

# Holy Family Lenten Calendar

42 activities to help you Pray, Fast & Give with your family during the 40 days of Lent!  
Can you bring this plain white calendar to life? Use your colourful crayons and color in the boxes as go - use a new color each time... Try to do one every day - in any order!

See how many you can get done from Ash Wednesday until Palm Sunday!

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|---|--|--|--|---|--|---|
| Get ashes on Ash Wednesday<br> | Attend Mass<br> | Attend Mass<br> | Attend Mass<br> | Attend Mass<br> | Attend Mass<br> | Palm Sunday Mass<br> |
| Help your mom or dad without being asked  | Watch 'Let's Learn About Lent' on <b>FORMED*</b>   | Pray for Father László   | Make a card for someone who is sad.  | Sit quietly and pray for our CHURCH.  | Give up all treats for one full day.   | Say the Hail Mary or Pray a decade of the Rosary.   |
| Sing a song about Jesus out loud.   | Ask for forgiveness from someone that you have hurt.   | Plant a flower bulb, grass seeds or a bean in a cup & watch it grow                              | Facetime a grandparent or special family member.   | Invite a friend to Mass at church or online   | Read a Bible story or watch one on <b>FORMED*</b>  | Donate some of your old toys to charity.  |
| Draw a picture of Jesus as a gift for someone.  | Spend 20 minutes outside quietly looking at nature and thanking God.                             | At dinner, ask everyone what they are thankful for.  | Pray for Father Ravi   | Make an Easter craft about Jesus  | Give someone you love an extra-long hug.   | Clean up a mess that somebody else made without being asked.  |
| Pray for homeless people  | Read a story or watch a movie about God on <b>FORMED*</b>  | Give up television for one day.  | Write a list of things that you are thankful for.  | Watch 'He is Risen' on <b>FORMED*</b>   | Bring a can of fruit for St Vincent de Paul at Holy Family.  | Go for a walk outside with your family.   |
| Choose a board game instead of a video game   | Tell a friend about Jesus.   | Do something kind for a neighbor.  | Pray for your teachers and caregivers  | Learn about a Saint from a book or on <b>FORMED*</b>  | Pray for Pope Francis.   | Call or visit a relative who doesn't have a lot of visitors   |

**\*FORMED:** Below are some video suggestions for you available on Formed. Let's Learn About Lent (Compact Lesson on Lent), **The Saints** (Learn about many Saints), **God with Us – Family Movie Night!** (The story of Jesus for age 7 & up), **He is Risen** (The Resurrection Story) and **Patrick** (Story of St Patrick).

