



SUNDAY  
SUPPER  
CONVERSATIONS

LENTEN FAMILY  
ACTIVITY CALENDAR

MINDFUL  
MONDAY

TEACHING  
TUESDAY

WELLNESS  
WEDNESDAY

THOUGHTFUL  
THURSDAY

FAMILY  
FRIDAY

SHARING  
SATURDAY

Renewing  
connections  
with ourself,  
our families,  
our friends and  
our world.

Use this calendar to:

- ACT
- SHARE
- LEARN
- PRAY

Share your family  
lenten time together  
on Facebook,  
Instagram, and  
Twitter using  
#RDCRSLENT



Sunday, April 4  
Happy Easter!

Loving God, You loved this world so much that you gave your one and only Son, that we might be called your children too. Lord, help us to live in the gladness and grace of Easter Sunday, everyday. Let us have hearts of thankfulness for your sacrifice. Let us have eyes that look upon Your grace and rejoice in our salvation. Help us to walk in that mighty grace and tell your Good News to the world. All for Your glory do we pray, Lord. Amen.

21

Attend Mass in person or online. Discuss the homily and how the Word of God can be applied to our daily life.

22

**GLAD MINUTE!**  
Take one minute out of your day to write down everything you are grateful for.

23

**CATHOLIC SOCIAL TEACHINGS(CST)** are a key part of our faith. Each Tuesday, discover a CST principle and learn how it helps us be stewards to one another and take care of the world.

24

Meat has a much heavier impact on the environment than grains, vegetables, fruits and legumes. Make supper an all plant based meal. Great recipes can be found at Pulses.org.

25

Make care kits for the homeless that you can keep in your car. You can hand them out whenever you are moved to do so. Share what you can with those that are in need.

26

As a family, bake homemade pretzels. Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders.

27

Go for a walk as a family. Explore your neighbourhood and visit outside with your neighbours.

28

If you could invite one person as a supper guest, who would you invite tonight? Could you invite them to have a virtual supper party with your family tonight? What would you talk to them about?

March 1

Listen to a piece of music without doing anything else.

2

**HUMAN DIGNITY**

As God's children, we are all made in the image of God. This means we have an inherent dignity that must be respected by all people no matter where we live or how much money we have.

3

For every light switch in your house do one jumping jack. As you count the light switches, turn off any lights in rooms that no one is using.

4

Instead of phoning or texting, make a card or write a letter to an out of town family member. Teach your children how to continue to build relationships everyday with those who love us.

5

**World Day of Prayer**

**PRAYER TIME!**  
Together as a family, pray for openness and understanding between the people of the world so that we can have an end to the pandemic and peace in our world.

6

**BAKING TIME!**  
Bake a sweet treat and share it with a friend or neighbour.

7

**SELF-CARE SUNDAY!**  
Discuss with your family; What do you do for self-care? Take some time this week to fit that activity into your routine.

8

**International Women's Day**

Write a letter, send a text or share a picture of an inspiring woman in your life. Let her know what her example has meant to you. Say thank you for being a special part of your life.

9

**RIGHTS & RESPONSIBILITIES**

Every person has the right to access what they need to thrive, like water, food and shelter. We also have the responsibility to ensure those rights for others. Let us not forget the rights of the Earth, too.

10

Build a snowman with your family and have him hold a sign with a positive message for neighbours to read.

11

Say a prayer for yourself and for the world so that we may learn to live simply, care for one another and for our common world.

12

**GAME NIGHT!**  
Share time together as a family by playing a family favourite game together. Share a favourite story of time spent together as a family.

13

**KINDNESS ROCKS!**  
Paint stones with a kind or positive message. Place the stones where someone would find them - in a park, in a community garden, in a playground, etc.

14

Pray the Bible verse Proverbs 3:27. Talk to your children how we can be the hands and feet of Christ in this world.

15

Eat mindfully. Appreciate the taste, texture and smell of your food.

16

**STEWARDSHIP OF CREATION**

Our Earth is a sacred gift. We have a responsibility to protect and cherish its diversity, beauty and life-sustaining qualities. Together, we must hold it in trust for future generations.

17

For every television, phone, computer, lpad, and game console in your home, do 5 squats.

18

Put a sticky note with a positive message on a school locker, a bathroom mirror or bedroom door to brighten someone's day.

19

**Feast Day of St. Joseph**

Share some time with a male role model in your life. Be sure to tell him how much his example has meant to you. Say thank you for being a special part of your life.

20

**PRAY THE ROSARY!**  
Take 20 minutes today and pray the rosary as a family. Before you begin consider some intercessions you would like Mary to help with.

21

Discuss with your family: What could you do to help someone in need that does not cost any money?

22

**World Water Day**

Let us be mindful of every water tap you used today at home, school or at work. Choose a reusable water bottle to use for the entire day. Try to drink the recommended amount of water today.

23

**CARE FOR PEOPLE WHO ARE POOR & VULNERABLE**

This means we must prioritize the care for people who are poor and vulnerable because every person has dignity and we are called to defend, protect and care for others.

24

**SKIP THE SUGAR!**  
Try drinking unsweetened drinks or no sugar in your coffee or tea. Try bypassing dessert. Read nutrition labels because sugar can be hidden in all sorts of food.

25

**Annunciation of the Lord**

**PRAY!**  
*Dear Lord, help me to become less so you can work more through me. Help me to be more willing to sacrifice what I want to do so I can help others instead.*

26

Jesus died at 3 p.m. on Good Friday. Observe an hour of silence from 3 to 4 in the afternoon. Talk to your kids before about the importance of respecting His death. No screens, no telephone - just quiet reflection, quiet toys, writing, reading, or coloring.

27

Help prepare a special dinner for your family tonight. Share a photo on social media of your favourite part of making the meal.

28

**Palm Sunday**

Recollect the story of Jesus' Passion shared at Mass today. Discuss with your family about Jesus' sacrifice and what it means for their lives.

29

Think about what makes you unique. Remember that all these traits are precious and make you the special person that you are. Be proud of your differences.

30

**PEACE**

Our call to social justice results in peace. Peace depends on the mutual respect, co-operation, and participation among all people and nations in God's creation.

31

**DANCE PARTY!**  
Have a dance party with your family for at least 10 minutes or create a Tik Tok with your family!

April 1 Holy Thursday

During the Last Supper, Jesus taught us how to serve one another. Choose one way you can serve or help another person today. Thank Jesus for the opportunity help others.

2

**Good Friday**

The beautiful thing about Jesus is that we can all remember His Sacrifice and how it changed the world.. Discuss with your family how your sacrifice challenged or changed you this Lent.

3

**Holy Saturday**

At the dinner table, share 5 things you have learned this Lent. Share a picture on social media of your favourite thing you did this Lent.