




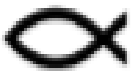
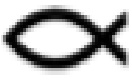
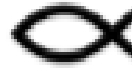





Making this My Best Lent Ever!

St Mary of the Visitation, 2018

14	13	12	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <h2>Making this My Best Lent Ever!</h2> <p>St Mary of the Visitation, 2018</p> </div>			
15	 Lent	11				
16		Prayer, Fasting & Almsgiving				7
3 rd Sunday of Lent	34	33	32	31	6	
	Palm Sunday 			30	5	
29				4		
17	35	Happy Easter! He is Risen!!		5 th Sunday of Lent	1 st Sunday of Lent	
18	36			28	4	
19	37	39 Good Friday 	40 Holy Saturday	27	3	
20	38 Holy Thursday 					
21		26			2	
22	4 th Sunday of Lent	23	24	25	1	
				 Lent	 1  ASH WEDNESDAY	

Color in the square each day as you do your Lenten activity.

WHAT ARE YOU WAITING FOR?

LET'S make this your BEST Lent Ever!



PRAAYER, FASTING, ALMSGIVING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Are You READY?	AMEN!	SHROVE TUESDAY	1 <i>Ash Wednesday</i> Ask God to help you make this your best Lent ever by avoiding sins	2 Pray for good things for someone who has been unkind to you	3 Fish Fry Visit an elderly friend or relative who doesn't get visitors	4 Genuinely compliment someone who isn't expecting it
<i>First Sunday of Lent</i>	5 Go to a weekday Mass	6 Do not listen to music in the car today	7 Pray for an increase in vocations	8 If you have some money, give it to the poor	9 FISH FRY Ask for forgiveness from someone that you have hurt	10 Light a candle at church for someone you know needs prayers	
<i>Second Week of Lent</i>	11 Do something kind for a neighbor today	12 Be patient with someone who annoys you	13 Spend some extra time in prayer today	14 No snacks in between meals today	15 Fish Fry Clean up a mess that someone else made	16 Take a treat or meal to someone else today	
<i>Third Week of Lent</i>	17 No Ipad or Internet time today	18 Offer to do the dishes for you parents after supper	19 Help fold the clothes today	20 Invite someone you don't usually hang around at school to eat lunch with you	21 Pray the rosary (or even a decade) as a family	22 Spend some extra time in prayer today or go to the Adoration chapel	
<i>Fourth Week of Lent</i>	23 Make a food donation to the St Vincent de Paul	24 Let someone else choose the TV program tonight	25 Eat a simple meal for breakfast and lunch	26 Do all your chores today without being asked	27 Fish Fry Attend the Stations of the Cross at the parish at 7pm	28 Give up TV and Internet for one day.	
<i>Fifth Week of Lent</i>	29 Make a Card for someone today who lives alone	30 Don't have any dessert after your meals	31 Spend some time today reading about Jesus' Passion from the Bible	32 Go to Confession today during the Day of Mercy at the Church	33 Watch a religious movie as a family	34 Clean your room without complaining	
<i>Palm Sunday</i> Holy Week	35 Smile at everyone and anyone you meet today	36 Be on time for everything today	37 Be extra kind to someone you do not like	38 HOLY THURSDAY Change or quit a bad habit	39 <i>Good Friday</i> Go to Church and thank Jesus for dying for you	40 Bring in your Easter Foods to be blessed at 1pm at Church	
<i>Easter Sunday!</i> alleluia! Christ the Risen! JESUS IS RISEN!							