

## Leader Instructions

# Our Lenten Calendar

## Materials Needed

- Handout: Family instructions
- Handout: Listing and description of local parish Lenten events with a clear and encouraging description of each (e.g. Lenten soup suppers, Lenten fish fries, Stations of the Cross, retreats, Evening Vespers, Reconciliation service). You will need to prepare this handout yourself beforehand.
- Handout: Lenten calendar. You can optionally edit the calendar to list your local events on it.
- Pencils

## Talking Points

*It would be helpful for a leader to introduce the activity with these points:*

- In this Learning Center, we're going to look at **time** for some specific Lenten practices which will:
  - deepen your family life of faith
  - connect you to our parish celebration of Lent
  - connect you to the celebration of Lent throughout our universal church
- With your calendar, the instruction sheet will help you to add some more items for this **time** of Lent:
  - **Times** you can celebrate these Lenten days with our parish family.
  - Other specific things you will decide to do with your **time** as a family during Lent.

*Help the group along if they have any questions or get stuck.*

# Our Great Fast Calendar

1

Look at the calendar sheet together and find the following:

- The first day of the Great Fast (Lent) and the last day of the Great Fast (Lent).
- Holy Week (it begins on Palm Sunday and ends on Holy Saturday). This is the most solemn week of the Christian year, leading up to Easter, when we particularly remember the last week of Jesus's life.
- On days marked "Strict Fast" those ages 14 and up are asked to abstain from eating meat and dairy products.
- On days marked "Fast." Those ages 14 and up are asked to abstain from meat.

You may wish to enter these important days on your phone or family calendar now.

2

Look at the list of Lenten events that will happen at our parish. Together as a family decide which ones you would like to participate in, writing them on your calendar.

3

What else might you do as a family throughout the Great Fast—a resolution that will deepen your family faith life, your relationships with one another, your commitment to God, and/or your caring for others?

Talk about this together, looking at the examples at the bottom of the page. Check off one or more items and/or write in your own in the blank spots provided.

- We will have dinner together at least three times a week.
- On Fridays, we will have simpler suppers and spend time together (e.g. playing board games rather than TV or tech devices).
- We will pray together as a family each night before bedtime.
- We will try to give up all complaining.
- We will take time for prayer—prayers of thanks and prayers of petition—each night at dinner time.

- We will give two compliments each day—one to someone in our family, one to someone we meet during the day.

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# Our Great Fast Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  <b>Strict Fast</b>	2  <b>Fast</b>	3  <b>Fast</b>	4  <b>Fast</b>	5  <b>Fast</b>	6
7	8  <b>Fast</b>	9	10  <b>Fast</b>	11	12  <b>Fast</b>	13
14	15  <b>Fast</b>	16	17  <b>Fast</b>	18	19  <b>Fast</b>	20
21	22  <b>Fast</b>	23	24  <b>Fast</b>	25	26  <b>Fast</b>	27
28	29  <b>Fast</b>	30	31  <b>Fast</b>	30	31  <b>Fast</b>	32
33	34  <b>Fast</b>	35	36  <b>Fast</b>	37	38  <b>Fast</b>	39
40 <b>Palm Sunday</b>	Great Monday  <b>Fast</b>	Great Tuesday  <b>Fast</b>	Great Wednesday  <b>Fast</b>	Great Thursday  <b>Fast</b>	Great Friday  <b>Strict Fast</b>	Great Saturday  <b>Fast</b>
<b>Easter Sunday PASCHA</b>						