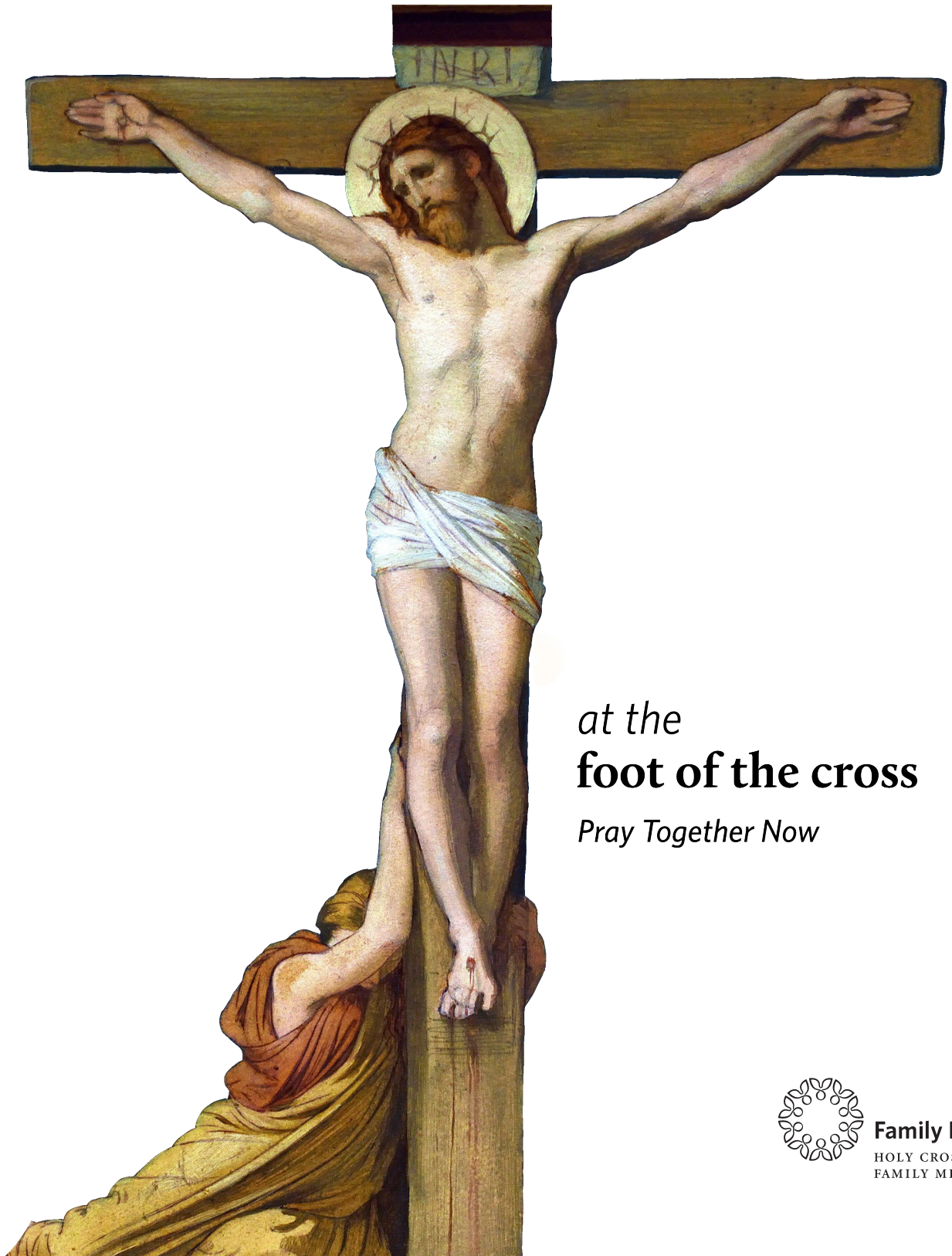


FAMILY ROSARY

Lent Activity Calendar



at the
foot of the cross

Pray Together Now



Family Rosary
HOLY CROSS
FAMILY MINISTRIES

February 22: Ash Wednesday

“But 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)

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

February 23

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

Start a family prayer journal to record prayer requests for others and petitions for own needs (and those of your family), come together at least once a week to pray for these intentions.

