**LENTEN WALK WITH THE LORD 2019**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | March 6  Ash Wednesday  MC900416014[1] | March 7  MC900416014[1] | March 8  MC900416014[1] | March 9  MC900416014[1] |
| March 10 | March 11  MC900416014[1] | March 12  MC900416014[1] | March 13  MC900416014[1] | March 14  MC900416014[1] | March 15  MC900416014[1] | March 16  MC900416014[1] |
| March 17 | March 18  MC900416014[1] | March 19  MC900416014[1] | March 20  MC900416014[1] | March 21  MC900416014[1] | March 22  MC900416014[1] | March 23  MC900416014[1] |
| March 24 | March 25  MC900416014[1] | March 26  MC900416014[1] | March 27  MC900416014[1] | March 28  MC900416014[1] | March 29  MC900416014[1] | March 30  MC900416014[1] |
| March 31 | April 1  MC900416014[1] | April 2  MC900416014[1] | April 3  MC900416014[1] | April 4  MC900416014[1] | April 5  MC900416014[1] | April 6  MC900416014[1] |
| April 7 | April 8  MC900416014[1] | April 9  MC900416014[1] | April 10  MC900416014[1] | April 11  MC900416014[1] | April 12  MC900416014[1] | April 13  MC900416014[1] |
| April 14 | April 15  MC900416014[1] | April 16  MC900416014[1] | April 17  MC900416014[1] | April 18  Holy Thursday  MC900416014[1] | April 19  Good Friday  MC900416014[1] | April 20  Holy Saturday  MC900416014[1] |
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**"A Kindness a Dav 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.