	APRIL 5TH Give items from your closet to someone in need.	APRIL 6TH Commit to sharing your talents and resources.
APRIL 7TH "... you did this to the least of my brothers ..." Mt 25:40. Reflect.	APRIL 8TH Pray for opportunities to show respect and charity.	APRIL 9TH Read scripture for a shut-in.	APRIL 10TH Fast from gossiping.	APRIL 11TH Pray "Jesus I love you" during the day today.	APRIL 12TH Say something nice to a family member.	APRIL 13TH Commit to visiting the blessed sacrament often.
APRIL 14TH "Where your treasure is, there your heart will be also." Mt 6:21. Reflect.	APRIL 15TH Pray for God to be first in your life.	APRIL 16TH Listen only to Gospel music today.	APRIL 17TH Fast from getting worked up over small annoyances.	APRIL 18TH Pray for the clergy.	APRIL 19TH Follow Jesus' journey to the cross. Attend service today.	APRIL 20TH Commit/re-commit to service/ministry in the church.
APRIL 21ST Easter! The resurrection.	These activities are based on the three pillars of Lent, prayer, fasting and giving in tangible ways or in service. Involve the whole family! Encourage the young ones to make simple commitments they should be able to keep.					