

## A Family Lent Calendar

The season of Lent starts on Ash Wednesday, which this year is 26<sup>th</sup> February. Our calendar gives suggestions for special ways to mark every day through Lent in preparation for Easter.

*This calendar is based on the 2019 family Lent calendar by Jane Tibbs*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>February 26</b> Make a Lent tree. Place a large branch in a vase and hang an egg shaped decoration on it each day until Easter	<b>27</b> Give a compliment to each member of your family today	<b>28</b> Try to drink just water today and pray for everyone who lives where there is only dirty water to drink	<b>29</b> Make a list of five things you are grateful for
<b>March 01</b> Look for signs of new growth in your garden or on a walk and thank God that he brings new life	<b>02</b> Choose an MU project to pray for and help in some practical way through Lent	<b>03</b> Give up social media for the day	<b>04</b> If you hear a siren today pray for the person or people who are needing help	<b>05</b> Do a helpful task without being asked- such as tidying up or clearing the table	<b>06</b> See if you can go through the day without eating anything sweet	<b>07</b> Get in touch with someone you've not seen for a while
<b>08</b> Bake some tasty treats and share them with family, friends or neighbours	<b>09</b> Sort out some unwanted clothes or toys ready to take to a charity shop	<b>10</b> Check the news today and pray about something that concerns you	<b>11</b> Give up television or computer games for the day	<b>12</b> Make a special effort not to argue or say unkind things to anyone today	<b>13</b> Choose something to watch together as a family and enjoy each other's company	<b>14</b> Scour your home for loose change to donate to your MU project
<b>15</b> Cook extra for Sunday lunch so you can invite someone on their own to join you	<b>16</b> Go without eating snacks or dessert today	<b>17</b> Say thank you to someone who has helped you today – like a teacher or shop assistant	<b>18</b> Find a time to go for 30 minutes without speaking then pray for lonely people with no-one to talk to	<b>19</b> Try and think of new ways to re-use any plastic containers you have	<b>20</b> As a family talk about the story of Jesus in the wilderness. What would you have found most hard to cope with?	<b>21</b> In a group pick up litter in your street or local area

<p><b>Mothering Sunday 22</b></p> <p>Think of ways to make mums and those who care for you feel extra special today</p>	<p><b>23</b></p> <p>Say a special grace before your meal thanking God for farmers and all who work to provide us with food</p>	<p><b>24</b></p> <p>Collect some food items and donate them to a foodbank</p>	<p><b>25</b></p> <p>Count the number of radiators and heaters in your home then pray for people who are homeless and in the cold</p>	<p><b>26</b></p> <p>Plant some Spring bulbs in a pot and give to someone you think needs a treat</p>	<p><b>27</b></p> <p>Try hard to remember to turn off lights and electrical equipment when you are not using them</p>	<p><b>28</b></p> <p>MU members pause at midday to pray. Can you stop at 12 o'clock and say a quick prayer to God?</p>
<p><b>29</b></p> <p>Find out if there is some way you can help at church today – like giving out hymnbooks or notice sheets</p>	<p><b>30</b></p> <p>Try and make a journey on foot today, instead of using the car</p>	<p><b>31</b></p> <p>If you have family or friends in other countries try and find out if they have special Easter traditions</p>	<p><b>April 01</b></p> <p>Share favourite jokes with family and friends. Thank God for fun and laughter!</p>	<p><b>02</b></p> <p>At bedtime pray for people who have to work at night</p>	<p><b>03</b></p> <p>Cook a meal using what you have in your cupboards and freezer. Give any money you've saved on the meal to your MU project</p>	<p><b>04</b></p> <p>Make some Easter cards to send or give out.</p>
<p><b>Palm Sunday 05</b></p> <p>Make palm branches with paper to wave at church or home when singing a hymn or worship song</p>	<p><b>06</b></p> <p>Think of anything that has made you happy today and say thank you to God</p>	<p><b>07</b></p> <p>Look at the MU website together and pray for something featured on it</p>	<p><b>08</b></p> <p>Whenever you pass a chemist or surgery today say a quick prayer for people who are ill</p>	<p><b>Maundy Thursday 09</b></p> <p>Over a meal with family and friends chat about how it would have been like to be at the Last Supper with Jesus</p>	<p><b>Good Friday 10</b></p> <p>Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all</p>	<p><b>Holy Saturday 11</b></p> <p>Make an Easter garden to symbolise and celebrate Jesus' resurrection</p>