

# Lent Activity Calendar

Week 1

at the  
foot of the cross

A Lenten journey from Family Rosary

<b>WEDNESDAY</b>	<b>2</b>	<b>ASH WEDNESDAY</b>
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**ACTIVITY**  
Choose one small sacrifice to make during Lent and offer it to God in prayer. Ask God to bless your Lenten journey and help you grow closer to Him.

[Remember: today is Ash Wednesday, a day of fasting (limiting food intake) and abstinence (not eating meat).]

**REFLECTION:**  
"When you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you."  
(Matthew 6:17-18)

<b>THURSDAY</b>	<b>3</b>	<b>SAINT KATHARINE DREXEL</b>
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**ACTIVITY**  
Today is the feast of Saint Katharine Drexel, a religious sister who established schools for poor Native Americans. In honor of her spirit of generosity, do a chore for someone in your family today.

**REFLECTION:**  
I have set before you life and death, the blessing and the curse. Choose life, then... (Deuteronomy 30:19)

<b>FRIDAY</b>	<b>4</b>
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**ACTIVITY**  
Abstinence (not eating meat) is practiced on Fridays during Lent. Gather with your family for a meatless meal today. You can find recipes on FamilyRosary.org. Don't forget to say grace together!

**REFLECTION:**  
Have mercy on me, God, in Your goodness; in the greatness of Your compassion wipe out my offense. (Psalm 51:1)

<b>SATURDAY</b>	<b>5</b>
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**ACTIVITY**  
Find a jar or container and set it aside for the remainder of Lent. Throughout the season, collect loose change and donate it to a charity when Easter comes.

**REFLECTION:**  
If you remove from your midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness, and the gloom shall become for you like midday.  
(Isaiah 58:9-10)



**Family Rosary**  
HOLY CROSS  
FAMILY MINISTRIES

# Lent Activity Calendar

Week 2

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foot of the cross

A Lenten journey from Family Rosary

<b>SUNDAY</b>	<b>6</b>	<b>FIRST SUNDAY OF LENT</b>
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**ACTIVITY**  
Pray a "Hail Mary" for someone who is struggling with temptation today. You can also learn more about the meaning of Lent in our ebook, "Why is Lent 40 Days?" at FamilyRosary.org.

**REFLECTION:**  
The devil said to [Jesus], "If You are the Son of God, command this stone to become bread." Jesus answered him, "It is written, One does not live on bread alone." (Luke 4:3-4)

<b>MONDAY</b>	<b>7</b>	<b>STS. PERPETUA &amp; FELICITY</b>
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**ACTIVITY**  
As a family, pray that the pope and bishops will be guided by the Holy Spirit.

**REFLECTION:**  
"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." (Matthew 25:40)

<b>TUESDAY</b>	<b>8</b>	<b>SAINT JOHN OF GOD</b>
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**ACTIVITY**  
Today is the feast of Saint John of God, a Portuguese man who helped the sick, poor, and elderly during the 16th century. Call an elderly friend or relative who might be alone or lonely today.

**REFLECTION:**  
Look to Him that you may be radiant with joy, and your faces may not blush with shame. (Psalm 34:5)

<b>WEDNESDAY</b>	<b>9</b>	
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**ACTIVITY**  
Give up soda, juice, tea, etc., and drink only water for the day. You can find videos and articles about the meaning and importance of fasting on FamilyRosary.org.

**REFLECTION:**  
For You are not pleased with sacrifices; should I offer a burnt offering, You would not accept it. My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, You will not spurn. (Psalm 51:16-17)

<b>THURSDAY</b>	<b>10</b>	
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**ACTIVITY**  
Pray for an increase of vocations to the priesthood and religious life, and for an increase of faithful, joy-filled marriages.

