

Lenten Family Calendar

This calendar offers *suggestions* for praying, fasting and doing acts of kindness during Lent. There are rules that Catholics follow as well: fasting and abstaining from meat on Ash Wednesday and Good Friday and abstaining from meat on all other Fridays. Lent is a good time to receive the sacrament of Penance and Reconciliation, an obligation to do once a year. Confessions are available on Wed. 6:30-8pm and Sat. 2 to 3:30pm. Adoration and the Stations of the Cross during Lent is on Fridays at 7pm. Mass is an excellent time to recommit ourselves to the Mass.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Ash Wednesday Options: Mass and ashes at 9am or 7pm. Drive-up distribution of ashes St. Jude Parking lot 3 to 6pm. Pick-up, take home ashes 7am -8pm at the Rectory porch.	As a family, research and select a charity that you will support during Lent with prayers, time and resources.	We may not be able to heal people the way Jesus did; however, what kindness can we do for others?	Take over a disliked chore for a family member.
First Sunday Of Lent If you are unable to receive Communion, make a spiritual one.	Pray with your family at mealtime. Make a point of praying for people in need.	Fast from criticizing others aloud or silently in your mind. Seek to understand instead.	Be more courteous in your attitude, words, and deeds.	Fast from e-mail, text messaging, Instagram, Face Book and other Social Media for a day or two.	Have each family member choose a prayer to say together.	A family visit to the "Exposition of the Eucharist". (In the rectory window facing Bowker Street.)
Second Sunday of Lent How will each family member become closer to God this week?	Go through closets and donate usable clothing, toys and household goods to charity.	How can each family member show more mercy to each other, friends and others?	Fast from the habit, substance, practice, or mindset that stands in the way of your growing closer to God.	Pray at the sound of emergency vehicles. Pray for the responders and those who need help.	Make a list of ten things you are grateful for in your life.	While food shopping purchase an additional item(s) and give it to the local food pantry
Third Sunday of Lent Give up your favorite TV, cable, or Netflix program for a week.	Pray while taking a walk and thank God for the gifts of nature.	Pay attention to someone you are tempted to brush aside.	Listen to Christian music ... music and singing can be a form of prayer.	Pray the rosary (or a single decade). What mystery will you choose?	Fast from gossip.	Speak less and listen more. Give others the gift of your undivided attention

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<p><i>Fourth Sunday of Lent</i> As a family, give up (fast) from eating deserts today or for the week.</p>	<p>Pray while creating a piece of art. Do something creative, and do it for the glory of God.</p>	<p>Jesus reached out to help others. Offer to help someone in the family or a neighbor.</p>	<p>Fast from complaining. Notice how often you are tempted to complain.</p>	<p>Curtail your extra spending and donate the money you save to your chosen charity.</p>	<p>When stopped at a traffic light pray for those in your car and the cars near you.</p>	<p>At the end of the day take time to thank God for all the graces you received during the day.</p>
<p><i>Fifth Sunday of Lent</i> Find a favorite piece of religious artwork. Spend a few moments telling God why you like it and what it says to you.</p>	<p>Send a greeting card or letter to a relative, friend or fellow parishioner who is homebound.</p>	<p>Make a prayer out of performing a loving action for others, cleaning the house or cooking.</p>	<p>Have each family member tell their favorite story about Jesus.</p>	<p>When you see or hear a news story about someone in trouble, pray for that person.</p>	<p>Fast from hitting the snooze button. Get up and use the extra time for prayer.</p>	<p>At the grocery store, pray for the farmers and all those who help make available the food that you bring home.</p>
<p><i>Palm Sunday of the Lord's Passion</i> Starting today, imagine yourself near Jesus during Holy Week. What would it be like?</p>	<p><i>Monday of Holy Week</i> Let your favorite hymn run through your mind as a prayer.</p>	<p><i>Tuesday of Holy Week</i> Fast from worrying. Trust in God.</p>	<p><i>Wednesday Of Holy Week</i> Focus on the Triduum, the next three days, in silent prayer.</p>	<p><i>Holy Thursday</i> Remember, Jesus gave us the gift of the Holy Eucharist. Try to receive as often as possible.</p>	<p><i>Good Friday of the Lord's Passion</i> Say the stations of the Cross.</p>	<p><i>Holy Saturday</i> Be mindful of all that God has given us.</p>
<p><i>Easter</i> Celebrate the Resurrection of the Lord <i>Alleluia</i></p>	<p>Note: Parish updates at saintjudewaltham.org</p>					