

# Sunday

# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

# Saturday



**Fasting**— It is a way of freeing ourselves from all those things that weigh us down. Giving us a chance to make space for God in our lives.

**Prayer**— Gives us a chance to speak with God as his beloved children.

**Almsgiving**—Gives us a chance to show our concern and love for the poor. Pope Francis said "In our charity, we may speak words of reassurance and help others to realize that God loves them as sons and daughters."

### ASH WEDNESDAY

**March 2**

Wear the ashes you receive today proudly as a missionary disciple of Jesus Christ.

Dear Lord, today on the first day of Lent. We come to you with humble hearts asking that you forgive us. Give us the wisdom to change for the better and help make this a better world. Helping to care for one another.

**March 3**

Today is the feast day of Saint Katherine of Drexel. She became a missionary and dedicated her life to the service of others in America.

As missionary disciples we are also called to be of service to others. Think of how you serve/help others this Lent.

**March 4**

Every Friday of Lent we are called to fast. We can fast from many things not just food.

Think of one habit you would like to change to spend more time with God in prayer.?

**March 5**

Take note of how the church is decorated during the season of Advent.

What is the color that is most used during this season?

**March 6**

"You shall worship the Lord, your God, and him alone shall you serve." Lk. 4:8

Think of one habit that keeping you away from God that you would like to change this Lent season.

**March 7**

Today is the feast day of St. Perpetua & Felicitas. They are patron saints of mothers.

Put \$1 in your mite box to help mothers in poor countries who don't have enough to feed their children.

**March 8**

Today is the feast day of St. John of God. He was criticized for his impulsiveness to help everyone in need.

When you feel the need to do something good or help someone do it. For when we do good we help make the world a better place.

**March 9**

St. Frances of Rome found strength in her sister in law to help her live out her faith and help the poor.

As you pray ask God to help you make friends that will help you be true to God.

**March 10**

Read about how Jesus taught his disciples to pray: Lk 11: 1-4

Pray an Our Father for all children.

**March 11**

Pray the stations of the cross with your class.

Then sit a moment in silence reflecting on the stations.

**March 12**

"Faith grows when it is lived and shaped with love" - Pope Francis

When we model to others our faith it grows. Spend some time today helping a sibling or cousin learn their prayers.

**March 13**

"The Lord is my light and my salvation, whom should I fear?" Ps 27:1

Let the light of God guide your path. If you have any fears or problems ask God to help you find the best solution possible and trust in Him.

**March 14**

Begin your day and week with prayer. Pray a Hail Mary and our father for your family.

**March 15**

This week put in your mite box what you might have spent buying candy, soda or ice cream to donate to children like you in the missions.

**March 16**

Give someone a compliment today. You can share with them one thing you admire about them.

When we uplift others we are helping them see how loved they are.

**March 17**

Today is the feast day of St. Patrick. He travel to Ireland to help evangelize others about Jesus.

We too can evangelize others with our example and words.

**March 18**

In the evening do not spend time with electronics. Instead ask if you could spend some time with your parents and siblings. Playing a board game or doing something else as a family.

**March 19**

Today is the feast day of St. Joseph, the spouse of the Virgin Mary. He is the patron saint of the universal church and fathers. He showed faith, courage and trust in God.

Imitate him having faith and trust in God our Lord.

**March 20**

God called and Moses answered "Here I am" Ex. 3: 4

God calls all of us like he called on Moses. We all have talents and gifts we can put to God service. As your friendship with God grows pay attention to how God might be calling on you.

**March 21**

Today is the beginning of Spring. Do you notice new plants and trees flowering?

The same way plants and trees are renew each spring. Lent is also a time for us to renew our selves and bring out the best in ourselves.

**March 22**

If in your church you have Catechumens preparing to receive their sacraments on the Easter Vigil.

Make a card for them to give on that very special day in which they will be welcomed into the church.

**March 23**

If there is someone that you dislike pray for them. Asking God to help you see the good in them as your brother or sister in Christ.

**March 24**

Offer to help a friend or a sibling with their chores. It will make the task more fun when the two of you work together.