**REFLECTION:**  
"Which one of you would hand his son a stone when he asked for a loaf of bread, or a snake when he asked for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask Him." (Matthew 7:9-11)

<b>FRIDAY</b>	<b>11</b>	
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**ACTIVITY**  
Gather with your family for a meatless meal today. You can find recipes on FamilyRosary.org. When you say grace together, pray for those who go without.

**REFLECTION:**  
Do I indeed derive any pleasure from the death of the wicked? ... Do I not rather rejoice when he turns from his evil way that he may live? (Ezekiel 18:23)

<b>SATURDAY</b>	<b>12</b>	
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**ACTIVITY**  
Using materials such as purple cloth, sticks, and nails, create a Lenten display to remind you of the meaning of the season. Many of these materials can be found around the house and outside.

**REFLECTION:**  
You will be a people sacred to the LORD, your God, as He promised. (Deuteronomy 26:19)



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# Lent Activity Calendar

Week 3

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A Lenten journey from Family Rosary

<b>SUNDAY</b>	<b>13</b>	<b>SECOND SUNDAY OF LENT</b>
<b>ACTIVITY</b> Ask Mary to intercede for someone who has been unkind to you.		
<b>REFLECTION:</b> Then from the cloud came a voice that said, "This is My chosen Son; listen to Him." After the voice had spoken, Jesus was found alone. (Luke 9:35-36)		

<b>THURSDAY</b>	<b>17</b>	<b>SAINT PATRICK'S DAY</b>
<b>ACTIVITY</b> Today is the Feast of Saint Patrick, who preached the Gospel in Ireland. Tell someone in your family the story of Jesus' Passion, Death, and Resurrection.		
<b>REFLECTION:</b> Sing to the LORD a new song; sing to the LORD, all you lands. Sing to the LORD; bless His name. (Psalm 96:1-2)		

<b>MONDAY</b>	<b>14</b>
<b>ACTIVITY</b> Visit <a href="http://FamilyRosary.org">FamilyRosary.org</a> for our most recent written reflections on the meaning and purpose of Lent. Share one with your family.	
<b>REFLECTION:</b> "Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap." (Luke 6:28)	

<b>FRIDAY</b>	<b>18</b>
<b>ACTIVITY</b> Gather with your family for a meatless meal today. You can find recipes on <a href="http://FamilyRosary.org">FamilyRosary.org</a> . After you pray, discuss together: some people don't find giving up meat to be a sacrifice. What else could we do for God this Lent?	
<b>REFLECTION:</b> God so loved the world that He gave His only-begotten Son; so that everyone who believes in Him might have eternal life. (John 3:16)	

<b>TUESDAY</b>	<b>15</b>
<b>ACTIVITY</b> If you do not usually begin your day with prayer, start this day with a prayer in which you offer everything you do to God through Mary. This is something that can be done every day.	
<b>REFLECTION:</b> "The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." (Matthew 23:11-12)	

<b>SATURDAY</b>	<b>19</b>	<b>SOLEMNITY OF SAINT JOSEPH</b>
<b>ACTIVITY</b> Today is the Solemnity of Saint Joseph, Husband of Mary. Pray a decade of the Rosary with your family, meditating on the Mystery of the Nativity, and then share ways that Joseph was a model husband and father.		
<b>REFLECTION:</b> Joseph and Mary are the summit from which holiness spreads over all the earth ... The Savior began the work of salvation by this virginal and holy union, wherein is manifested His all-powerful will to purify and sanctify the family—the sanctuary of love and cradle of life. (John Paul II, <i>Redemptoris Custos</i> 7)		

<b>WEDNESDAY</b>	<b>16</b>
<b>ACTIVITY</b> Attend Mass. If you are unable to attend Mass, you can watch daily Mass via livestream at 12 p.m. (ET) from <a href="https://facebook.com/familyrosary">facebook.com/familyrosary</a> .	
<b>REFLECTION:</b> "Whoever wishes to be great among you shall be your servant; whoever wishes to be first among you shall be your slave. Just so, the Son of Man did not come to be served but to serve and to give His life as a ransom for many." (Matthew 20:26-28)	



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# Lent Activity Calendar

Week 4

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A Lenten journey from Family Rosary

<b>SUNDAY</b>	<b>20</b>	<b>THIRD SUNDAY OF LENT</b>
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**ACTIVITY**  
Take a few minutes with your family to thank God for the gift of each other, then gather as a family to play a board game together.

