

2025 Family Lenten Calendar - RI



<p>Welcome to your 40-day Lenten journey. During Lent, we take time to focus our hearts and attention on three spiritual practices: prayer, fasting, and almsgiving. Each day offers an activity that you can do as a family to prepare yourselves for Easter.</p>			<p>March 5th</p> <p>Ash Wednesday - Lent begins!</p>	<p>FAST: Talk about giving something up for the 40 days of Lent and why sacrifice is important.</p>	<p>PRAY: Create a prayer corner in your house. Use it throughout Lent.</p>	<p>GIVE: Take over a disliked chore for a family member.</p>
<p>First Sunday of Lent</p> <p>PRAY: Join us for mass! The Eucharist is our greatest communal prayer.</p>	<p>PRAY: with your family at mealtime. Make a point of praying for people in need.</p>	<p>PRAY: At bedtime, pray for people who are homeless and sleeping on the streets tonight.</p>	<p>GIVE: Be more courteous in your attitude, words, and deeds.</p>	<p>PRAY: for a friend or family member who is going through some hard times. Send them a note of encouragement.</p>	<p>FAST: from criticizing others aloud or silently in your mind. Seek to understand instead.</p>	<p>PRAY: for your siblings or parents and ask God to help you show kindness to them when it's hard.</p>
<p>Second Sunday of Lent</p> <p>FAST: Forego a favorite TV program for a week.</p>	<p>GIVE: Go through your closets and donate usable clothing to a local charity.</p>	<p>GIVE: Pay attention to someone you are tempted to brush aside.</p>	<p>FAST: from gossip.</p>	<p>PRAY: at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.</p>	<p>PRAY: Ask the Holy Spirit to help you to follow Christ.</p>	<p>FAST: Sacrifice screen time for the entire day and do something fun as a family instead.</p>
<p>Third Sunday of Lent</p> <p>PRAY: while you go for a walk.</p>	<p>"When you forgive, you love. And when you love, God's light shines upon you"</p> <p>FAST: from criticism. Compliment at least one person today.</p>	<p>GIVE: Clean up a mess without being asked.</p>	<p>PRAY: At the end of the day, take time to thank God for all the graces you received during the day.</p>	<p>PRAY: a Hail Mary. Realize that you are joining your voice to millions of others praying today.</p>	<p>FAST: from taking second helpings at meals.</p>	<p>GIVE: While grocery shopping, purchase an additional item to donate to the Food Bank.</p>
<p>Fourth Sunday of Lent</p> <p>PRAY: for our priest and Church community.</p>	<p>GIVE: a listening ear to a friend who is struggling. Listen to understand.</p>	<p>"Mary, mother of Jesus, please be a mother to me now,"</p> <p>PRAY: these words of St. Mother Teresa five times today.</p>	<p>GIVE: Clean up a common area at home. Do it as a gift for the good of all.</p>	<p>"Nothing is far from God." (St. Monica)</p> <p>PRAY: for someone who needs some extra love.</p>	<p>FAST: from worrying. Trust God instead.</p>	<p>PRAY: At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.</p>

Fifth Sunday of Lent PRAY: for the willingness to seek forgiveness from people you have hurt.	FAST: from judgment today. Greet people joyfully and remember each person is a gift from God.	PRAY: the Lord's prayer.	GIVE: of your time to pick up trash in your schoolyard or your neighbourhood.	PRAY: When you see or hear a news story about someone in trouble, pray for the person as a family.	GIVE: up TV time to help your parents prepare dinner and set the table.	GIVE: As you prepare to enter the final week of Lent, think of one activity you did during Lent that you will carry on with throughout the rest of the year.
Palm Sunday of the Lord's Passion PRAY: Join us at mass to hear about Jesus' arrival in Jerusalem.	Monday of Holy Week FAST: from comparing yourself to others. We are all one in God.	Tuesday of Holy Week PRAY: for the sick and the lonely.	Wednesday of Holy Week PRAY: Spend five minutes reflecting upon the cross this day and praying about God's love for us.	Holy Thursday PRAY: Come to Church to witness the washing of the feet.	Good Friday of the Lord's Passion PRAY: As a family, read about Jesus' death in Luke 23:26-42	Holy Saturday GIVE: Dye eggs together and talk about how Jesus brings us new life.
The Resurrection of the Lord Celebrate Easter!	<div data-bbox="954 756 1281 1078" data-label="Image"> </div>					

Adapted from the following sources:

- <https://thepurposefulmom.com/>
- <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lenten-family-calendar/>
- <https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent>