Please find attached a calendar with suggestions for prayers, fasting and almsgiving.

**Lenten Calendar – March & April 2022**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **The three pillars of lent**  **Prayer, fasting and almsgiving** |  |  | **2**  **Ash Wednesday**  Say the Rosary everyday for Lent and wear your ashes with pride | **3**  Skip your morning coffee or tea. Drink water and be grateful for having the option to choose | **4**  A smile warms the heart. So does a wave.  Wave to people who cannot see your smile | **5**  Pray for those who have had abortions |
| **6**  Give up a favorite treat for the week | **7**  Let someone behind you in line go ahead of you | **8**  Pray for               Pope Francis | **9**  Give your time and thoughts to wildlife. Feed the birds and squirrels | **10**  Give a g/c like   Tim Hortons to a person in need | **11**  Pray to St. Rita to help the lonely | **12**  Fast from  social media today |
| **13**  Remember to donate to St. Vincent de Paul | **14**  Pray for our priests | **15**  Fast from TV today | **16**  Bring food to your local food bank | **17**  Pray to St. Patrick | **18**  Fast from anger and forgive someone | **19**  Bake for a neighbour |
| **20**  Pray for Truth and Reconciliation | **21**  Give up your car and walk today | **22**  Offer your deliveryworker (post or paper,etc)a drink when they come by | **23**  Pray for seminarians | **24**  Make homeless kits up to give out when you see those in need | **25**  Give to yourself.  Do something for yourself that you normallydon’t do | **26**  Pray for               Catholic Education |
| **27**  Encourage a younger person to help someone out everyday for this week | **28**  Give your patience to someone you know needs it | **29**  Pray for our Catholic students and teachers | **30**  Clean out your spring and summer clothes now and donate to a homeless shelter | **31**  Do something to help our earth. Recycle always | **April 1**    Pray for COVID/Omicron toend | **2**  Go through your collection of vases and trinkets and donate to a nursing home |
| **3**  Help the earth, plan to plant flowers that attract bees | **4**  Pray for peace | **5**  Laudato Si’  Use cold water and quick cycles for laundry | **6**  Take the time to thank someone for all they do | **7**  Pray for those who have lost their faith | **8**     Become  Meals on Wheels and bring someone you know who is alone a home cooked meal | **9**  Give your family a special day |
| **10**  Palm Sunday    Reflect on what today symbolizes | **11**  What more can you give? There is always more to give.  Think and you will realize what you have still to offer | **12**  Drop cat or dog food off at the Humane Society | **13**    Pray for peace for yourself, your family, friends, and the world | **14**  **Holy Thursday**    Pray – prayer can solve so much | **15**  **Good Friday**  Attend the Passion of Christ | **16**  **Holy Saturday**    Prayer for our Dear Lord who died for us and will rise tomorrow |
| **17**  **Easter –**  **Jesus Christ**  **has risen** |  |  |  |  |  |  |

Here are more links of wonderful sources that can help us prepare for Lent.

<https://thefriar.org/preparing-for-lent-novena-2022-welcome-the-king/>

<https://leaders.formed.org/lent-2022/>

<https://thefriar.org/preparing-for-lent-novena-2022-welcome-the-king/>

You can even download this apt to pray with during Lent <https://hallow.com/lent/>

Found some great resources on the Catholic Conference of Canadian Bishops – these are older publications from previous years but still very relevant.

<https://en.archoc.ca/journey-through-lent-video-series> or https://www.youtube.com/watch?v=QhAQTyb7Ua0&t=298s

[https://www.cccb.ca/document/living-lent/](https://www.cccb.ca/document/living-lent/%20)

I love this idea – perfect for a family activity or for school children and grandchildren.

HOW TO MAKE A LENTEN PRAYER JAR

To help direct your thoughts and prayers this Lent, create a prayer jar.

First, you will need a clean, empty jar – preferably one with a wide mouth. Have an adult help you remove the label from the jar. Mason jars work well and don’t have labels.

Once you have your clean jar, the fun begins. You can decorate your jar using paper, paint, ribbon, yarn, string or any fabric scraps you have on hand.

Depending on how you choose to decorate your jar, you may need glue & scissors. You may even want to use some acrylic paint to paint the glass before you start or to add your embellishments.

Once you have finished decorating your jar you will need to fill it with prayers! You can print this page and cut out the intentions, or simply write your own various intentions on strips of paper, fold the strips and place them in the jar.

This activity helps with prayer, reflecting and understanding the blessings that God has given us.

**Prayer jar intention ideas**

Pray for a family member in need

Pray for those who are sick

Pray for those who are alone

Pray for a sibling or cousin

Pray for someone who you think needs help

Pray for those who have no one to pray for them

Prayer: Jesus, let me be more like you today in my thoughts, actions and words.

Prayer: God, make me someone who works for peace

Prayer: Jesus, you tell me to love you and others. Help me to do both well today

Prayer: Jesus, help me to be more compassionate and see others through Your eyes toda