


DIOCESE OF KINGSTOWN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FAMILY LENTEN CALENDAR 2020  Pray. Fast. Give/Serve.			FEBRUARY 26TH Ash Wednesday. Remember to go to Mass for ashes.	FEBRUARY 27TH Pray and prepare to make sacrifices this Lenten season.	FEBRUARY 28TH Beginning today, make Fridays of Lent a day of fasting.	FEBRUARY 29TH Commit to prayer and fasting during this Lenten season.
MARCH 1ST “Be joyful in hope, patient in affliction, faithful in prayer.” Rm 12:12. Reflect.	MARCH 2ND Ask God to strengthen your commitment to prayer.	MARCH 3RD Share your joy with a smile to someone today.	MARCH 4TH Consider going meatless today.	MARCH 5TH Pray for those who are suffering.	MARCH 6TH Offer up your afflictions as atonement for sins.	MARCH 7TH Start a tradition of family prayer time.
MARCH 8TH “Return to the Lord for He is gracious and compassionate” Joel 2:13. Reflect.	MARCH 9TH Pray for a compassionate heart towards the neglected.	MARCH 10TH Make today the day to visit the homebound.	MARCH 11TH Fast from anger. Be gracious to those who wrong you.	MARCH 12TH Teach someone how to pray. A child, family member, friend, neighbour.	MARCH 13TH Have you strayed from Mass? The Lord is waiting on your return.	MARCH 14TH Commit to attending Mass regularly as a family.
MARCH 15TH “Wait for the Lord, be strong ...” Ps 27:14 Reflect.	MARCH 16TH Pray for patience in this impatient world.	MARCH 17TH A hurting person is waiting for a shoulder to cry on. Can you offer yours?	MARCH 18TH Be still. Spend time in adoration or silent prayer.	MARCH 19TH Be a waiter for the hungry. Consider serving at the soup kitchen.	MARCH 20TH Fast to strengthen your prayer for patience.	MARCH 21ST Commit to service in the church or your community.
MARCH 22ND “Humble yourself that He may lift you up ...” 1 Peter 5:6 Reflect.	MARCH 23RD Pray for humility.	MARCH 24TH Consider joining a parish group which serves the poor.	MARCH 25TH Abstain from social media today, share person to person time with someone.	MARCH 26TH Repeat “Lord I need you” at intervals during the day.	MARCH 27TH Fast today. Give your lunch to the poor.	MARCH 28TH Commit to giving alms this Lent. Encourage the kids to do the same.
MARCH 29TH “The Lord is good to ... the one who seeks him.” Lam. 3:25 Reflect.	MARCH 30TH Seek God in all things. Pray in faith for what you need.	MARCH 31ST Seek God by seeking out the poor and the lonely.	APRIL 1ST Reserve some God time. Engage in group or personal Bible study.	APRIL 2ND Pay attention to the needs of your community. Find ways to assist.	APRIL 3RD Fast to strengthen your prayers as you seek God.	APRIL 4TH Commit to sharing God’s goodness. Give of your time in ministry.
APRIL 5TH PALM SUNDAY “Return to me with all your heart ...” Joel 2:12 Reflect.	APRIL 6TH Pray for a deeper relationship with God. Read His book.	APRIL 7TH Focus on God. Fast from things of this world.	APRIL 8TH You’ve prayed and fasted, now check your parish for ways to serve.	APRIL 9TH Pray for this country to return to the Lord.	APRIL 10TH GOOD FRIDAY Attend service today.	APRIL 11TH Commit to bible reading in this Year of The Word. Involve the kids.
APRIL 12TH Easter! He is risen!	Prayer, fasting and almsgiving form the three pillars of Lent. The whole family can get involved in the above activities.					