

# FEBRUARY

SUN

MON

TUE

WED

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FRI

SAT

Lent is a quiet, contemplative season during which we are invited to step into our blessedness as God's people and practice new ways of sharing that blessing with the world. For busy families, adding a "Lenten discipline" on top of an already packed schedule can feel overwhelming or impossible. But small changes, when made with intention and faith, can be very powerful - especially for kids and families.

This calendar includes daily practices you can incorporate into your family's routines. For some young people, checking off the Lenten calendar daily can be a way to stay grounded in the rhythms of this season. There are a variety of things you can do, and if one practice works well, just do that one daily. Try doing it at the same time each day, like after dinner or before bed. (Some can even be done at dinner or in the car!)

For more Lenten resources, check out Kate Bowler's *Bless The Lent We Actually Have*, full of prayers, advice, and multimedia for this holy season.

13

Ash Wednesday services at St. Mark's at 12pm and 7pm

14

Talk about what you want more or less of in your life this Lent

15

Say a prayer that starts with "God, help me notice..."

16

Light a candle and quietly watch the flame for one minute

17

Clean out part of your car or house

18

At church, pray for someone during Prayers of the People

19

As a family, choose a charity to support during Lent

20

Choose three things in your room to donate or give away

21

Talk about what you want God to help you change

22

Say a prayer that starts with "God, help me change..."

23

For one hour, fast from screens

24

Find somewhere nearby to safely clean up litter

25

At church, say hello to someone you don't know

26

Call or send a fun photo to a far-away loved one or friend

27

Give three compliments to different people

28

Talk about how you find joy during your day

29

Say a prayer that starts with "God, thank you for..."

# MARCH

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Blessed are we who say, Wake me too, God. Put me where beauty and love can reach me. I'm ready for something new.

~Kate Bowler, *The Lives We Actually Have*

**3**  
At church, do a job you don't usually do

**4**  
Learn something new about the Episcopal Church

**5**  
Read a prayer together from a book (or website!)

**6**  
Talk about questions you have about faith or church

**7**  
Say a prayer that starts with "God, I think about..."

**8**  
Turn the lights off, get comfy, and listen to some music

**9**  
Go for a walk outside for at least 30 minutes

**10**  
At church, ask the priests or preacher a question

**11**  
Listen to a song together without distractions

**12**  
At dinner, eat in silence for two minutes

**13**  
Talk about how you connect with God in your own way

**14**  
Say a prayer that starts with "God, be with me..."

**15**  
Read out loud together

**16**  
Listen to a guided meditation or prayer together

**17**  
Before or after church, quietly walk the labyrinth

**18**  
Pray for three people who aren't there with you

**19**  
List three things you are grateful for

**20**  
Talk about how these Lenten practices have made you feel

**21**  
Say a prayer that starts "God, today, in this Lent..."

**22**  
Read Psalm 23 together and talk about it

**23**  
Write a letter to future you about what you did and learned this Lent

**24**  
Palm Sunday at St. Mark's

**25**  
Fast all day from unkind words or complaining

**26**  
Do three kind things today

**27**  
Choose one thing you did this Lent that you want to keep doing

**28**  
Maundy Thursday evening at St. Mark's

**29**  
Good Friday at St. Mark's

**30**  
Create and deliver Easter Gifts