




















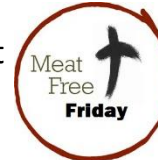


# st peter's lent calendar 2019

monday	tuesday	wednesday	thursday	friday
<p>'EVEN NOW,' declares the lord... <b>'RETURN to me with all YOUR HEART.'</b></p>  <p>LENT 2019</p>	<p><b>5<sup>th</sup> March</b> Shrove Tuesday <b>Pancake Day!</b></p> 	<p><b>6<sup>th</sup> March</b> <b>Ash Wednesday</b></p> <p>Receive the ashes on your forehead. Pray for forgiveness and say sorry your sins.</p> 	<p><b>7<sup>th</sup> March</b></p> <p>Say a prayer and ask God to help you have a good and holy Lent.</p> 	<p><b>8<sup>th</sup> March</b></p> <p>Don't eat meat today and fast from chocolate and sweets.</p> 
<p><b>11<sup>th</sup> March</b></p> <p>Smile at everyone you see today!</p> 	<p><b>12<sup>th</sup> March</b></p> <p>When you're tempted to gossip or say nasty things about someone – <b>pray for them instead.</b></p> 	<p><b>13<sup>th</sup> March</b></p> <p>Tell the truth all day today and avoid any lies and gossip.</p> 	<p><b>14<sup>th</sup> March</b></p> <p>Do something kind today to help another person.</p> 	<p><b>15<sup>th</sup> March</b> <b>CAFOD Family Fast Day</b></p> <p>Eat less today and give some money to CAFOD.</p> 
<p><b>18<sup>th</sup> March</b></p> <p>Share what you have with other people – don't be greedy!</p> 	<p><b>19<sup>th</sup> March – The Feast of St Joseph (Solemnity)</b></p> <p>Say a prayer for all dads and stepdads. (Do something nice for your dad to day thank you).</p>	<p><b>20<sup>th</sup> March</b></p> <p>When you are tempted to say nasty things about someone, say a prayer instead!</p> 	<p><b>21<sup>st</sup> March</b></p> <p>Help at home today without being asked to.</p> 	<p><b>22<sup>nd</sup> March</b></p> <p>Fast from all drinks other than water.</p> <p>#onlywater</p> 
<p><b>25<sup>th</sup> March – The Feast of the Annunciation (Solemnity)</b></p> <p>Say a <b>Hail Mary</b> today and thank Mary for saying "Yes!" to God.</p> 	<p><b>26<sup>th</sup> March</b></p> <p>Give three people a genuine and sincere compliment today.</p> 	<p><b>27<sup>th</sup> March</b></p> <p>Examine your conscience – what do you need to ask forgiveness for?</p> 	<p><b>28<sup>th</sup> March</b></p> <p>Pick up a piece of litter today.</p> 	<p><b>29<sup>th</sup> March</b></p> <p>Fast from your phones/tablets and television today.</p> 
<p><b>1<sup>st</sup> April</b></p> <p>Make an Easter card to give to an elderly neighbour.</p> 	<p><b>2<sup>nd</sup> April</b></p> <p>Jesus forgave those who crucified Him, chose to forgive today or ask for forgiveness from someone else.</p>	<p><b>3<sup>rd</sup> April</b></p> <p>Do not complain today – <b>BE GRATEFUL!</b></p> 	<p><b>4<sup>th</sup> April</b></p> <p>Say the <b>Our Father</b> with your family.</p> 	<p><b>5<sup>th</sup> April</b></p> <p>Do not eat meat today and fast from your favourite treat.</p> 

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