



SUNDAY
SUPPER
CONVERSATIONS

6

Attend Mass in-person or online. Discuss the Homily and how the Word of God can be applied to your daily life.

13

If you could invite one person as a supper guest, who would you invite tonight? Could you invite them to have a virtual supper party with your family tonight? What would you talk to them about?

20

International Day of Happiness

BE GRATEFUL!
During supper, go around the table and share a memory that makes you happy. End your story with, "I am grateful for this moment because..."

27

Walking with Jesus can be hard. There are obstacles in the way and the path can be rough. We must trust that God will be there to pick us up. Discuss with your family: what obstacles have you had to overcome in keeping your Lenten promise?

3

Discuss with your family: What could you do to help someone in need that does not cost any money?

10

Palm Sunday

Recollect the story of Jesus' Passion shared at Mass today. Discuss with your family about Jesus' sacrifice and what it means for their lives.

LENT 2022 FAMILY
ACTIVITY CALENDAR

MINDFUL
MONDAY

7

In light of *International Women's Day* tomorrow, write a letter or send a text to an inspiring woman in your life. Let her know what her example has meant to you. Say thank you for being a special part of your life.

TEACHING
TUESDAY

with the
CORPORAL WORKS OF MERCY

8

International Women's Day

FEED THE HUNGRY

Jesus calls us to take care of one another just as God takes care of us. Start in your own home. People don't have to be starving to be hungry. How you can help at meal time in your family?

15

CLOTHE THE NAKED

We are grateful to have warm clothes and shoes on our feet. Be sure to thank your parents for providing you with clothing. Go through your closet and pack up some clothing that you can give to someone who needs it.

22

World Water Day

GIVE DRINK TO THE THIRSTY

Keep in mind all the people in the world who don't have access to water like you do. How can you help others have access to water?

29

SHELTER THE HOMELESS

We are very lucky to have a home; some people are not so lucky. How can you help people who work with the homeless? Shelters need donations of toiletries and personal items. Do you have any in your house to donate?

5

VISIT THE SICK & IMPRISONED

There are many ways you can be present to people who are sick or imprisoned (either in jail or home-bound). Call or send a card to someone who is sick or FaceTime with someone who is quarantining or self-isolating.

12

BURY THE DEAD

It's not fun to go to a wake or a funeral, but it means so much to the people who are grieving just to know that you care. Spend some time with a relative who are widows or widowers, or a friend that may have lost a loved one.

WELLNESS
WEDNESDAY

March 2

Ash Wednesday

Today we are asked to begin our Lenten journey by fasting (not eating meat and reducing our intake of food). Make supper an all plant-based meal. Great recipes can be found at pulses.org.

9

As a family, go out and enjoy God's creation. Take a walk, go sledding or skating, build a snowman or have a visit outside with your neighbours.

16

For every light switch in your house do one jumping jack. As you count the light switches, turn off any lights in rooms that no one is using.

23

ENGAGE YOUR BRAINS!

As a family, build a puzzle together.

30

For every television, phone, computer, iPad, and game console in your home, do 5 squats.

6

DANCE PARTY!

Have a dance party with your family for at least 10 minutes or create a TikTok with your family!

13

SKIP THE SUGAR!

Try drinking unsweetened drinks or no sugar in your coffee or tea. Try bypassing dessert. Read nutrition labels because sugar can be hidden in all sorts of food.

THOUGHTFUL
THURSDAY

3

PRAYER CHAIN!

On 40 strips of paper, write a person's name or situation on each piece. Assemble them into a paper chain. Remove one link per day, and pray for that person or thing with your family.

10

Make care kits for the homeless that you can keep in your car. You can hand them out whenever you are moved to do so. Share what you can with those that are in need.

17

Offer a smile to everyone you meet today, talk with someone you wouldn't usually chat with and be extra kind to someone you do not like.

24

Say a prayer for yourself and for the world so that we may learn to live simply, care for one another and for our common world.

31

Put a sticky note with a positive message on a school locker, a bathroom mirror or bedroom door to brighten someone's day.

14

Holy Thursday

During the Last Supper, Jesus taught us how to serve one another. Choose one way you can serve or help another person today. In prayer, thank Jesus for the opportunity to help others.

FAMILY
FRIDAY

4

World Day of Prayer

PRAYER TIME!

Together as a family, pray for openness and understanding between the people of the world so that we can have peace in our world and for an end to the pandemic.

11

BAKING TIME!

As a family, bake homemade pretzels. Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders.

18

MOVIE NIGHT!

Share time together as a family and watch a favourite movie together. Discuss a lesson learned or a favourite part of the story.

25

Annunciation of the Lord

LEARNING TO SAY YES!

Today we celebrate Mary's "Yes!" to Archangel Gabriel. Read the Bible story found at Luke 1:26-38. Discuss as a family Mary's Yes! and how difficult it can be to agree at some moments in our lives.

April 1

JOKE NIGHT!

Together as a family, have each person share their favourite jokes. Read a joke book to find a new favourite.

8

Jesus died at 3 p.m. on Good Friday. Observe an hour of silence in the afternoon. Talk to your kids before about the importance of respecting His death: No screens, no phones – just quiet reflection, quiet toys, writing, reading, or colouring.

15

Good Friday

The beautiful thing about Jesus is that we can all remember His Sacrifice and how it changed the world. Discuss with your family how your sacrifice challenged or changed you this Lent.

SHARING
SATURDAY

5

GAMES NIGHT!

Fast from T.V. (or any other screen time) today. Instead, find things that you can do as a family. Play your favourite card or board game in the evening.

12

With your family, light a candle and each person offers a prayer for the daily paper link intention or a different prayer intention for someone in their life.

19

Feast Day of St. Joseph

Share some time with a male role model in your life. Be sure to tell him how much his example has meant to you. Say thank you for being a special part of your life.

26

PRAY THE ROSARY!

Take 20 minutes today and pray the rosary as a family. Before you begin consider some intercessions you would like Mary to help with.

2

KINDNESS ROCKS!

Paint stones with a kind or positive message. Place the stones where someone would find them – in a park, in a community garden, in a playground, etc.

9

Help prepare a special dinner for your family tonight. Share a photo on social media of your favourite part of making the meal.

16

Holy Saturday

At the dinner table, share 5 things you have learned this Lent. Share a picture on social media of your favourite thing you did this Lent.

Renewing connections with ourself, our families, our friends and our world.

Use this calendar to:

ACT

SHARE

LEARN

PRAY

Share your family lenten time together on Facebook, Instagram, and Twitter using #RDCRSLENT

Sunday, April 17
Happy Easter!

God made you and God made me.
He made the world for us to see.
God loves you and long ago,
He sent His Son to tell us so.
Jesus showed us many things,
To love and share and dance and sing,
To learn to pray, to help and care,
He promised he'd always be there.
He died but then came back to life,
Let's celebrate for He's alive!
Amen.