**REFLECTION:**  
God called out to him from the bush, "Moses! Moses!" He answered, "Here I am." (Exodus 3:4)

<b>MONDAY</b>	<b>21</b>
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**ACTIVITY**  
Without being asked, help someone in your family with a chore today.

**REFLECTION:**  
As the hind longs for the running waters, so my soul longs for You, O God. (Psalm 42:1)

<b>TUESDAY</b>	<b>22</b>
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**ACTIVITY**  
Ask members of your family for forgiveness for times when you have been unkind to them.

**REFLECTION:**  
Peter approached Jesus and asked Him, "Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "I say to you, not seven times but seventy-seven times." (Matthew 18:21-22)

<b>WEDNESDAY</b>	<b>23</b>
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**ACTIVITY**  
As a family, write down five manifestations of God's love in your life. Consider visiting [FamilyRosary.org](http://FamilyRosary.org) to catch up on our recent Lenten reflections and videos.

**REFLECTION:**  
He has proclaimed His word to Jacob, His statutes and His ordinances to Israel. He has not done thus for any other nation; His ordinances He has not made known to them. (Psalm 147:19-20)

<b>THURSDAY</b>	<b>24</b>
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**ACTIVITY**  
Lent is a time of preparation for catechumens, those preparing to receive the sacrament of Baptism at the Easter Vigil. Pray for the catechumens at your parish and throughout the world, asking Mary to intercede for them.

**REFLECTION:**  
Thus says the LORD: This is what I commanded My people: Listen to My voice; then I will be your God and you shall be My people. Walk in all the ways that I command you, so that you may prosper. (Jeremiah 7:23)

<b>FRIDAY</b>	<b>25</b>	<b>SOLEMNITY OF THE ANNUNCIATION</b>
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**ACTIVITY**  
Read the story of the Annunciation, Luke 1:26-38, with your family today, and discuss together how you can say "yes" to God's plan for your family as Mary did.

**REFLECTION:**  
Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (Luke 1:38)

<b>SATURDAY</b>	<b>26</b>
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**ACTIVITY**  
Gather food to donate to a local food pantry or charitable organization today.

**REFLECTION:**  
Come, let us return to the LORD, it is He who has rent, but He will heal us; He has struck us, but He will bind our wounds. He will revive us after two days; on the third day He will raise us up, to live in His presence. (Hosea 6:1-2)



# Lent Activity Calendar

Week 5

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A Lenten journey from Family Rosary

**SUNDAY 27** | **FOURTH SUNDAY OF LENT**

## ACTIVITY

Watch a religious movie with your family today. If you need ideas, consider downloading *PRAY: THE STORY OF PATRICK PEYTON*.

## REFLECTION:

I am the light of the world, says the Lord; whoever follows Me will have the light of life. (cf. John 8:12)

**MONDAY 28**

## ACTIVITY

Thank each member of your family for contributing their gifts to your family life by writing each person's gifts on slips of paper with the corresponding name, placing them in a basket, and then reading them out loud together.

## REFLECTION:

Lo, I am about to create new heavens and a new earth; The things of the past shall not be remembered or come to mind. (Isaiah 65:17)

**TUESDAY 29**

## ACTIVITY

Light a candle and pray for someone who is in need of grace, strength, or healing.

## REFLECTION:

[Jesus] said to him, "Do you want to be well?" (John 5:6)

**WEDNESDAY 30**

## ACTIVITY

One great way to prepare for Mass is to read the readings ahead of time. Read this coming Sunday's readings (they can be found online) with your family and share something that God is saying to you through His Word.

