

Lent 2025

March

SUN

MON

TUE

WED

THU

FRI

SAT

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2	3	Mardi Gras!- Fat Tuesday!	Go to church to receive your ashes.	What will you add or subtract from your life this Lent?	Fasting Fridays- No meat. Go to a fish fry.	Pray with Sunday's Gospel.
Fast from social media today.	Fast from takeout.	Fast from negative thoughts or judgements.	Fast from multitasking.	Fast from driving.	Eat a simple meal & donate the money you would have spent.	Fast from focusing on yourself today.
Commit to saying one rosary decade each weekday this week.!	Choose a new spiritual practice..	Spend time in adoration or attend a daily mass.	Go for a prayer walk or walk a labyrinth.	Pray for someone from whom you're estranged.	Attend the Stations of the Cross.	Pray for the marginalized.
Do a good deed in secret.	Donate food to a local food pantry.	Feast of the Annunciation. Say YES!	Smile at 5 strangers.	Give a donation to an organization that serves the marginalized.	Look for an opportunity to serve someone you don't like.	Volunteer at a local organization.

Preparation

Fasting

Prayer

Almsgiving

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April

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Service

30 Explore volunteer opportunities at church.

31 Consider your gifts & talents. Use one to help someone else.

1 Spend time with a lonely neighbor.

2 Sort your closet and donate to a charity in need.

3 Offer to run errands for an elderly loved one.

4 Make a meal for someone who is ill or struggling.

5 Serve lunch at a food kitchen.

Forgiveness

6 Perform a spiritual work of mercy.

7 Ask God to bless someone you do not like.

8 Let go of a grudge.

9 Identify negative thoughts, forgive yourself, and turn it into prayer.

10 Go to Confession.

11 Perform a corporal work of mercy.

12 Apologize to someone you have wronged.

Peace

13 Pray for those who have hurt or wronged you.

14 Listen to a friend who is upset. Don't try to fix the problem.

15 When in an argument take 2 deep breaths before speaking.

16 Be honest and take responsibility.

17 Practice empathy with someone different than you.

18 Pray for peace in war-torn countries.

19 Perform a spiritual work of mercy.

Easter

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