

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="text-align: center;">LENTEN PRACTICES CALENDAR FOR FAMILIES 2018</h1>			FEBRUARY 14 [F] ASH WEDNESDAY Let water be the only beverage you drink today.	FEBRUARY 15 [P] <i>"Guide us on our Lenten path we pray. May we experience something new this year. Amen."</i>	FEBRUARY 16 [S] Decorate a food donation box to fill during lent. Deliver on 3/31.	FEBRUARY 17 [F] See how long your whole family can go without screens of any kind. Try one hour to start.
			FEBRUARY 18 [P] Candle prayer. Light a candle and say "Let us feel the light of God's love this Lent. Amen."	FEBRUARY 19 [S] Collect litter or trash around your house or neighborhood. Throw it away.	FEBRUARY 20 [F] Try spending some time in silence today. Start with five minutes.	FEBRUARY 21 [P] Kindness prayer: Close your eyes and think of someone you love. Imagine that person being full of God's love. After 30 seconds, open your eyes.
FEBRUARY 25 [S] Do a job or chore someone else in your family usually does.	FEBRUARY 26 [F] Turn off all the lights during a time when they are normally on, such as a shower, bath, or mealtime.	FEBRUARY 27 [P] Gratitude prayer. "God thank you for _____, _____, and _____. Amen."	FEBRUARY 28 [S] Think of someone who has taught you something important. Say thank you to that person today.	MARCH 1 [F] Don't watch any TV or movies today.	MARCH 2 [P] Psalm 46 prayer "God is gracious and slow to anger, rich in love and good to all. Amen."	MARCH 3 [S] Make a treat or gift for someone or a group of people. Plan to deliver it tomorrow.
MARCH 4 [S] Deliver the treat or gift you made yesterday.	MARCH 5 [P] Walking prayer: Take a nature walk and let your walk be your prayer. See God's beautiful creation.	MARCH 6 [F] Think of ways to conserve water or energy today.	MARCH 7 [P] Psalm 23 prayer: "God is like a shepherd who always takes care of the sheep. Amen."	MARCH 8 [F] Go to bed extra early today.	MARCH 9 [S] Call a relative and tell a joke or sing a silly song.	MARCH 10 [F] Think about what you can give up so you can spend more time with your family today.
MARCH 11 [P] Breath prayer: "I am breathing in God's love, I am breathing out fear."	MARCH 12 [S] Send a card to someone, or write a note.	MARCH 13 [F] Try to eat a vegetarian meal today.	MARCH 14 [P] Psalm 139 prayer: "Even darkness is not dark to God. Amen."	MARCH 15 [S] Learn a word in a language you don't speak to appreciate another culture.	MARCH 16 [F] Do not play with toys that have batteries or plug in.	MARCH 17 [P] Pray for someone who lives far away, even if you don't know that person.
MARCH 18 [S] Find 5 things in your house that can be given away.	MARCH 19 [F] Try using only one drinking glass for the whole day.	MARCH 20 [P] Coloring prayer: Draw or color a picture of your prayers to God.	MARCH 21 [S] Hold the door open for someone today.	MARCH 22 [F] Try not to complain about anyone or anything today.	MARCH 23 [P] Joys and concerns prayer: Share one reason you are joyful and one reason you are concerned. When all have shared, say "Amen."	MARCH 24 [S] Make a bird feeder to care for creation, or sprinkle cereal on the sidewalk.
MARCH 25 [S] Think of a way to be kind to a stranger today. Your kindness can be as simple as a smile.	MARCH 26 [F] Don't listen to music or the radio in the car today.	MARCH 27 [P] Evening prayer: "God thank you for the gift of this day. We pray for rest and sleep. Amen."	MARCH 28 [F] Wear plain clothes today with no added jewelry or other decorations.	MARCH 29 [P] Star prayer: Look at the stars and consider the vastness of the universe. Let your thoughts be the prayer.	MARCH 30 [F] Don't eat snacks between meals today.	MARCH 31 [S] Take food items you've been collecting to the food pantry or shelter.
APRIL 1 EASTER [P] Resurrection Prayer: "God thank you for the new life we see all around us! Amen."	Deepen your family's spiritual journey this Lent through simple activities. These daily suggestions offer unique ways to practice the three "pillars" of Lent: prayer[P], fasting,[F] and almsgiving/service [S]. Traditionally fasting does not happen on Sundays, so practices are staggered accordingly.					