

## LENTEN PRAYER

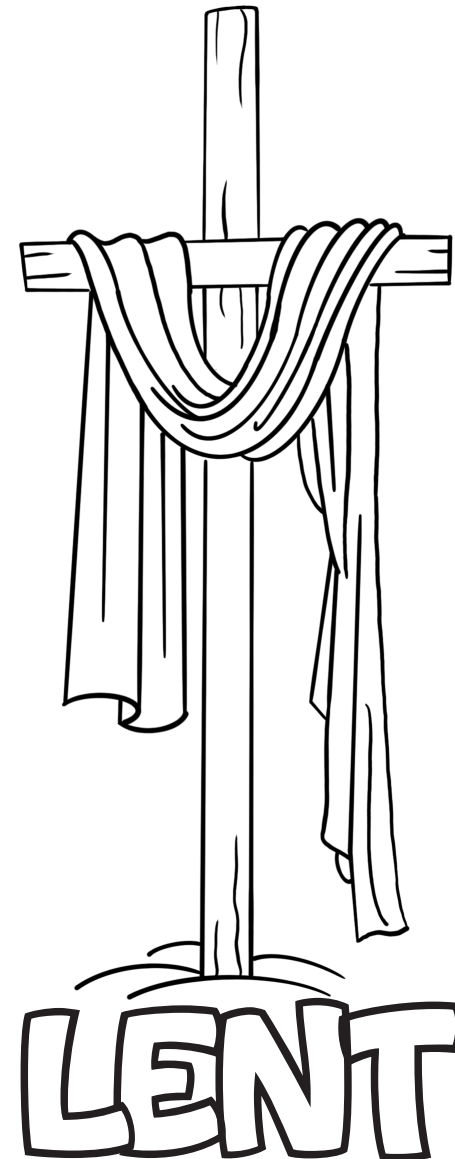
Dearest Lord, I hope to be  
more observant of your grace.  
May you look upon my soul  
and may my sins erase.

May I know of sacrifice  
and cherish all you bless  
and act with courage to assist  
others who have less.

Prepare my soul for joy to come,  
and cleanse me of all sin.  
I'll wear my faith and do my best  
to nurture it within.

With a humble heart,  
I hope to be  
your faithful servant  
for all to see.

# ALL ABOUT



Name \_\_\_\_\_

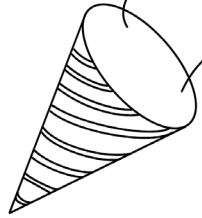


**Family Faith Formation**  
FAMILY CATECHESIS • SACRAMENT PREPARATION • YOUTH MINISTRY



**Franciscan Renewal Center**  
Peace. Renewal. Good.

# MARDI GRAS!



Mardi Gras Colors:

**GREEN:**

Symbolizes **FAITH**

**GOLD:**

Symbolizes **POWER**

**VIOLET:**

Symbolizes **JUSTICE**



Mardi Gras is a Christian holiday that's celebrated the Tuesday before Ash Wednesday, the day that begins the Christian season called Lent. During this season, which lasts until Easter Sunday, Christians are supposed to give up bad habits or fast from certain foods.

Mardi Gras literally means 'Fat Tuesday' in French. It is a day (and night) to live it up and enjoy one last day of fun before the discipline of Lent.

# ASH WEDNESDAY

Ash Wednesday (the Wednesday after Mardi Gras) marks the beginning of the season of Lent.

