



The Holy Season of Lent

The Old English term *Lencten* refers to ‘the spring season.’ *Lencten* reminds us not of the revitalization of nature, but of the lengthening of days: it assures us that after the long winter darkness, little by little, the light is returning. It is the origin of the term *Lent*.

Lent, as you know, is the forty days during which Christians throughout the world prepare for Easter. Lent is an acknowledgement that the light of Easter will not brighten our lives until we have lived, once again, the Passion and Death of our Lord and Savior Jesus Christ. The life of a Christian, according to a Latin term often associated with Saint Helena, who found the True Cross, is *Per Crucem Ad Lucem* – ‘Through the Cross, to the Light.’

As the world prepares once again for the Feast of the Resurrection, the Religious Education Department invites you to keep Lent as a family, and to bring your children “through the Cross, to the Light.” We make these suggestions to you of Lenten activities for families of every size, and children of all ages. Please be assured of our continued prayers during this holy season, and please know that we are here for you if we can help you in any way.



Lenten Craft Ideas

Make Your Own Almsgiving/Mite Box:



<https://www.catholicicing.com/lenten-idea-for-kids-make-offering-box/>

<http://www.drawn2bcreative.com/40-days-lenten-printables-almsgiving-box/>

Lenten Countdown Chain:



<http://www.drawn2bcreative.com/40-days-free-lenten-printables-lenten-countdown-chain/>

Lenten Tree Family Activity

<https://youtu.be/bWc2FLF4gd0>

Pray, Fast and Give Printable:



<https://www.looktohimandberadiant.com/2017/02/lent-pray-fast-give-printable.html>

Make Your Own Palm Sunday Cross:



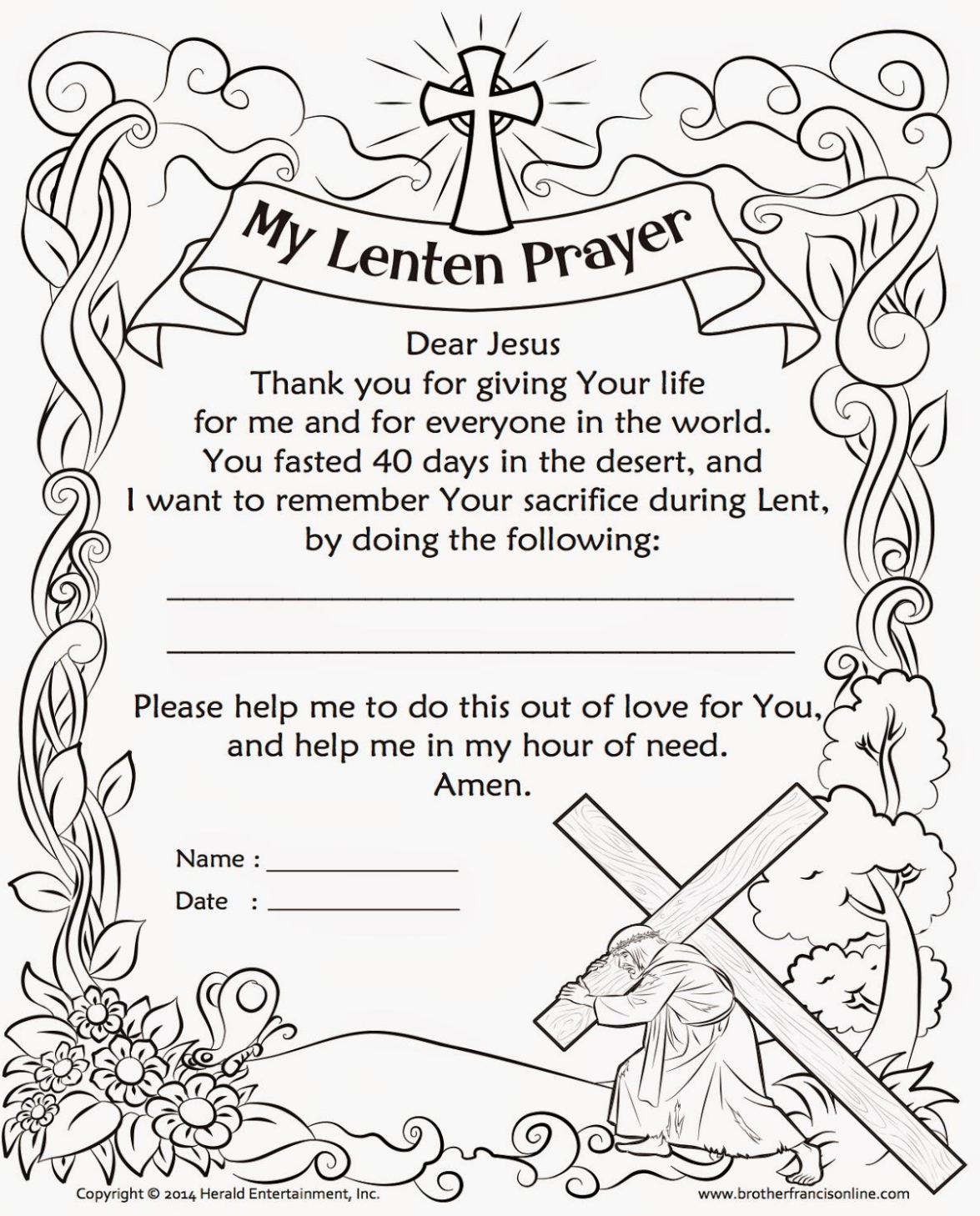
<https://mommynippets.com/paper-palm-crosses/>

