

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in **prayer**  by reading Sacred Scripture; we **serve** by giving **alms** ; and we practice self-control through **fasting** .

FEBRUARY	17  <i>Ash Wednesday</i> Attend mass with your family. SMM has 9am or 7pm mass!	18  Make a prayer chain for Lent. Choose 40 things to pray for and use as a countdown to Easter	19 Find St Mary Magdalene on Facebook and like us!	20 Call a friend or family member you haven't seen in awhile to check in on them	21 <i>First Sunday of Lent</i> Attend mass! Have a no electronics day! Take pictures of what you did instead as a family to send to SMM	22 Pray the rosary as a family.
23 Find a quiet place and spend at least 10 minutes with Jesus in prayer	24 Give a card to someone who needs it	25 Pick or send flowers to someone today	26 Attend Stations of the Cross at SMM after 9am mass	27 Go for a walk and see the beauty the Lord has made.	28 <i>Second Sunday of Lent</i> Pick up trash at a local park or near your home	MARCH 1 Say a prayer for priests for dedicating their lives to God
2 Fast from negativity by not complaining today	3 No T.V. or screens (unless you're doing homework)	4 Donate 5 things to the less fortunate	5 No snacks between meals	6 Start a new book today to deepen your faith	7 <i>Third Sunday of Lent</i> Research and join a ministry	8 Collect your change in an envelope for mass on Sunday
9 Say something nice about each of your family members	10 Pray for the faithful departed	11 Research and learn about another country or culture	12 No meat today. Make it fun by finding a new meatless recipe	13 Plant something, a tree, vegetable garden or flowers	14 <i>Fourth Sunday of Lent</i> Write someone a thank you note	15 Pray for your parents today, parents pray for your children
16 Practice the Act of Contrition in preparation of Confession	17 Attend the Reconciliation Service at SMM at 7:00pm. Talk to your family about the importance of reconciling	18 Say sorry to someone that you have hurt	19 Pray for unborn babies and pray for change	20 Try not eating out this weekend. Instead give that money to a cause	21 <i>Fifth Sunday of Lent</i> Offer to do an extra chore with a joyful heart	22 Family game night
23 Forgive someone who has hurt you	24 Call or text someone that you're thinking of them	25 Reach out to a fellow parishioner that you haven't seen for awhile	26 Skip dessert today	27 Give someone a hug today	28 <i>Palm Sunday</i> Fast from social media today	29 Invite a family member to go to Easter mass with you Sunday
30 Pray for a family member who has fallen away from the church	31 Do a chore for someone else	APRIL 1 Each family member take turns washing each others feet	2 Hour of silence between 3-4pm remembering Jesus gave His life for you today	3 Spend time thanking God for your life.	4 <i>Easter Sunday</i> REJOICE! He has Risen!	