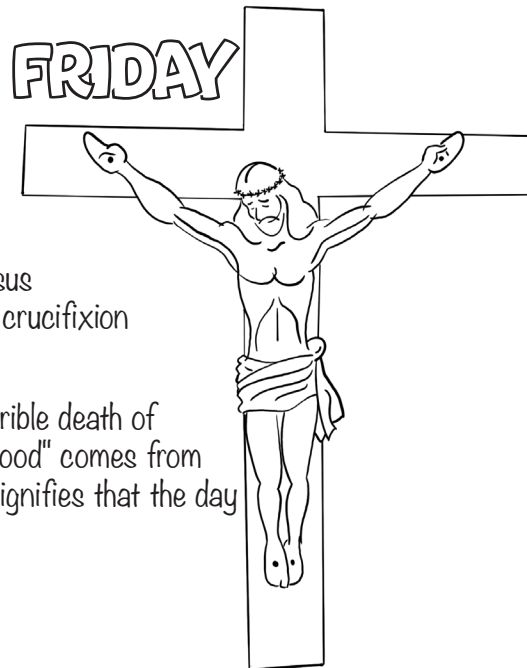
Catholics are invited to go to the church on Ash Wednesday where they will receive a blessing and a cross made from ashes will be put on their foreheads. The ashes are to remind us that during the season of Lent we are called to "repent and believe in the Gospel."



# GOOD FRIDAY

Good Friday is the Friday that comes before Easter Sunday. According to the Bible, Good Friday was the day that Jesus was arrested and put to death by crucifixion on the cross.

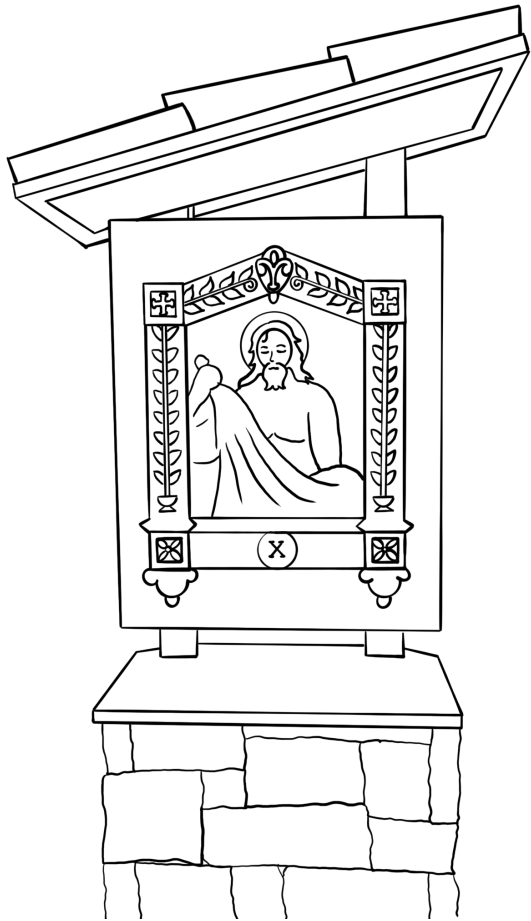
If Good Friday remembers the horrible death of Jesus, why is it called "good"? "Good" comes from an old meaning of the word and signifies that the day is very holy.



# STATIONS OF THE CROSS

The Stations of the Cross is a form of prayer used traditionally in Lent. Each of the 14 Stations retells part of Jesus' Passion (his suffering and death) through images and words.

The Stations are more than the retelling of a story; they are a prayerful participation in the event that lies at the heart of Christianity - Jesus' crucifixion and resurrection.



1st Station: Jesus is condemned to death

2nd Station: Jesus carries His cross

3rd Station: Jesus falls the first time

4th Station: Jesus meets His Mother

5th Station: Simon of Cyrene helps Jesus to carry His cross

6th Station: Veronica wipes the face of Jesus

7th Station: Jesus falls the second time

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time

10th Station: Jesus' clothes are taken away

11th Station: Jesus is nailed to the cross

12th Station: Jesus dies on the cross

13th Station: The body of Jesus is taken down from the cross

14th Station: Jesus is laid in the tomb

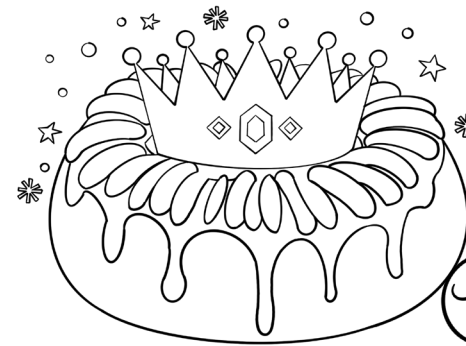
# KING CAKE TRADITION

Originally, king's cake was made and eaten by Catholic families for the Epiphany to celebrate the coming of the 3 kings to see baby Jesus in Bethlehem. In more recent years been associated with Mardi Gras.