## REFLECTION:

"Amen, amen, I say to you, whoever hears My word and believes in the One who sent Me has eternal life and will not come to condemnation, but has passed from death to life." (John 5:24)

**THURSDAY 31**

## ACTIVITY

Conclude the day by gathering as a family and thanking God for the blessings of the day. Each family member can offer one specific blessing. Ask God for the strength to be more faithful tomorrow.

## REFLECTION:

The works that the Father gave Me to accomplish, these works that I perform testify on My behalf that the Father has sent Me. Moreover, the Father who sent Me has testified on My behalf. (John 5:36-37)

**FRIDAY 1**

## ACTIVITY

Gather with your family for a meatless meal today. You can find recipes on [FamilyRosary.org](http://FamilyRosary.org). Consider cooking together as a family, making extra, and sharing with a neighbor who may be lonely.

## REFLECTION:

The LORD is close to the brokenhearted; and those who are crushed in spirit He saves. (Psalm 34:18)

**SATURDAY 2**

## ACTIVITY

If the weather permits, take a walk with your family today. If you are unable to take a walk, spend quality time together inside doing an activity of your choice.

## REFLECTION:

Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance. (cf. Luke 8:15)



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# Lent Activity Calendar

Week 6

at the  
foot of the cross

A Lenten journey from Family Rosary

<b>SUNDAY</b>	<b>3</b>	<b>FIFTH SUNDAY OF LENT</b>
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**ACTIVITY**  
Easter is now only two weeks away! Gather as a family to pray the Rosary together, meditating on the Glorious Mysteries.

**REFLECTION:**  
It is not that I have already taken hold of it or have already attained perfect maturity, but I continue my pursuit in hope that I may possess it, since I have indeed been taken possession of by Christ Jesus. (Philippians 3:12)

<b>THURSDAY</b>	<b>7</b>
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**ACTIVITY**  
Find a Marian prayer that you do not already know, pray it, and begin to commit it to memory. Consider using the "Hail, Holy Queen" or the "Ave Maris Stella" ("Hail, Bright Star of Ocean").

**REFLECTION:**  
Look to the LORD in His strength; seek to serve Him constantly. (Psalm 105:1)

<b>MONDAY</b>	<b>4</b>
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**ACTIVITY**  
Visit [FamilyRosary.org](http://FamilyRosary.org) to reflect on our latest Lenten content. When you read or view something that is particularly significant to you, discuss it with your family.

**REFLECTION:**  
The LORD is my shepherd; I shall not want. In verdant pastures He gives me repose; Beside restful waters He leads me; He refreshes my soul. (Psalm 23:1-3)

<b>FRIDAY</b>	<b>8</b>
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**ACTIVITY**  
Gather with your family for a meatless meal today. You can find recipes on [FamilyRosary.org](http://FamilyRosary.org). Don't forget to say grace together!

**REFLECTION:**  
In my distress I called upon the LORD and cried out to my God; From His temple He heard my voice, and my cry to Him reached His ears. (Psalm 18:6)

<b>TUESDAY</b>	<b>5</b>
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**ACTIVITY**  
Make a special effort not to complain today.

**REFLECTION:**  
"I do nothing on My own, but I say only what the Father taught Me." (John 8:28)

<b>SATURDAY</b>	<b>9</b>
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**ACTIVITY**  
The purpose of our Lenten practices is to help us turn away from sin and unite our hearts to God's. Find a good examination of conscience (these are available online) and, if you are able, consider receiving the sacrament of Confession so that you can celebrate Easter with a heart free for God.

**REFLECTION:**  
Thus says the Lord GOD: I will take the children of Israel from among the nations to which they have come, and gather them from all sides to bring them back to their land. (Ezekiel 37:21)

<b>WEDNESDAY</b>	<b>6</b>
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**ACTIVITY**  
Attend Mass. If you are unable to attend Mass, you can watch daily Mass via livestream at 12 p.m. (ET) from [facebook.com/familyrosary](https://facebook.com/familyrosary).

