

Lenten Challenge Calendar

Complete one challenge for each of the 40 days of Lent, and write down your experiences in your journal. Some questions to help reflect on your challenge:

- What thoughts or feelings did you have when completing today's challenge?
- What was difficult or fun about today's challenge?
- Would you do today's challenge again on your own? Why or why not?

Week 1: March 1-7th

1. Attend Ash Wednesday mass.
2. Read the scriptures about when Jesus goes into the desert (Luke 4:1-13)
3. Help prepare no-meat meal.
4. Temptation Cookies: Remember Thursday's reading where Jesus was tempted in the desert? Bake cookies today, but be patient and do not eat them until tomorrow.

Sunday

5. Add extra prayers throughout the day.
6. Set up an offering jar – a jar or piggy bank to put spare change for the length of Lent, and donate it at the end.

Week 2: March 8-14th

7. Go for a walk and appreciate the beauty of your neighborhood.
8. Pray the sorrowful mysteries of the rosary.
9. Help prepare no-meat meal.
10. 1 in 7 American households face food insecurity. Go through the pantry and donate what you do not need to St. Vincent's food basket tomorrow.

Sunday

11. 1 in 10 people lack access to safe water. Conserve water today, and make it a habit.
12. Read one news story.

Week 3: March 15-21st

13. Reflect on Pope Francis' quote on Mercy: "A little bit of Mercy makes the world less cold and more just." How can you be more merciful today?
14. Call a family member or a friend you haven't spoken to in a while.
15. Help prepare no-meat meal.
16. Reflect back on the week – were there times you felt unhappy or sorry? Apologize to someone you have hurt, or go to confession at St. Vincent tomorrow (come to mass a little earlier and ask Father Joe or Father Sy).

Sunday

17. Unplug from electronics and go to bed an hour earlier.
18. Smile and say hello to everyone you see today.

Week 4: March 22-28th

19. Use a reusable item to help protect the Earth: reusable bag, water bottle, silverware, etc.
20. Talk to a friend you don't know very well.

21. Help prepare no-meat meal.
22. Do 'Lenten Cleaning' in your community – pick up litter around the neighborhood, the park, etc.
Sunday
23. Reflect back on the day – what are some things you are thankful for? Say thank you to someone who made you happy, or say thank you to God for whatever that made you happy.
24. Write a card to a family member or a friend.

Week 5: March 29-April 4th

25. Compliment one thing to people you meet today.
26. Pray for someone you don't know very well.
27. Help prepare no-meat meal.
28. Volunteer (or schedule to volunteer in the near future) somewhere – school, animal shelter, soup kitchen at Face to Face, hospitality at St. Vincent's, etc.
Sunday
29. Write a thank you card to someone in your community – teacher, firefighter, policeman, librarian, priests or nuns, doctors, nurses, etc.
30. Help out with a chore or clean up your room without being asked.

Week 6: April 5-11th

31. Say a grace for your family before starting a meal.
32. Write a poem for a friend or a family member.
33. Help prepare no-meat meal.
34. Make an Easter card to St. Vincent's homebound parishioners and bring it to church tomorrow (give them to Grace and Corbin, or place them in the homebound mailbox in the CLOW room).
Sunday
35. Write down one positive word that you will embrace today.
36. Research about one Saint and write in your journal.

Holy Week: April 12-15th

37. Read/Listen to the scripture about Jesus washing his disciple's feet (John 13:1-17), and wash someone's feet today.
38. Attend Stations of the Cross.
39. Make Easter Eggs, and reflect on Jesus' resurrection.
40. Celebrate Easter!

Color in each day after completing the challenge

