

Lent Calendar of Kindness 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Ask if you can help to make the pancakes today</p>		<p>SHROVE TUESDAY</p>	<p>22 ASH WEDNESDAY Try not to eat any snacks today</p>	<p>23 Can you pick Missio Ireland as your charity to help during Lent?</p>	<p>24 Thank God for all the little creatures on our planet</p>	<p>25 Get up early and help around the house today</p>
<p>26 1st Sunday of Lent Pray for missionaries everywhere who are doing God's work in difficult conditions</p>	<p>27 Tidy your bedroom today</p>	<p>28 Thank God for your food and pray for children who are hungry</p>	<p>1 Give someone you love a hug</p>	<p>2 Pray for children who have nowhere safe to sleep</p>	<p>3 Share your treats with others</p>	<p>4 Pray for those who lost their jobs and need support</p>
<p>5 2nd Sunday of Lent Pray for our priests. They are celebrating Mass each day and missing everyone</p>	<p>6 Don't lose your temper – say a little prayer for peace instead</p>	<p>7 If you have a pet spend some time caring for it</p>	<p>8 If you upset someone make sure to say 'sorry'</p>	<p>9 Do something kind for an elderly neighbour</p>	<p>10 Pay attention in school</p>	<p>11 Get up early to listen to the birds singing</p>
<p>12 3rd Sunday of Lent Pray for workers who are doing their very best</p>	<p>13 Ask if you can facetime or zoom with a friend today</p>	<p>14 Phone an elderly relative for a chat. They may be lonely</p>	<p>15 Cheer up someone who is feeling sad</p>	<p>16 Be kind to someone at home or school today</p>	<p>17 Lá le Pádraig Guimis ar son na síochána</p>	<p>18 If you get treats today, try to share them</p>
<p>19 4th Sunday of Lent Happy Mother's Day</p>	<p>20 Turn off the TV for an hour and have a chat with your family instead</p>	<p>21 Make sure that you help to keep your room tidy</p>	<p>22 Before you go to sleep say a prayer for the people who love you</p>	<p>23 Say a prayer for the teachers in your school</p>	<p>24 EASTER Don't forget to enter our Easter colouring competition!</p>	<p>25 Make the world a better place...SMILE!</p>
<p>26 5th Sunday of Lent Light a candle and pray for everyone's good health</p>	<p>27 Can you pray the Guardian Angel prayer?</p>	<p>28 Help with the dishes after dinner</p>	<p>29 Help in the garden</p>	<p>30 Look in a mirror and see how beautiful and unique God has made you!</p>	<p>31 Don't waste water so turn off the tap. Thank God you have safe water to drink...</p>	<p>1 ...and turn off lights too. Many children in the world have no electricity</p>
<p>2 PALM SUNDAY Read about the first Palm Sunday in today's Gospel</p>	<p>3 Make sure you don't eat your Easter Eggs until Sunday!</p>	<p>4 Gather up your old toys and give them to charity</p>	<p>5 Pray for children who are living in poverty and fear</p>	<p>6 Holy Thursday Have fun today but remember to stay kind as it's a Holy Thursday!</p>	<p>7 GOOD FRIDAY Pray with Jesus on the Cross today</p>	<p>8 HOLY SATURDAY Pray for everyone today and remember in a special way those who have died</p>
<p>9 EASTER SUNDAY Jesus is risen Alleluia!</p>	<p>Who are We? We are the Pope's official children's charity for overseas mission. We encourage children to pray and to share whatever they can, no matter how little, with children in other parts of the world, living out our motto Children Helping Children. Each year, millions of children are supported by the Holy Father's Universal Solidarity Fund worldwide, regardless of their background or belief. Find out more at W: www.missio.ie E: info@missio.ie T: 01 497 2035 P: Missio Ireland, 64 Lower Rathmines Road, Dublin D06 N2H1</p>					