## A Family Lent Calendar

## The season of Lent starts on Ash Wednesday, which this year is 26th 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*

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



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| Mothering Sunday 22Think of ways to make mums and those who care for you feel extra special today |  23Say a special grace before your meal thanking God for farmers and all who work to provide us with food |  24Collect some food items and donate them to a foodbank | 25Count the number of radiators and heaters in your home then pray for people who are homeless and in the cold | 26Plant some Spring bulbs in a pot and give to someone you think needs a treat | 27Try hard to remember to turn off lights and electrical equipment when you are not using them | 28MU members pause at midday to pray. Can you stop at 12 o’clock and say a quick prayer to God? |
| 29Find out if there is some way you can help at church today – like giving out hymnbooks or notice sheets  | 30Try and make a journey on foot today, instead of using the car | 31If you have family or friends in other countries try and find out if they have special Easter traditions | April 01Share favourite jokes with family and friends. Thank God for fun and laughter!  | 02At bedtime pray for people who have to work at night  | 03Cook a meal using what you have in your cupboards and freezer. Give any money you’ve saved on the meal to your MU project  | 04Make some Easter cards to send or give out.  |
| Palm Sunday 05 Make palm branches with paper to wave at church or home when singing a hymn or worship song | 06Think of anything that has made you happy today and say thank you to God  | 07Look at the MU website together and pray for something featured on it | 08Whenever you pass a chemist or surgery today say a quick prayer for people who are ill | Maundy Thursday09Over a meal with family and friends chat about how it would have been like to be at the Last Supper with Jesus  | Good Friday 10 Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all  | Holy Saturday11Make an Easter garden to symbolise and celebrate Jesus’ resurrection  |