The King's cake is always shaped in a circular shape to represent the crown of a king and generally has some kind of trinket hidden inside. Usually, it's a small plastic baby that is hidden inside the cake. The

person who receives this trinket in their slice of cake is "king for the day", has to bring the cake for next year's party or they are tasked with leading the rosary prayer that is traditionally prayed on the evening of Mardi Gras.

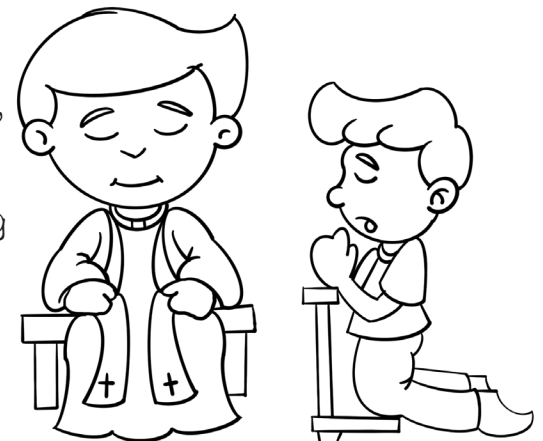
King's cake is usually decorated with white icing and purple, green, and yellow sprinkles or sugar.



# SACRAMENT OF RECONCILIATION

Lent is a wonderful time to celebrate the reconciling love and the healing graces our Lord offers us. Catholics do this through the Sacrament of Reconciliation!

If you have made your 1st Reconciliation with the church, then you should plan to attend at least one Reconciliation service with your family during the season of Lent.

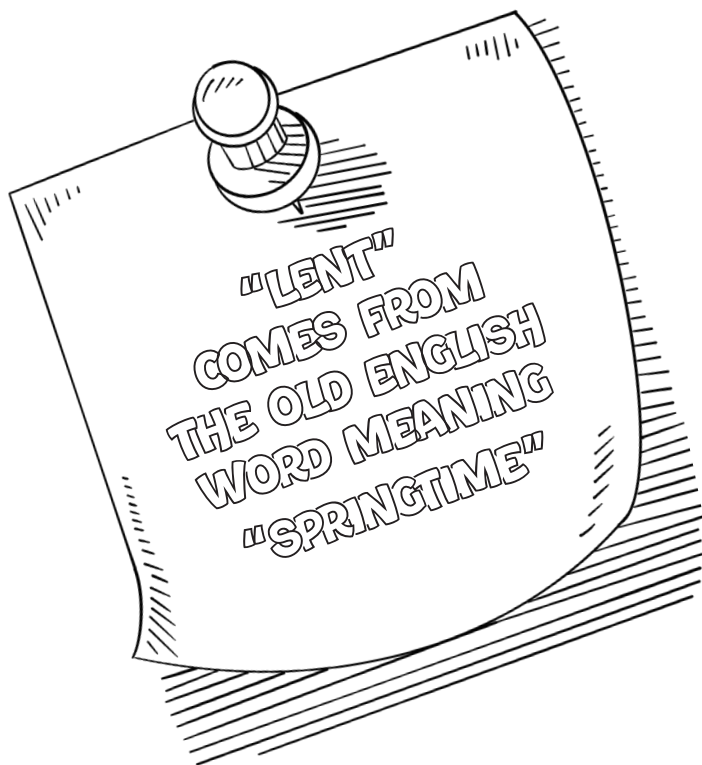


# WHAT IS LENT?

The Lenten season of reflection and simplicity spans 40 days, not including Sundays. (Sundays always celebrate Jesus' resurrection.)

