

TALKING ABOUT LENT >>>

Lent is a forty-day journey that begins on Ash Wednesday. The receiving of ashes on one's forehead marks a promise to repent or change to grow closer to God and the Church. It is also a reminder for families to work on strengthening their relationships. Reconciliation between siblings, sacrificing for one another, and praying together as a family are all ways the Lenten journey can bring conversion to your home.

God's Word



Read **Ephesians 2:10**, and reflect on the idea of you personally being God's handiwork.

HELPING YOUR CHILD UNDERSTAND >>>

Lent

- Usually at this age, children are able to name some of the things they can change to grow closer to Jesus.
- Most children this age can relate to the concept of conversion through the Gospel stories of Zacchaeus and the Prodigal Son.
- Children at this age ordinarily need some concrete ideas and modeling on how to change behavior.



FEASTS OF THE SEASON >>>

Feast of Saint Joseph

March 19

Saint Joseph is the foster father of Jesus. He was a man of faith and obedient to God. He loved and protected his wife, Mary, and provided for his family. Many parishes celebrate the feast with a Saint Joseph's Table where people can enjoy a meal and buy homemade baked goods. The proceeds usually go to the poor.

FAMILY PRAYER >>>



During Lent, pray this prayer often before your family meals:

Leader: May God, our merciful Father, grant you all the joy of returning, like the Prodigal Son, to the happiness of this house.

All: Amen.

Leader: May Christ guide you through your journey of Lent to change your heart.

All: Amen.

Leader: May Almighty God bless us, the Father, the Son, and the Holy Spirit.

All: Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.