



Lenten Kindness Program, 2023

God's Way – "The Road to Kindness!"



Week 1

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
2/22, Day 1	ASH WEDNESDAY - - Say a prayer for someone	or Smile at everyone you see
2/23, Day 2	Say "The Our Father" as a class or family	or Hold the door open for someone
2/24, Day 3	Light a candle in church and say a prayer for someone	or Offer to help your teacher, family member or neighbor
2/25, Day 4	Pray a decade of the Rosary	or Call or visit your grandparents

Week 2

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
2/26, Sunday	Say a prayer for someone	or Cook a meal for a friend or neighbor
2/27, Day 5	Say "The Our Father" as a class or family	or Leave a positive, encouraging note for someone
2/28, Day 6	Light a candle in church and say a prayer for someone	or Offer to go shopping for a friend, family member or neighbor
3/1, Day 7	Pray a decade of the Rosary	or Make a donation of food or clothing
3/2, Day 8	Say a prayer for a family member	or Clean the table and do the dishes after dinner
3/3, Day 9	Say "The Our Father" as a class or family	or Say something nice on social media
3/4, Day 10	Light a candle in church and say a prayer for someone	or Be grateful for ALL your blessings

Week 3

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
3/5, Sunday	Pray a decade of the Rosary	or Tell someone you are grateful for them
3/6, Day 11	Say a prayer for a someone	or Volunteer to help at a local organization
3/7, Day 12	Say "The Our Father" as a class or family	or Avoid complaining for the entire day
3/8, Day 13	Light a candle in church and say a prayer for Someone	or Bring cookies or a cake in for your classmates or co-workers
3/9, Day 14	Pray a decade of the Rosary	or Send a surprise gift to someone
3/10, Day 15	Say a prayer for a family member	or Say thank you to the police, fire fighters and care givers
3/11, Day 16	Say "The Our Father" as a class or family	or Put your phone down and really listen to a friend or family member

Week 4

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
3/12, Sunday	Light a candle in church and say a prayer for someone	or Offer to help a classmate or family member on a project
3/13, Day 17	Pray a decade of the Rosary	or Say please and thank you more today
3/14, Day 18	Say a prayer for someone	or Leave notes of kindness in random places
3/15, Day 19	Say "The Our Father" as a class or family	or Tutor a student or help a sibling
3/16, Day 20	Light a candle in church and say a prayer for someone	or Let someone go in front of you in a line
3/17, Day 21	Pray a decade of the Rosary	or Do something special for your Mom, Dad or grandparents
3/18, Day 22	Say a prayer for a family member	or Visit a senior or nursing home and share your kindness and smiles

Week 5

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
3/19, Sunday	Say "The Our Father" as a class or family	or Handout Kindness Cards that are at the back of the church
3/20, Day 23	Light a candle in church and say a prayer for someone	or Give a compliment to at least two people
3/21, Day 24	Pray a decade of the Rosary	or Spend the day saying only positive things about people
3/22, Day 25	Say a prayer for someone	or Make a get well card for someone
3/23, Day 26	Say "The Our Father" as a class or family	or Send a care package to deployed soldiers
3/24, Day 27	Light a candle in church and say a prayer for someone	or Donate old baskets and towels to an animal shelter
3/25, Day 28	Pray a decade of the Rosary	or Donate canned goods to a local food bank

Week 6

DATE/DAY	KINDNESS ACT (Pick One for the Day)	
3/26, Sunday	Say "The Our Father" as a class or family	or Make a get well card for someone that is not feeling well
3/27, Day 29	Say a prayer for a family member	or Forgive someone today
3/28, Day 30	Say "The Our Father" as a class or family	or Hug your family and call a family member that is far away
3/29, Day 31	Light a candle in church and say a prayer for someone	or Help your teacher clean up the classroom
3/30, Day 32	Pray a decade of the Rosary	or Bake treats and deliver them to your local police station
3/31, Day 33	Say a prayer for someone	or Donate some clothing to a homeless person or family
4/1, Day 34	Say "The Our Father" as a class or family	or Help one of your neighbors with their yard work

Week 7

DATE/DAY	KINDNESS ACT (Pick One for the Day)
4/2, Sunday	Say "The Our Father" as a class or family or Handout Kindness Cards that are at the back of the church
4/3, Day 35	Light a candle in church and say a prayer for someone or Leave a treat in your mailbox for your mail carrier
4/4, Day 36	Pray a decade of the Rosary or Make a donation to your favorite charity
4/5, Day 37	Say a prayer for someone or Hug your family today
4/6, Day 38	HOLY THURSDAY - - Say "The Our Father" as a class or family or Help your parents make dinner
4/7, Day 39	GOOD FRIDAY - Light a candle in church and say a prayer for someone or Give flowers to a friend, family member or neighbor
4/8, Day 40	Pray a decade of the rosary or Hand out Easter eggs to your family, friends, or neighbors

Sunday, April 9, 2023 - - Happy Easter!

We wish you the very best and thank you for following God's Way - "The Road to Kindness!" during this Lenten Season!

As Mother Teresa said:

*"God has created us, so we do small things with great LOVE!
I believe that great love comes, or should from the heart,
should start at home, with my family, my neighbors across the street, those right next door.
And this LOVE should then reach EVERYONE!"*