We thought families might be interested in crafting crosses for Palm Sunday out of paper. Perhaps families might also want to display their crosses on the doors or in the windows of their homes. This way, we can show our community that we are preparing for Holy Week. The website above is from *Mommynippets*, and it has instructions for the creation of one type of cross. Please feel free to be creative, and design a cross of your own.

Lenten Activities Calendar for Families:

[40 Lenten Activities for Catholic Families {Free Printable} \(reallifeathome.com\)](https://reallifeathome.com/40-lenten-activities-for-catholic-families-free-printable/)

Children's Lenten Prayer:



My Lenten Prayer

Dear Jesus
Thank you for giving Your life
for me and for everyone in the world.
You fasted 40 days in the desert, and
I want to remember Your sacrifice during Lent,
by doing the following:

Please help me to do this out of love for You,
and help me in my hour of need.
Amen.

Name : _____

Date : _____

100 Acts of Kindness Ideas:

<https://www.coffeecupsandcrayons.com/100-acts-kindness-kids/#:~:text=%20100%20Acts%20of%20Kindness%20for%20Kids%20,Plant%20something.%2015%20Help%20make%20dinner.%20More%20>

Daily Reflection Calendar for Your Lenten Journey:

<https://www.usccb.org/resources/lent-2021-calendar-english>

February Newsletter from Catechetical Office:

<https://archny.org/wp-content/uploads/Catechetical-Family-newsletter-February2021.pdf>

FORMED: A Netflix for Catholics – Family Movies and Videos

www.formed.org Free Catholic learning materials sponsored for us by our parish. Enter parish code R2V4M3 upon registering for free access.

Dynamic Catholic – Best Lent Ever for Adults

<https://www.dynamiccatholic.com/lent/best-lent-ever.html>


Lent Song for Children:

<https://youtu.be/PsWfBQvStno>

Lenten Prayers



www.catholicteacher.com



Dear Lord,
As we enter this Solemn and Holy Season, we pray that you would send your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent. Help us to humble ourselves so that we can understand the magnificence of Your Love for us as, You humbled Yourself and gave your Life on the Cross that we might receive the gift of Eternal Glory with you.

Amen.

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