

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The three pillars of lent Prayer, fasting and almsgiving</p>			<p>2 Ash Wednesday Say the Rosary everyday for Lent and wear your ashes with pride</p>	<p>3 Skip your morning coffee or tea. Drink water and be grateful for having the option to choose</p>	<p>4 A smile warms the heart. So does a wave. Wave to people who cannot see your smile</p>	<p>5 Pray for those who have had abortions</p>
<p>6 Give up a favorite treat for the week</p>	<p>7 Let someone behind you in line go ahead of you</p>	<p>8 Pray for Pope Francis</p>	<p>9 Give your time and thoughts to wildlife. Feed the birds and squirrels</p>	<p>10 Give a g/c like Tim Hortons to a person in need</p>	<p>11 Pray to St. Rita to help the lonely</p>	<p>12 Fast from social media today</p>
<p>13 Remember to donate to St. Vincent de Paul</p>	<p>14 Pray for our priests</p>	<p>15 Fast from TV today</p>	<p>16 Bring food to your local food bank</p>	<p>17 Pray to St. Patrick</p>	<p>18 Fast from anger and forgive someone</p>	<p>19 Bake for a neighbour</p>
<p>20 Pray for Truth and Reconciliation</p>	<p>21 Give up your car and walk today</p>	<p>22 Offer your delivery worker (post or paper, etc) a drink when they come by</p>	<p>23 Pray for seminarians</p>	<p>24 Make homeless kits up to give out when you see those in need</p>	<p>25 Give to yourself. Do something for yourself that you normally don't do</p>	<p>26 Pray for Catholic Education</p>

<p style="text-align: right;">27</p> <p>Encourage a younger person to help someone out everyday for this week</p>	<p style="text-align: right;">28</p> <p>Give your patience to someone you know needs it</p>	<p style="text-align: right;">29</p> <p>Pray for our Catholic students and teachers</p>	<p style="text-align: right;">30</p> <p>Clean out your spring and summer clothes now and donate to a homeless shelter</p>	<p style="text-align: right;">31</p> <p>Do something to help our earth. Recycle always</p>	<p style="text-align: center;">April 1</p> <p>Pray for COVID/Omicron to end</p>	<p style="text-align: right;">2</p> <p>Go through your collection of vases and trinkets and donate to a nursing home</p>
<p style="text-align: right;">3</p> <p>Help the earth, plan to plant flowers that attract bees</p>	<p style="text-align: right;">4</p> <p>Pray for peace</p>	<p style="text-align: right;">5</p> <p>Laudato Si' Use cold water and quick cycles for laundry</p>	<p style="text-align: right;">6</p> <p>Take the time to thank someone for all they do</p>	<p style="text-align: right;">7</p> <p>Pray for those who have lost their faith</p>	<p style="text-align: right;">8</p> <p>Become Meals on Wheels and bring someone you know who is alone a home cooked meal</p>	<p style="text-align: right;">9</p> <p>Give your family a special day</p>
<p style="text-align: right;">10</p> <p>Palm Sunday</p> <p>Reflect on what today symbolizes</p>	<p style="text-align: right;">11</p> <p>What more can you give? There is always more to give. Think and you will realize what you have still to offer</p>	<p style="text-align: right;">12</p> <p>Drop cat or dog food off at the Humane Society</p>	<p style="text-align: right;">13</p> <p>Pray for peace for yourself, your family, friends, and the world</p>	<p style="text-align: right;">14</p> <p>Holy Thursday</p> <p>Pray – prayer can solve so much</p>	<p style="text-align: right;">15</p> <p>Good Friday</p> <p>Attend the Passion of Christ</p>	<p style="text-align: right;">16</p> <p>Holy Saturday</p> <p>Prayer for our Dear Lord who died for us and will rise tomorrow</p>