February 24

Have mercy on me, God, in Your goodness; in the greatness of Your compassion wipe out my offense. (Psalm 51:3)

Abstinence (not eating meat) is practiced on Fridays during Lent. Gather with your family for a meatless meal today. You can find recipes on CatholicMom.com

February 25

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)

Use this first Saturday of Lent to decide how you will incorporate prayer, fasting, and giving into your Lenten plans. Consider attending at least one daily Mass together as a family in addition to Sundays; Saturdays may best fit most schedules.

February 26: First Sunday of Lent

The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written: ‘One does not live by bread alone, but by every word that comes forth from the mouth of God.’” (Matthew 4:3-4)

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.



at the
foot of the cross

Pray Together Now

February 27

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

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 favorite charity when Easter comes.

February 28

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

Choose to do (at least) one thing today which will bring joy to someone else.

March 1

A clean heart create for me, O God, and a steadfast spirit renew within me. (Psalm 51:12)

Fast from soda, juice, coffee, tea, etc., and drink only water for the day.

March 2

“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)

Pray for an increase of vocations to the priesthood and religious life, and for an increase of faithful, joy-filled marriages.

March 3: Saint Katharine Drexel

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)

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.
**Remember to abstain from meat today*

March 4

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

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.



at the
foot of the cross

Pray Together Now

March 5: Second Sunday of Lent

While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." (Matthew 17:5)

If you do not usually begin your day with a prayer, start this day with a prayer in which you offer everything you do to God through Jesus. This is something that can be done every day.

March 6

"Then we, your people and the sheep of your pasture, will give thanks to you forever; through all generations we will declare your praise." (Psalm 79:13)

Visit FamilyRosary.org for our most recent written reflections on ways to experience Lent together as a family.

March 7: Saints Perpetua & Felicity

"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)

Ask Mary to intercede for someone who has been unkind to you.

March 8: Saint John of God

"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)

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.

March 9

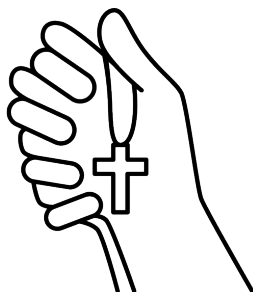
He said, 'Oh no, father Abraham, but if someone from the dead goes to them, they will repent.' Then Abraham said, 'If they will not listen to Moses and the prophets, neither will they be persuaded if someone should rise from the dead.'" (Luke 16:30-31)

Add the names of deceased loved ones, friends, and even strangers, to your Family Prayer journal to be included in your family prayer.

March 10

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)

Gather with your family for a meatless meal today. If you do not give up meat on Fridays apart from Lent; what other small sacrifices could you make to God each Friday?



at the
foot of the cross

Pray Together Now

March 11

“Bless the LORD, O my soul;
and all my being, bless his holy name.
Bless the LORD, O my soul,
and forget not all his benefits.” (Psalm 103:1-2)

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.

March 12: Third Sunday of Lent

“We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world.” (John 4:41-42)

Plan a family activity today — breakfast after Mass, take a hike, play a board game together, whatever will help you embrace the Lord’s Day together.

March 13

As the hind longs for the running waters, so my soul longs for You, O God. (Psalm 42:2)

Without being asked, help someone in your family with a chore today.

March 14

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)

Ask members of your family for forgiveness for times when you have been unkind to them.

March 15

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)

As a family, write down five ways you experience God’s love in your life. Consider visiting FamilyRosary.org to discover this year’s Lenten reflections, activities, and videos.

March 16

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)

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.



at the
foot of the cross

Pray Together Now

March 17: Saint Patrick

You shall love your neighbor as yourself. (Mark 12:31)

Today is the Feast of Saint Patrick, who preached the Gospel in Ireland. Research how he used a shamrock to explain the Holy Trinity.

March 18

“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)

Gather food to donate to a local food pantry or charitable organization today.

March 19: Fourth Sunday of Lent—Laetare Sunday

“Do you believe in the Son of Man?” He answered and said,
“Who is he, sir, that I may believe in him?” Jesus said to him,
“You have seen him, the one speaking with you is he.”
(John 9:35-37)

Laetare Sunday derives its name from the first words of the Entrance Antiphon for Mass, “Laetare Jerusalem” — “Rejoice, O Jerusalem”. The fourth Sunday marks the half-way point of the Lenten season, even though the Thursday before Laetare Sunday is the actual middle day of Lent. Celebrate by watching a faith-based movie with your family today. Consider watching *PRAY: THE STORY OF PATRICK PEYTON*.

