

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LENTEN PRACTICES CALENDAR FOR FAMILIES 2015			FEBRUARY 18 Ash Wednesday [P] HOPE	FEBRUARY 19 [F] No TV or screens today (except for homework)	FEBRUARY 20 [S] Make a card for someone who needs extra love	FEBRUARY 21 [P] GIVING
FEBRUARY 22 [F] No snacks between meals today	FEBRUARY 23 [S] Do something kind for a neighbor.	FEBRUARY 24 [P] GRATITUDE	FEBRUARY 25 [F] Only water to drink today	FEBRUARY 26 [S] Buy or find 5+ items for a food bank. (Deliver on March 28)	FEBRUARY 27 [P] JESUS	FEBRUARY 28 [F] Eat very simple meals for breakfast, lunch, & dinner.
MARCH 1 [S] Pick up litter outside your house or at a park.	MARCH 2 [P] SPIRIT	MARCH 3 [F] Do not use toys that require batteries or electricity	MARCH 4 [S] Call someone and tell them you are thinking of them today.	MARCH 5 [P] HOLY	MARCH 6 [F] Do not listen to music in the car.	MARCH 7 [S] Take a treat or meal to someone
MARCH 8 [P] PATIENCE	MARCH 9 [F] No desserts or treats today	MARCH 10 [S] Say something nice about each person in your family.	MARCH 11 [P] DESERT	MARCH 12 [F] No TV or screens today (except for homework)	MARCH 13 [S] Invite someone to your house for dinner.	MARCH 14 [P] JOURNEY
MARCH 15 [F] No snacks between meals today	MARCH 16 [S] Give someone real or paper flowers.	MARCH 17 [P] SERVICE	MARCH 18 [F] Only water to drink today	MARCH 19 [S] Draw a picture for someone and mail it.	MARCH 20 [P] FRIENDSHIP	MARCH 21 [F] Eat very simple meals for breakfast, lunch, & dinner.
MARCH 22 [S] Write someone a thank you note	MARCH 23 [P] GOD	MARCH 24 [F] Do not use toys that require batteries or electricity	MARCH 25 [S] Learn something about another country or culture	MARCH 26 [P] MERCY	MARCH 27 [F] Do not listen to music in the car.	MARCH 28 [S] Deliver your food bank items
MARCH 29 [P] PEACE	MARCH 30 [F] No desserts or treats today	MARCH 31 [S] Buy dog or cat food for an animal shelter (deliver Sat.)	APRIL 1 [P] KINDNESS	APRIL 2 [F] No TV or screens today (except for homework)	APRIL 3 [S] Plant a tree or flowers	APRIL 4 [S] Deliver animal items.
APRIL 5 Easter! [P] RESURRECTION	These activities are based around the traditional "3 Pillars" of Lent. Prayer [P], Fasting [F] and Almsgiving/Service [S]. The pillars are rotated throughout lent with simple activities. On the prayer days, use the word provided to inspire a prayer you write, draw, or sing. All of the activities are suggestions. Modify them for your own family! © Traci Smith 2015 www.traci-smith.com					