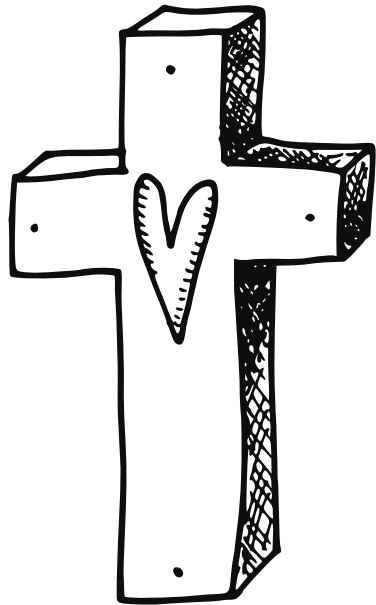










2020 LENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Ash Wednesday 	Say the Divine Mercy Chaplet		Give up sweets or desserts today
1 st Sunday Pay very close attention during Mass	Read/look at the pictures of the 14 Stations of the Cross	Secretly do an extra chore at home	Pray the Our Father on your knees today	Write a letter to Jesus about a special prayer on your heart		Listen to Christian music today!
2 nd Sunday Look closely at the Crucifix in your church	Don't complain all day!	Pray the 1st Sorrowful Mystery of the Rosary	Smile and say "hi" to someone you don't usually talk to	Kneel in front of a crucifix today		Pray for missions and the poor
3 rd Sunday At Mass listen closely to the readings	Pray the 2nd Sorrowful Mystery of the Rosary	Say only kind things about people all day	Give away a toy or piece of clothing you don't need	Give up TV, the internet or your phone today (or all 3)		Do a secret good deed
4 th Sunday Pray silently during & after Communion	Read in the Bible about Jesus' Crucifixion	Who was Veronica? (In the stations of the cross)	Pray the 3rd Sorrowful Mystery of the Rosary	Read about a Catholic Saint or read a Catholic book today		Thank someone today
5 th Sunday Say "Hello" to your priest today	Wake up 5 minutes early and pray	Pray the 4th Sorrowful Mystery of the Rosary	Read Isaiah 7:14 in the Bible	Give up a bad habit for the day		Go to Confession or quietly tell Jesus your sins
PALM SUNDAY Find the Stations of the Cross in your parish	Thank Jesus today - all day!!	Pray before EVERY meal today	Pray the 5th Sorrowful Mystery	Holy Thursday	Good Friday	Easter Vigil
HAPPY EASTER!		This symbol is a reminder as Catholics we abstain from eating meat on these days during Lent. Catholics over 18 years of age are to fast on Ash Wednesday and Good Friday. To learn the Sorrowful Mysteries of the Rosary, load the FamilyRosary app, or visit familyrosary.org.				