









































## LENTEN WALK WITH THE LORD 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			March 6 Ash Wednesday 	March 7 	March 8 	March 9 
March 10	March 11 	March 12 	March 13 	March 14 	March 15 	March 16 
March 17	March 18 	March 19 	March 20 	March 21 	March 22 	March 23 
March 24	March 25 	March 26 	March 27 	March 28 	March 29 	March 30 
March 31	April 1 	April 2 	April 3 	April 4 	April 5 	April 6 
April 7	April 8 	April 9 	April 10 	April 11 	April 12 	April 13 
April 14	April 15 	April 16 	April 17 	April 18 Holy Thursday 	April 19 Good Friday 	April 20 Holy Saturday 

### A Kindness a Day during Lent

The above calendar serves as a simple reminder of how you may wish to enrich your Lenten journey through the undertaking of simple Acts of Kindness. By doing Little Acts of Kindness, you are sharing the love you have to give with family, friends and everyone you meet. Check off circle a 'footprint' for each Act of Kindness for each day on your Lenten walk with the Lord. There are many things you can do as little expressions of kindness, such as the following:

- Visit or call someone who is sick or elderly and bring them a simple meal, soup, or loaf of homemade bread;
- Give someone a smile who needs it — spend some time with them to help cheer them up;
- Yield the right-of-way to another driver or give up a parking space — give them a wave and a smile rather than a frown;
- Bring someone a coffee who would appreciate it;
- Help out at home where needed;
- Contribute or help at a soup kitchen or similar facility;
- Help shovel someone's driveway or walkway;
- Help an elderly person get their groceries or offer them a drive in the cold/slippery weather;
- Baby-sit for a young couple or single mother so that they can enjoy an evening out;
- Run an errand for someone who needs it;
- Spend some time listening to someone because many times people are too busy to do so;
- Open a door for someone;
- Opportunities for kindness present themselves during every hour of every day — take advantage of them as often and wherever you can! Use your imagination. And don't forget to enjoy the journey! You'll be in the best of Company.