This reflects the 40 days Jesus spent fasting and praying in the desert at the beginning of his public ministry, as recorded by the Gospels of Matthew, Mark, and Luke.

Even though this season is meant for being quiet and reflective it is also a time of preparing our spirits for all that is to come in Holy Week and the season of Easter. Some people call it a "spring cleaning for the soul."



# PRAYER OF ST. PATRICK

St. Patrick's feast day is on March 17th and almost always takes place during the season of Lent.

Christ be with me,  
Christ within me,  
Christ behind me,  
Christ before me,  
Christ beside me,  
Christ to win me,  
Christ to comfort and restore me.

Christ beneath me,  
Christ above me,  
Christ in quiet,  
and in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and strang-

-St. Patrick



er

# PRAYING THE ROSARY

A great option for prayer during Lent is praying the rosary! A rosary is a beaded circle that consists of a cross or crucifix, a medal of Mary and rows of beads. The beads are used for keeping track of where you are in the prayer.

The history of the Rosary mostly consists of legend and tradition. There is evidence that beads were used to count Our Fathers and Hail Marys in the Middle Ages. Fittingly, "bead" comes from the Old English word for prayer.

\*Challenge: Pray the rosary as a family at least once this year during the season of Lent.



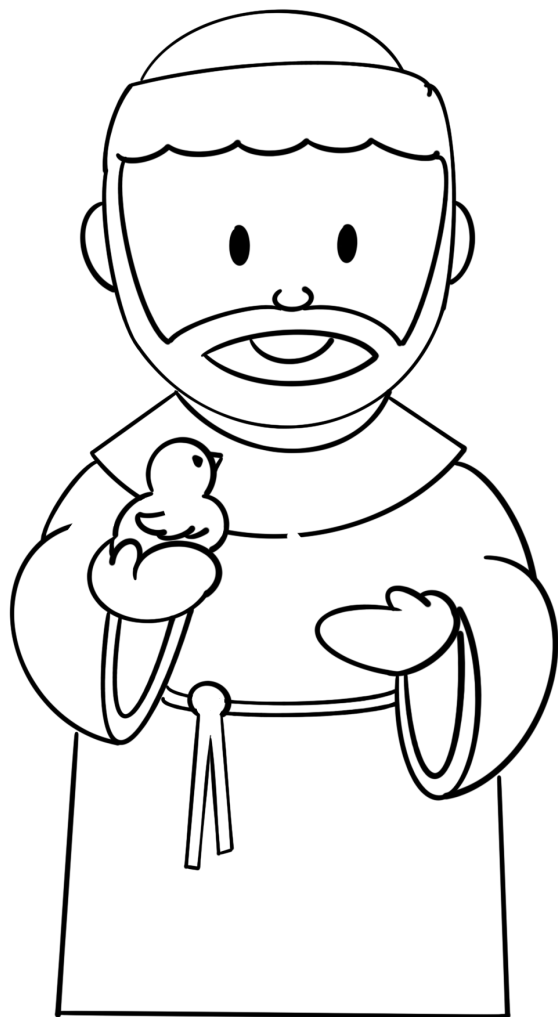
# ST. FRANCIS SAYS...

“Let us, therefore, have charity and humility and give alms..”  
- St. Francis of Assisi

.....

Saint Francis believed strongly that anytime we had the opportunity to help someone who was in need we should do so. Lent is the perfect time to turn almsgiving into a year-long habit!

Saint Francis helped others wherever he went.  
Who can you help during Lent this year?