**March 25**

Today we celebrate the Annunciation of the Lord. When Mary is told she will be the mother of Jesus. She gave her "yes" to God's mission.

We too can give our "yes" to what God is calling us too following his commandments.

**March 26**

If you have any recycle at home ask your parents if they can help you sell it. Put the money you make in your mite box.

**March 27**

"The Lord is my shepherd, there is nothing I shall want" Ps. 23: 1

There is no greater reminder of how much God loves us than of how he takes care of us. Like a shepherd who guides and cares for his sheep so does God care for us.

**March 28**

Have you been able to change a habit that you thought kept you away from spending more time with God in prayer.

**March 29**

Pray ten Hail Mary's for all children who might be suffering.

Think how can you put the needs of others before your own as Mary, the mother of God did.

**March 30**

If you can volunteer to help clean or decorate the church for the Easter Vigil celebration.

Just like when we clean our homes before a party. We too must get the house of the Lord ready for this big celebration.

**March 31**

Did you know that MCA receives donations from children all over the world.

This is because we are all called to be in solidarity with one another. Giving not because we have extra but because we want to share and help others.

**April 1**

Today we abstain from eating read meat. We are lucky and have many other options of food to eat.

Before every meal today say a prayer for all those children who have little to nothing to eat each day.

**April 2**

As missionary disciples we are asked to share with others what we know about our faith.

Share with your family something you learned about Lent.

**April 3**

"Even now, says the Lord, return to me with your whole heart; for I am gracious and merciful." Jl 2:12-13

God will always welcome us back. Go to mass and tell someone that God loves them.

**April 4**

"How wonderful it would be if, at the end of each day, each of us could say: today I have preformed an act of charity towards others!" - Pope Francis

Put what you can into your mite box.

**April 5**

Today is the feast day of St. Vincent Ferrer the patron saint of reconciliation. Before the start of Holy Week receive the sacrament of reconciliation.

There is no greater love than the one that God has for us. If we are truly sorry for what we have done to offend him, God will always forgive us.

**April 6**

"You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you've already begun." -St. Josemaría Escrivá

If you find it hard to pray, Give it a try today!

**April 7**

This is the last week of Lent. Do you feel that you have been able to let go of things that were keeping you from spending more time with God.

Anytime of the year we can try and let go of those things that keep us away from God.

**April 8**

It's the last Friday of Lent. Do your very best to abstain from any electronics today that you might use for leisure.

Sometimes we get so caught up with electronics that we end up like zombies.

**April 9**

Tomorrow we begin Holy Week

We recall the events leading up to Jesus death and His resurrection.

**April 10**

**PALM SUNDAY**

"Blessed is the king who comes in the name of the Lord. Peace and heaven and glory in the highest." Lk 19: 38

Jesus is received with praise by the same people who would later shout to condemn him. How do you think his disciples felt?

**April 11**

Reflect on the week that we are about to live. Do you remember what is like from other other years. See if there is something you notice this year that you had never noticed before.

**April 12**

Jesus reveals that one of his disciples will betray him. Judas made a bad decision in betraying Jesus.

Ask God to help you to make good decisions that will help your friendship with Him grow.

**April 13**

Just like your parish community all over the world catholic churches are also celebrating this the holiest week of all.

If you have relatives in other countries ask them how they celebrate Holy week where they live?

**April 14**

**HOLY THURSDAY**

Jesus establishes the Eucharist at the last supper with his disciples and washes their feet.

Read about it on Jn 13: 1-15

**April 15**

**GOOD FRIDAY**

Today we remember the passion of Jesus as he died on the cross for us.

Spend 30 min in prayer for all those martyrs who have died for the faith.

**April 16**

**HOLY SATURDAY**

In the first half of the day we wait in silence as Jesus lies in the tomb.

In the evening with the lighting of the Easter Candle we start to celebrate Jesus glorious resurrection tomorrow on Easter Sunday.

# MCA Lent Calendar 2022

Lent is a season of reflecting and of penance for us Catholics. It is a forty day journey that we make to prepare us for the glory of Easter. It is a solemn season in which we recall the events that led to the death and resurrection of Jesus Christ. During this liturgical season we are called to pray, reflect, penance, fast and almsgiving.

