

STRIPS FOR A FAMILY LENTEN CHAIN

Take five minutes of quiet time today to listen to God.

Pray before and after meals today.

When you go to bed tonight, think of all the good things you did for others today.

At dinner time today, let everyone in the family mention one thing for which they are thankful.

Offer to help a neighbor with a job that they have to do.

As a family, visit a shut-in.

Write a letter to some distant friends.

Make pictures of the Stations of the Cross for your home.

Take a tour of your home. How many things remind you of God?

Write a letter of thanks to someone.

Pray for those you know who are suffering.

Perform a loving action: for example, invite someone over, share baked goods, write a letter.

Today ask for things in a polite way.

Say a kind word to someone in need of cheering up.

Thank someone today.

Give something away to someone in need.

Give someone a compliment today.

Do something for someone without them knowing it.

**Pray for people who don't have access to electricity and other technologies that makes our lives easier.
(1.6 billion people have no access to electricity.)**

Say "I'm sorry to someone you've hurt.

Read a Bible story with your family.

No TV tonight. Have a family night.

Never say "NO" today when someone asks for help.

Share your smile today.

No sweets today. Give the money saved to the poor.

Write family members' names on slips of paper. Draw names and keep the name you draw a secret. Without being asked – or bragging – do something kind for that person everyday for a week.

Watch the newspaper for stories about selflessness. Share them with your family.

Cut out a large paper heart. On it write "Love one another as I have loved you." Have family members write the name or initials of at least three people they are going to pray for during the coming week. Display the heart.

Do you know someone who is elderly, alone, lonely, grieving? Think of something your family could do. Pay a visit, take a plant, bring some baked goods, invite them for a meal.

Begin a bulletin board of good news. Watch the paper/internet for stories that reveal people's concern for one another.

At one meal a week each more economically and simply and give the money to those who do not have enough to eat.

Have everyone read their favorite Scripture passage to each other tonight.

Say only nice things to others today.

Share a job that isn't usually yours.

Make it a point today not to complain.

In some way today tell other family members that you love them.

Write a family prayer of thanks to God.

Make it a point today not to criticize.

Remember the Prayer of St. Francis and think of a way your family could be a channel of peace in your little part of the world.

We have the gift of faith because of the faithful people who have gone before us. Think about an older relative or friend, living or dead, who has inspired you/your family. If they're alive, write to them, thank them.

Pray for all those who are unemployed.

Fast from television today. Read instead. Pray for all those who don't have television, the internet...

Think of ways your family can conserve paper: write on both sides; wrap presents in comic paper or reusable gift bags, etc.

Send a "praying for you" card to one of the catechumens in your parish who is preparing for the Easter sacraments .

Is your family recycling everything you can? Refresh your memory today on what items your city or county allows for curbside recycling. Place an item that can be recycled, but that you usually don't recycle, into your bin.

This week use a different prayer each night as a family, e.g. Our Father, Hail Mary, Glory Be, Act of Contrition, Prayer of St. Francis, The Apostles' Creed, Act of Love, etc.