

Good Deeds for Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make this Season of Lent more meaningful by doing random acts of good deeds to God, family, friends, strangers and to your self.			FEBRUARY ASH WEDNESDAY 13 Skip a meal and give what you saved to charity	14 Tell your family how much you love them	15 Call a distant relative for a chat	16 Clean your room and all your clutter
FIRST SUNDAY 17 Read a book or article on spiritual growth	18 Ask someone "how are you?", mean it and listen	19 Learn more about God, your faith and beliefs	20 Talk with someone you wouldn't usually chat with	21 Be generous with your time to anyone	CHAIR OF ST. PETER 22 Buy lunch or dinner for a co-worker or a friend	23 Visit an elderly person that you know
SECOND SUNDAY 24 Call someone you haven't talked to in a while	25 Pick up trash wherever you go	26 Make one child (or more) laugh today	27 Bring home something special for everyone	28 Offer help to people in need all day	MARCH 1 Smile at everyone and anyone all the time	2 Give away things and clothes that you do not need
THIRD SUNDAY 3 Spend quality time with someone who is lonely	4 Thank someone who helped you become better	5 Be punctual in all your commitments today	6 Give someone a gift for no reason anonymously	7 Volunteer to do someone else's task	8 Hold the door open for anyone anywhere today	9 Do or buy something special to reward yourself
FOURTH SUNDAY 10 Spend quality time with the people you live with	11 Be positive, think positive, and say positive words only	12 Pay for a stranger's commute, drink, meal, toll or ticket	13 Be extra kind to someone you do not like	14 Reward someone else for a good deed that they did	15 Greet warmly every person you meet all day	16 Embrace your mistakes and shortcomings
FIFTH SUNDAY 17 Create a prayer list and spend some time in prayer	18 Encourage someone who seems despondent	ST. JOSEPH 19 Forgive someone a debt – and never bring it up again	20 Bring something to share in your workplace	21 Praise and affirm your boss and your assistant	22 Be extra generous in donating to charity or Church	EARTH HOUR 23 Be earth friendly and encourage others as well
PALM SUNDAY 24 Reconcile with God through prayer and the Sacrament	ANNUNCIATION 25 Make amends or reconcile with someone	HOLY TUESDAY 26 Let someone else be ahead today	SPY WEDNESDAY 27 Reach out and relate with a difficult person	HOLY THURSDAY 28 Give a compliment to five different people	GOOD FRIDAY 29 Change or quit a bad or unhealthy habit or behavior	BLACK SATURDAY 30 Do some self-care today: exercise or try new things
EASTER SUNDAY 31 Celebrate this day in the presence of God	<i>"You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."</i> Matthew 5 : 14 - 16					