**REFLECTION:**  
Jesus answered them, "Amen, amen, I say to you, everyone who commits sin is a slave of sin. A slave does not remain in a household forever, but a son always remains. So if the Son frees you, then you will truly be free. (John 8:34-36)



# Lent Activity Calendar

Week 7

at the  
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A Lenten journey from Family Rosary

<b>SUNDAY</b>	<b>10</b>	<b>PALM SUNDAY</b>
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**ACTIVITY**  
Holy Week begins today. As we prepare to celebrate the Passion and Resurrection of Jesus, spend five minutes talking to Jesus and telling Him that you are grateful for the love He shows us in the events we celebrate this week.

**REFLECTION:**  
Christ Jesus, though He was in the form of God, did not regard equality with God something to be grasped. Rather, He emptied Himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled Himself, becoming obedient to the point of death, even death on a cross. (Philippians 2:5-8)

<b>MONDAY</b>	<b>11</b>	<b>MONDAY OF HOLY WEEK</b>
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**ACTIVITY**  
Choose or write a short prayer to say with your family each night of this special week.

**REFLECTION:**  
Mary [the sister of Lazarus] took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil. (John 12:3)

<b>TUESDAY</b>	<b>12</b>	<b>TUESDAY OF HOLY WEEK</b>
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**ACTIVITY**  
Pray a decade of the Rosary today with your family, meditating on the Mystery of the Agony in the Garden. Meditate on how much Jesus loves us when He commits Himself to being crucified for love of us.

**REFLECTION:**  
Simon Peter said to Him, "Master, where are You going?" Jesus answered him, "Where I am going, you cannot follow Me now, though you will follow later." (John 13:36)

<b>WEDNESDAY</b>	<b>13</b>	<b>WEDNESDAY OF HOLY WEEK</b>
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**ACTIVITY**  
Write a small note to each member of your family, wishing them a happy Easter. Put these notes in a safe place and distribute them on Easter Sunday.

**REFLECTION:**  
The Lord GOD is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame. He is near who upholds my right. (Isaiah 50:7-8)

<b>THURSDAY</b>	<b>14</b>	<b>HOLY THURSDAY</b>
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**ACTIVITY**  
As a family, read John 13:1-20. Then, choose someone (usually the head of the family) to wash the others' feet. This is a symbolic gesture in imitation of Jesus' humility.

**REFLECTION:**  
The Lord Jesus, on the night He was handed over, took bread, and, after He had given thanks, broke it and said, "This is My body that is for you. Do this in remembrance of Me." In the same way also the cup, after supper, saying, "This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me." (1 Corinthians 11:23-25)

<b>FRIDAY</b>	<b>15</b>	<b>GOOD FRIDAY</b>
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**ACTIVITY**  
Find a list or depiction of the Stations of the Cross and share it with your family. Then, discuss which station is especially meaningful for you. (Remember: today is Good Friday, a day of fasting and abstinence.)

**REFLECTION:**  
For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has similarly been tested in every way, yet without sin. So let us confidently approach the throne of grace to receive mercy and to find grace for timely help. (Hebrews 4:15-16)

<b>SATURDAY</b>	<b>16</b>	<b>HOLY SATURDAY</b>
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**ACTIVITY**  
Keep today simple. Eat simple meals, abstain from listening to music, and make extra time for prayer. Today's simplicity will make tomorrow's celebration even more festive!

