
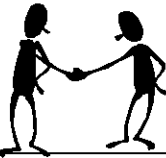
















# LENT - A FAMILY FRIDGE CALENDAR!

As we walk our Lenten journey with Jesus may it be a time of reflection, prayer and good works; a time to think about what is really important in our lives and to live JOYFULLY, MINDFULLY and PRAYERFULLY!

Mon	Tue	Wed	Thur	Fri	Sat	Sun
<p>Try going out into nature at day break.</p> 	<p>Help a friend in need.</p> 	<p>Pray for the poor, at your family meal.</p> 	<p>Join in a special outing with your whole family <b>Remember to thank God for it!</b></p>	<p>Read a piece of scripture before you go to bed.</p> 	<p>Say sorry or give a card to someone you have hurt. <b>SAY SORRY</b></p>	<p>Think about the special people in your life.</p>
<p>In your heart forgive someone who has hurt you in some way. <b>LET GO!</b></p> 	<p>Make a visit to your local church. Enjoy the peace and quiet. Share your day with Jesus.</p> 	<p>Put some time aside to relax. Do something you really enjoy!</p>	<p>Phone someone you haven't had time to talk to for a long time</p> 	<p><b>Praise God!</b> Go to a weekday Mass.</p>	<p>Put some money in the project compassion box. Thank God for what you have.</p>	<p>Smile at everyone you meet today!</p> 
<p>Tell the people you love how much they mean to you.</p> 	<p>Thank God for all the good things in your life.</p> 	<p><b>KEEP SOME BALANCE</b> Don't over do it!</p> 	<p>Don't think even one negative thought today! <b>BE POSITIVE!</b></p>	<p>Hand over your cares and worries to God today.</p>	<p>Spend time thinking about someone who has been a good role model. Pray for them.</p>	<p>Pray for someone you know who has died.</p>
<p>Fast from a meal today. Pray for those who are hungry every day. <b>FAST from jealousy, greed, selfishness.</b></p>	<p>Plant some seeds. Watch them grow. Thank God for the miracle of creation.</p> 	<p><b>Parish Reconciliation Evening</b> Come and spend some quiet reflective time with your God. <i>All Welcome!</i></p>	<p>Think about one thing you could do or say differently that would make others in your family a lot happier. <b>TRY IT!</b></p>	<p>Think about ways you can de-stress your life. <b>TAKE TIME OUT FOR REST EVERY DAY!</b></p>	<p><b>LOVE ONE ANOTHER AS I HAVE LOVED YOU</b></p>	<p>Palm Sunday</p>  <p><b>HOSANNA!</b></p>
<p>Don't worry, be happy!</p> 	<p><b>Love yourself.</b> Love who you are, warts and all!</p>	<p><b>Forgive yourself.</b> Make the changes you need to make. Start today!</p>	<p><b>Holy Thursday</b> Pray together as a family for your special needs.</p>	<p>Good Friday</p> 	<p>Easter Vigil <b>TURN BACK TO GOD</b></p>	<p>Easter Sunday!</p>  <p><b>HE IS RISEN!</b></p>