

A Family Lent Calendar

The season of Lent starts on Ash Wednesday, which this year is 17th 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
			February 17th Make a Lent tree. Place a large branch in a vase and hang an egg shaped decoration on it each day until Easter	18th Give a compliment to each member of your family today	19th Try to drink just water today and pray for everyone who lives where there is only dirty water to drink	20th Make a list of five things you are grateful for
21st Look for signs of new growth in your garden or on a walk and thank God that he brings new life	22nd Choose an MU project or a charity to pray for. Can you help?	23 Give up social media for the day	24 If you hear a siren today pray for the person or people who are needing help	25 Do a helpful task without being asked- such as tidying up or clearing the table	26 See if you can go through the day without eating anything sweet	27 Get in touch with someone you've not seen for a while
28 Bake some tasty treats and share them with family, friends or neighbours	March 1st Sort out some unwanted clothes or toys ready to take to a charity shop	2nd Check the news today and pray about something that concerns you	3rd Give up television or computer games for the day	4th Make a special effort not to argue or say unkind things to anyone today	5th Choose something to watch together as a family and enjoy each other's company	6th Scour your home for loose change to donate to your MU project or your favourite charity
7th Cook extra for Sunday lunch so you can invite someone on their own to join you	8th Go without eating snacks or dessert today	9th Say thank you to someone who has helped you today – like a teacher or shop assistant	10th Find a time to go for 30 minutes without speaking then pray for lonely people with no-one to talk to	11th Try and think of new ways to re-use any plastic containers you have	12th As a family talk about the story of Jesus in the wilderness. What would you have found most hard to cope with?	13th In a group pick up litter in your street or local area OR make an anti litter poster.

<p>Mothers' Sunday 14</p> <p>Think of ways to make mums and those who care for you feel extra special today</p>	<p>15</p> <p>Say a special grace before your meal thanking God for farmers and all who work to provide us with food</p>	<p>16</p> <p>Collect some food items and donate them to a foodbank</p>	<p>17</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>18</p> <p>Plant some Spring bulbs in a pot and give to someone you think needs a treat</p>	<p>19</p> <p>Try hard to remember to turn off lights and electrical equipment when you are not using them</p>	<p>20</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>21</p> <p>Find out if there is some way you can help at church today – like giving out hymnbooks or notice sheets. If church is closed, can you help at home?</p>	<p>22</p> <p>Try and make a journey on foot today, instead of using the car</p>	<p>23</p> <p>If you have family or friends in other countries try and find out if they have special Easter traditions</p>	<p>24</p> <p>Share favourite jokes with family and friends. Thank God for fun and laughter!</p>	<p>25</p> <p>At bedtime pray for people who have to work at night</p>	<p>26</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 or charity</p>	<p>27</p> <p>Make some Easter cards to send or give out.</p>
<p>Palm Sunday 28</p> <p>Make palm branches with paper to wave at church or home when singing a hymn or worship song</p>	<p>29</p> <p>Think of anything that has made you happy today and say thank you to God</p>	<p>30</p> <p>Look at the MU website together and pray for something featured on it</p>	<p>31</p> <p>Whenever you pass a chemist or surgery today say a quick prayer for people who are ill</p>	<p>April Maundy Thursday 01</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>Good Friday 02</p> <p>Eat hot cross buns or decorate cakes with a cross as a sign of how Jesus died for us all</p>	<p>Holy Saturday 03</p> <p>Make an Easter garden to symbolise and celebrate Jesus' resurrection</p>