























SUN 23	MON 24	TUE 25	WED 26 - ASH WEDNESDAY	THU 27	FRI 28	SAT 29
February			Pray for children in mission countries that go without food. 	Give up a favorite toy or video game for Lent.	Skip the snack today and put its cost in MCA Mite Box. 	Learn about one mission country this Lent.
SUN 1 - FIRST SUNDAY OF LENT	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
“Be merciful, O Lord, for we have sinned.” Psalm 51 Thank God for His love and mercy. 	Make a “Crown of Thorns” with toothpicks. With every good deed you do this Lent, remove a “thorn” (toothpick).	Forgive someone who has hurt you. Pray for that person.	Pray for children in the Missions who go without water. 	Do a hard job today at home or in school. Remember how willingly Jesus took up the cross.	How much does your favorite candy cost? Put that amount in your MCA Mite Box, a treat for a child in the Missions. 	Write a prayer for someone in your family. Make it a surprise!
SUN 8 - SECOND SUNDAY OF LENT	MON 9	TUE 10	WED 11	THU 12	FRI 13	SAT 14
“Lord, let Your mercy be on us, as we place our trust in You.” Psalm 33 Ask God to send You strength this week. 	Write a letter to or make a card for someone who is elderly.	Think of someone or something you are grateful for. Say a prayer thanking God for this blessing.	Pray for children in mission countries who are alone, without families. 	Pick a friend or neighbor and do an anonymous good deed for him or her.	Put the cost of a notebook in your MCA Mite Box for children in the Missions who need school supplies. 	Do an extra chore without being asked.
SUN 15 - THIRD SUNDAY OF LENT	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
“If today you hear His voice, harden not your hearts.” Psalm 95 Listen for God’s voice as you go through each day. 	Gather some clothing you no longer need, and give it to a shelter.	St. Patrick was a missionary. Pray for missionaries throughout the world today.	Think of someone you don’t like and say three nice things about him/her. Pray for that person. 	St. Joseph was Jesus’ earthly father. Tell your father or godfather – or both – how much you love them.	Put a donation in your MCA Mite Box for children in the Missions. 	Tomorrow is World Water Day. Thank God you have clean water – pray for children who do not.
SUN 22 - FOURTH SUNDAY IN LENT	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28
“The Lord is my shepherd; there is nothing I shall want.” Psalm 23 Praise God for all the blessings He has given you. 	Play with someone in school that you’ve never played with. This is what Jesus would do.	Collect stuffed animals and take them to a nursing home. Older people love soft things to hug.	Pray for children in mission countries who suffer because of war and fighting. 	Don’t listen to gossip or speak badly about others.	Put a donation in your MCA Mite Box for children in the Missions who need medical care. 	Smile at someone who looks sad today.
SUN 29 - FIFTH SUNDAY IN LENT	MON 30	TUE 31	WED 1	THU 2	FRI 3	SAT 4
“With the Lord there is mercy and fullness of redemption.” Psalm 130 Thank God for His love and forgiveness. 	Make an “Ichthus” out of yarn  Find out about its history and why Christians wore this centuries ago.	Have a “Pretzel and Prayer” day. While snacking on your favorite pretzels, read about how pretzels and prayer are connected.	Pray for children and families in the Missions who suffer from drought and famine. 	Participate in a class reenactment of Stations of the Cross.	Put the cost of a bottle of water in your MCA Mite Box for children in mission countries who go without clean water. 	Spend some quiet time in prayer today. Pray to Our Lady of Sorrows.
SUN 5 - PALM SUNDAY	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
“My God, my God, why have You abandoned me?” Psalm 22 Seek God in moments of fear and doubt. 	Take a walk outside and look for signs of new life.	Count the donations in your MCA Mite Box, and send to your Mission Office.	Pray for all children in the Missions and for missionaries who help them every day. 	Wash and dry each others feet in commemoration of Jesus washing the feet of His Apostles. 	Honor Good Friday with a somber and quiet evening with your family. 	Take your Easter food basket to Church for the “Blessing of the Baskets.”
SUN 12 - EASTER SUNDAY	LENTEN CALENDAR 2020					
“Christ is Risen! Alleluia!” “This is the day the Lord has made; let us rejoice and be glad.” Psalm 118	