

LENT

A time to **STOP**, to **REFLECT** and be attentive to the **HEART**.



PRAY, FAST, GIVE

During lent we are encouraged to participate in pray, fasting and giving ...

...but it is important to remember why. We are not asked to pray so that we may become proud of our commitment, we are not asked to fast so that we may lose weight and look better in our jeans, and we are not asked to give so that we may feel good about ourselves.

God offers us these opportunities to grow our relationship and to help us make sense of other relationships, with ourselves, each other and our world.

STATIONS OF THE CROSS

Began as pilgrims traveled to Jerusalem to reflect on the crucifixion.

FISH FRIDAY'S

This tradition began as people saved money to give to the poor by fasting from meat, and replaced it with fish a cheaper option.

LENT

The word can be traced back to the meaning of 'Spring' an imagery for rebirth and new beginnings



GIVING TO CHARITIES

Ask each family member to find three to five high-quality, useful items that would be appreciated by those who are less fortunate. Donate the items and pray together for those who will receive them



Family Kindness and Sharing

On slips of paper, write random acts of kindness, such as give a compliment, say hi to an old friend, visit someone who is sick. Present each family member with a slip of paper as he or she leaves in the morning. Remember to perform the kindness without seeking recognition. At dinner talk together about what happened. Pray with one another that your kindnesses will be passed on throughout Lent and beyond.

Prayer Pretzels

Early Christians who fasted in lent made their own bread using water flour and salt.

The story goes that a monk used this basic recipe and folded the bread into the form of praying arms, and the pretzel was born.

To make a soft pretzel you will need:

1 packet of yeast

1 1/2 C warm water

1 Tablespoon sugar

1 Tablespoon salt

4 C flour

1 Egg

Mix your yeast, water, sugar, and salt in a large bowl.

Stir in the flour, and knead until the dough is smooth. Shape into the form of arms crossed in prayer and place it on a baking sheet.



Brush the dough with a beaten egg to give it a shiny finish if you want to.

Sprinkle the top with salt, and bake in an oven preheated to 200 degrees for 15 minutes.

Lent Journey

Use the lent journey pray and activity sheets as a family or as individuals to help you prepare for lent.

Each day complete the suggested activity or create some of your own.

Don't forget to spend time discussing how each challenge went. Was it easy, difficult, how did you feel? Is it something you could do once lent has finished?

SAINT JOHN PAUL II

Saint John Paul II was not a stranger to suffering and loss in his life, but through it all he never gave up hope. He was passionate about life and loved sports and the outdoors. He also loved poetry and for a while trained as an actor.

He started the tradition of world youth day and through his wide travels fought for human rights, and the right to believe in God.

Above all he placed Christ at the centre of his life and accepted the great vision that was offered him everyday with love and hope.

He trusted that hope was stronger than fear and love is stronger than death.