**REFLECTION:**  
This is the night, when Christ broke the prison-bars of death and rose victorious from the underworld. Our birth would have been no gain, had we not been redeemed. (From the Exsultet, the liturgy of the Easter Vigil)



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# Lent Activity Calendar

Week 7

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*A Lenten journey from Family Rosary*

SUNDAY

17

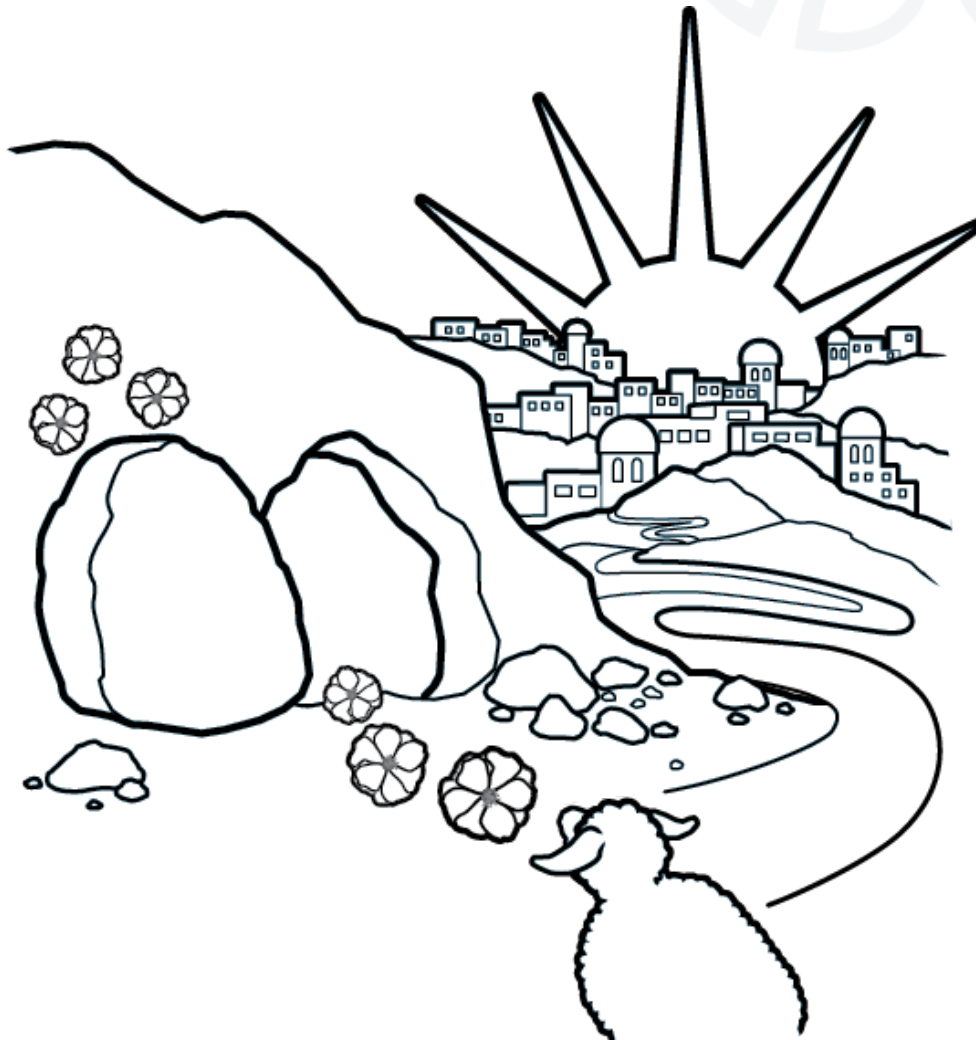
EASTER SUNDAY

## ACTIVITY

"Christ is risen!" This is the traditional Easter greeting shared in many languages among Christians. When you greet people, especially your family, today and during the Easter Octave (the eight days of Easter beginning today and continuing until next Sunday), try to remember to use this phrase. The response is "He is risen indeed. Alleluia!" Practices like this one help us to remember what we are celebrating during this special time. And don't forget: even though our Lenten journey is over, Easter lasts for fifty days! There are many ways to continue to rejoice.

## REFLECTION:

Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered His head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. (John 20:3-8)



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