

Lenten Calendar 2019

Love one another as I have loved you...

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| March | | | 6 Attend Ash Wednesday Mass / Fast | 7 Give up your seat for someone on the Tram/ U Bahn | 8 Dedicate today's fast to someone | 9 Hand write a Thank You Note to someone |
| 10 Say hello to someone you don't normally talk to at Mass | 11 Be patient with your kids / Family | 12 Do something nice for yourself | 13 Do something nice for a Stranger | 14 Give pocket change to someone begging on the street | 15 Dedicate today's fast to someone | 16 Call a family member that live far away |
| 17 Say a prayer for Children | 18 Give up Judgment Today | 19 Take a 10-min walk outside just for you | 20 Leave a nice Sticky Note for someone | 21 Donate old clothes to a charity | 22 Dedicate today's fast to someone | 23 Spend time with loved ones / friends |
| 24 Say a prayer for your Family | 25 Talk to a co-worker you don't usually talk to | 26 Say a prayer for yourself | 27 Send a nice email to someone | 28 Donate money to a Charity / Church | 29 Dedicate today's fast to someone | 30 Attend VESCC Lenten Retreat |
| 31 Say a prayer for Mothers | April 1 Refrain from playing April Fools Jokes... or not | 2 Do something Fun!! | 3 Smile at a Stranger | 4 Donate / Gift old books | 5 Dedicate today's fast to someone | 6 Phone Free Day |
| 7 Say a prayer for Priests | 8 Tell someone you love "I love you" | 9 Be Thankful for something in you life | 10 Talk to a co-worker you don't usually talk to | 11 Volunteer for something | 12 Dedicate today's fast to someone | 13 Call or text a friend you haven't talked to in a while |
| 14 Attend Palm Sunday Mass | 15 Give someone a hug | 16 Hand write a nice note to yourself | 17 Learn something new about someone you know | 18 Attend Holy Thursday Mass | 19 Stations of the Cross | 20 Buy chocolate Easter eggs for everyone! |