March 20: Solemnity of St. Joseph, Husband of Mary

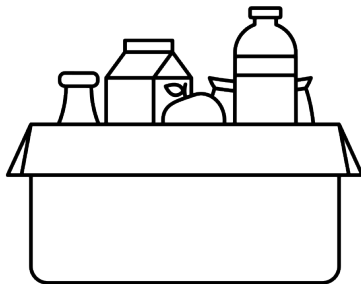
Joseph and Mary are the summit from which holiness spreads over all the earth ... The Savior began the work of salvation by this virginal and holy union, wherein is manifested His all-powerful will to purify and sanctify the family—the sanctuary of love and cradle of life.
(John Paul II, *Redemptoris Custos* 7)

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.

March 21

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

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



at the
foot of the cross

Pray Together Now

March 22

“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)

To prepare for Mass look over the readings ahead of time. Read this coming Sunday’s readings (www.USC-CB.org) with your family and share some of the words or phrases that stood out to you.

March 23

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)

Conclude the day by thanking God for the blessings of the day. Encourage each family member to offer at least one specific blessing. Ask God for the strength to be more faithful tomorrow.

March 24

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

Gather with your family for a meatless meal today. You can find recipes on CatholicMom.com. Consider cooking together as a family, making extra, and sharing with a neighbor who may be lonely.

March 25: Solemnity of the Annunciation

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

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.

March 26: Fifth Sunday of Lent

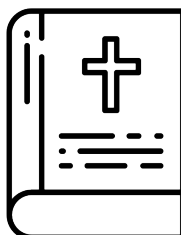
Jesus told her, “I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord.”
(John 11:25-27)

Easter is now only two weeks away! Gather as a family to pray the Rosary together, meditating on the Glorious Mysteries.

March 27

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)

Visit 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.



at the
foot of the cross

Pray Together Now

March 28

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

Make a special effort not to complain today.

March 29

"If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." (John 8:31-32)

As a family, pray that the pope and bishops will be guided by the Holy Spirit.

March 30

Look to the LORD in His strength; seek to serve Him constantly. (Psalm 105:4)

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").

March 31

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)

Gather with your family for a meatless meal today. You can find recipes on CatholicMom.com. 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.

April 1

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)

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.

April 2: Palm Sunday

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)

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.



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Pray Together Now

April 3: Monday of Holy Week

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)

Choose or write a short prayer to recite with your family each night of this special week.

April 4: Tuesday of Holy Week

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)

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.

April 5: Wednesday of Holy Week

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)

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.

HOLY TRIDUUM

April 6: Holy Thursday

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)

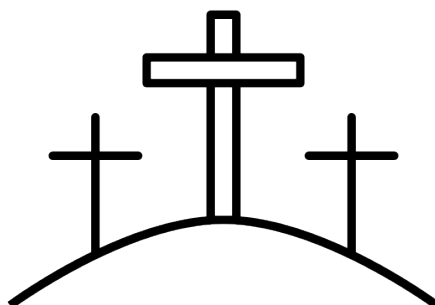
If you do not attend Holy Thursday Mass, read John 13:1-20. Then, choose someone (usually the head of the family) to wash the others' feet. This is a symbolic gesture in imitation of Jesus' humility.

April 7: Good Friday

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)

Attend the Passion of the Lord or the Stations of the Cross at a local parish. If unable, read the Passion from John's Gospel (18:1-19:42) and pray the Stations of the Cross at home with your family.

[Remember: Good Friday is a day of fasting and abstinence.]



*at the
foot of the cross*

Pray Together Now

April 8: Holy Saturday

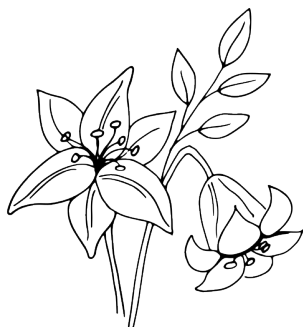
This is the night, when Christ broke the prison-bars of death and rose victorious from the underworld. Our birth would have been no gain, had we not been redeemed. (From the Exsultet, Easter Vigil in the Holy Night)

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!

April 9: Easter Sunday

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)

“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.



at the
foot of the cross
Pray Together Now

