

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LENTEN PRACTICES CALENDAR 2016			February 10 Ash Wednesday P: Peace	February 11 F: No TV today	February 12 S: Make a note for someone who needs encouragement.	February 13 P: Someone who is sick.
February 14 F: Fast from gossip today.	February 15 S: Do something kind for someone without being asked.	February 16 P: Someone who lives far away.	February 17 F: Drink only water today.	February 18 S: Call someone to say you are thinking of them.	February 19 P: Hope	February 20 F: Eat a simple meal for dinner.
February 21 S: Pick up trash that you see in a public place.	February 22 P: Those who are hungry.	February 23 F: Fast from holding a grudge today. Let go of being angry.	February 24 S: Give a dollar away to someone.	February 25 P: A person you love.	February 26 F: No sweets today.	February 27 S: Say something nice about each person in your family.
February 28 P: Those who are lonely.	February 29 F: Fast from jealousy. Tell God something you are grateful for.	March 1 S: Collect a beloved toy or item that you can give away.	March 2 P: That others will know the love of God in Jesus Christ.	March 3 F: No music in the car.	March 4 S: Ask a family member or friend what you can do for them.	March 5 P: A dear friend.
March 6 F: Eat a simple meal for breakfast.	March 7 S: Invite someone over for dinner.	March 8 P: Refugees who had to flee violence.	March 9 F: No TV today.	March 10 S: Draw a picture for someone you love.	March 11 P: Generosity	March 12 F: Drink only water today.
March 13 S: Write someone a thank you note.	March 14 P: Someone who is sad.	March 15 F: Eat a simple meal for dinner.	March 16 S: Collect money for the offering on Sunday.	March 17 P: Children in poverty.	March 18 F: Fast from jealousy. Tell something you are grateful for.	March 19 S: Pack lunches for the Gathering or collect food to donate
March 20 Palm Sunday P: Someone who is sick or suffering.	March 21 F: Drink only water today.	March 22 S: Clean up common living spaces without being asked.	March 23 P: Leaders in the church.	March 24 F: No TV today.	March 25 S: Collect clothing you can donate.	March 26 P: An end to gun violence.
March 27 Easter!	Each day's activity is one of the three pillars of Lent: P (prayer) , F (fasting) or S (service) . On days marked with P, pray for what is listed or come up with your own. Shade in the boxes as you journey through Lent. Modify activities to suit your family!					