# LITURGICAL CALENDAR

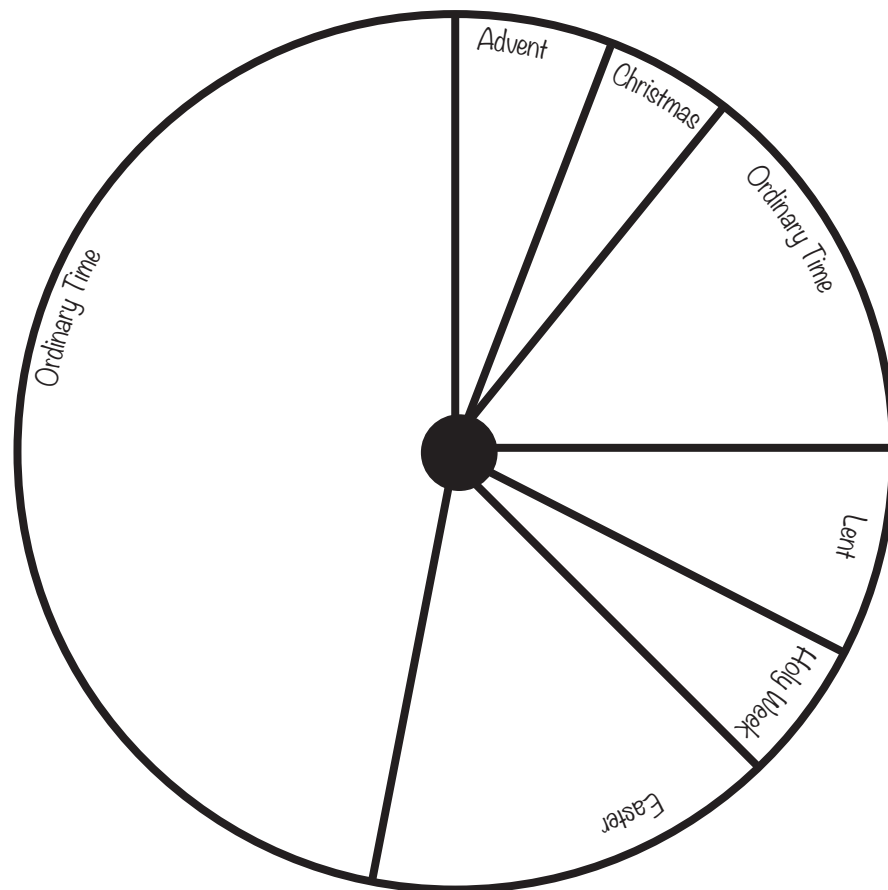
**PURPLE** - The liturgical color for both Advent and Lent. It symbolizes both penance and preparation.

**GREEN** - The liturgical color for Ordinary Time, when not replaced by another color:

**BLUE** - Marian feasts

**RED** - Palm Sunday, Good Friday, Pentecost and for the feast days of the Apostles and martyrs.

**WHITE** - The liturgical color for both Christmas and Easter, and for feasts of our Lord outside the Passion.



# THE THREE PILLARS OF LENT

## \*PRAYER\*

Prayer is how we communicate with God. During Lent, we are called to increase our prayers, to raise our hearts and minds more often to the Lord as we prepare to celebrate His Passion.

Create a prayer chain! On Mardi Gras, as a family, brainstorm 40 names of people your family can pray for each day of Lent. Then write those names on slips of construction paper. Watch the chain grow throughout the season of Lent!

## \*FASTING\*

Fasting is a practice of giving up something, usually food, as a penance. Oftentimes, as part of our Lenten practices, we will fast from a particular activity or treat in addition to fasting from food as a way to draw closer to God and offer a sacrifice to Him.

What three things will you fast from this Lent?

## \*ALMSGIVING\*

Almsgiving is the giving of money or goods to those in need.

Consider doing a Sacrifice Jar this Lent. At the beginning of Lent, place an empty mason jar on a counter or end table. Anyone who makes a sacrifice places a coin in the jar. Sacrifices range from giving up a favorite toy to completing a sibling's chore. At the end of Lent, choose a non-profit or charity to give your family jar away to.

## I WILL PRAY FOR...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## I WILL FAST FROM...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## I WILL GIVE TO...



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_