##

## A Family Lent Calendar 2023

## The season of Lent starts on Ash Wednesday, which this year is 22nd February.

## Our calendar gives suggestions for special ways to mark every day through Lent in preparation for Easter.

## Why not print this out and display in your church, or give out to families you know?

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |   |   | February 22Make a Lent tree. Place a large branch in a vase and hang an egg shaped decoration on it each day until Easter | 23Give a compliment to each member of your family today | 24Try to drink just water today and pray for everyone who lives where there is only dirty water to drink | 25Sort out some unwanted clothes or toys ready to take to a charity shop |
| 26Look for signs of new growth in your garden or on a walk and thank God that he brings new life | 27Choose an MU project to pray for and help in some practical way through Lent  | 28Give up social media for the day  | March 01Count the number of radiators and heaters in your home then pray for people who are homeless and in the cold | 02Do a helpful task without being asked- such as tidying up or clearing the table | 03 See if you can go through the day without eating anything sweet | 04Get in touch with someone you’ve not seen for a while  |
| 05Bake some tasty treats and share them with family, friends or neighbours  | 06Make a list of five things you are grateful for | 07Check the news today and pray about something that concerns you | 08 Give up television or computer games for the day | 09Make a special effort not to argue or say unkind things to anyone today  | 10 Choose something to watch together as a family and enjoy each other’s company  | 11Scour your home for loose change to donate to MU |
| 12Cook extra for Sundaylunch so you can invite someone on their own to join you   | 13Go without eating snacks or dessert today | 14Say thank you to someone who has helped you today – like a teacher or shop assistant | 15Find a time to go for 30 minutes without speaking then pray for lonely people with no-one to talk to  | 16Try and think of alternatives to single-use plastic items at home or church | 17As a family talk about the story of Jesus in the wilderness. What would you have found most hard to cope with?  | 18In a group pick up litter in your street or local area  |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Mothering Sunday 19Think of ways to make mums and those who care for you feel extra special today |  20Say a special grace before your meal thanking God for farmers and all who work to provide us with food |  21Collect some food items and donate them to a foodbank | 22If you hear a siren today pray for the person or people who are needing help | 23Plant some Spring bulbs in a pot and give to someone you think needs a treat | 24Try hard to remember to turn off lights and electrical equipment when you are not using them | 25Pause at midday to pray. You could join MU prayers on Facebook at 12.00! |
| 26Find out if there is some way you can help at church today – like giving out hymnbooks or notice sheets | *27*Try and make a journey on foot today, instead of using the car | 28If you have family or friends in other countries try and find out if they have special Easter traditions | 29At bedtime pray for people who have to work at night  | 30Cook a meal using what you have in your cupboards and freezer. Give any money you’ve saved on the meal to your MU project  | 31 Make some Easter cards to send or give out | April 01Share favourite jokes with family and friends. Thank God for fun and laughter!  |
| Palm Sunday 02Make palm branches with paper to wave at church or home when singing a hymn or worship song | 03Think of anything that has made you happy today and say thank you to God  | 04Look at the MU website together and pray for something featured on it | 05Whenever you pass a chemist or surgery today say a quick prayer for people who are ill | Maundy Thursday06Over a meal with family and friends chat about how it would have been like to be at the Last Supper with Jesus  | Good Friday 07Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all  | Holy Saturday08Make an Easter garden to symbolise and celebrate Jesus’ resurrection  |