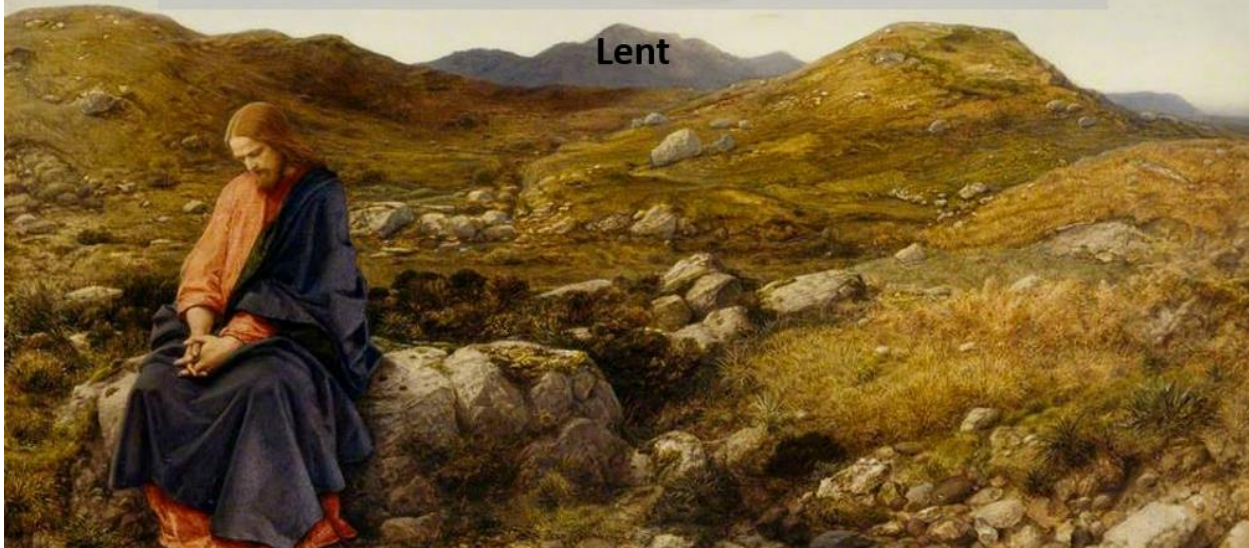


# FAMILY FAITH FORMATION

Lent



## Opening Prayer

Come, Spirit of Piety, and bless all children, young people and their parents so that they can withstand the temptations that lead them away from a holy and happy life. May they have good examples in their homes, schools, and society, and become true witnesses to the love of God in the world.

Hail Mary...

## Goals

- Families reflect on how Jesus spiritually prepared/trained to begin His mission during His time in the desert.
- Families reflect on the power of uniting our sacrifices with Jesus' sacrifice.
- Families make their Family Lenten Plans to prepare spiritually/train themselves for the mission God has given to them through their practice of praying, fasting, and almsgiving.

# Materials

- Bibles, crucifix
- Rocks & Sharpie markers



## FAMILY FUN QUESTION

*If you could choose one superpower, what would it be and why?*



**When you think of the term “Lent,”  
what two words come to mind?**

## Topics

Lent is a time when we prepare our hearts to remember the redemptive suffering and Death of our Lord, Jesus Christ, and we prepare to celebrate His Resurrection. Let us begin to reflect on our Lenten practices and decide what our *Family Lenten Plans* will be.



## Family Sharing

- a. (For Parents) When you were growing up, how did your family prepare for Easter during Lent?
- b. (For whole family) What are your favorite things to do during Lent?

# Content

So, what exactly is Lent?



**Show video:** Lent Explained by TheoMatters (2:39)

<https://www.youtube.com/watch?v=uklBEWtlqDg>

**Ask:** The video mentioned that, during Lent, there are three pillars or practices that the Church asks us to focus on that will bring us closer to God. What are these three Lenten practices? Answer: prayer, fasting and almsgiving.

**Explain:** It is typical during the season of Lent for people to fast from or give up something like chocolate, dessert, meat, etc. In addition, we should make commitments to pray more and to help others in need through almsgiving and other works of mercy. We do these things to grow closer to Christ—to be more like Him. The past few years have taught us that sometimes we may find ourselves fasting in ways that we never expected. For example, at times we may have “fasted” from being with our extended family members, churches, friends, schools, teams, work places, etc. Due to job loss and financial stress, some families have also not been able to meet their basic needs for food and medicine, and many have suffered the loss of loved ones. Perhaps we are grieving for them still. None of these sacrifices are what we would have chosen for ourselves or for our loved ones. Often along with the traditional ways of praying, giving alms and fasting, Lent can involve offering up difficult sacrifices we have already been making, allowing the Lord to transform us and to use the supernatural grace that comes from uniting our sufferings to Christ for the good of others and of ourselves.

# Content



**Show video:** The Meaning of Suffering (Lent), Fr. Mike Ascension Presents (6 min)

<https://www.youtube.com/watch?v=tR25hk8NVio>

**Explain:** Last month we talked about our baptisms and Jesus' baptism. After being baptized by His cousin, St. John the Baptist, the first thing Jesus did was to let the Holy Spirit lead Him into the desert where He prayed and fasted for forty days. It was not an easy thing to do, but Jesus knew He needed to go through this challenging time, because it would strengthen and prepare Him to begin His public ministry. The periods in our lives when we grow the most are often times of suffering, sacrifice, and hardship. Jesus was showing us that we can use the difficulties that life may bring us to grow stronger in our faith and closer to God.

**Read: Mk 1:12-13**

*The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.*

**Explain:** The periods in our lives when we grow the most are often times of suffering, sacrifice, and hardship. Jesus was showing us that we can use the difficulties that life may bring us to grow stronger in our faith and closer to God.

**Ask:** Have there been any times in the life of your family that were difficult for you? What were they? Did you grow closer to one another through that situation? Did you think God gave you the grace to help your family to get through it? Did you grow from the experience? Did you grow closer to God?

**Explain:** Jesus knows very well the challenges we have faced during this past year. He knows these things not only because He is God but also because He experienced the same losses when He walked on earth. As the Crucified and Risen Lord, Jesus has carried the weight of our sorrows for us. He is always in our midst, inviting us to unite our sufferings to Him, the One who has conquered sin, suffering, and death. When we do this, Jesus is with us, and He transforms our sacrifices into something beautiful for ourselves and for others. God our Father does not want us to bear our burdens alone; rather, He sent His Son and the Holy Spirit to redeem, transform and share in every part of our lives, the sorrows and the joys, because He loves us. By God's grace, when we invite Jesus more deeply into our hearts and give Him our sacrifices that we have made in the past or will be making during the upcoming Lenten season, we are uniting them to Jesus' ultimate sacrifice on the Cross. We become even more one with Christ. We emerge as stronger Christians led by the Holy Spirit, just as Jesus came out of the desert strengthened and ready to spread the word of God!

**Read Mk 1:13-14**

*...Jesus came to Galilee proclaiming the gospel of God:*

*"This is the time of fulfillment. The kingdom of God is at hand.*

*Repent, and believe in the gospel."*

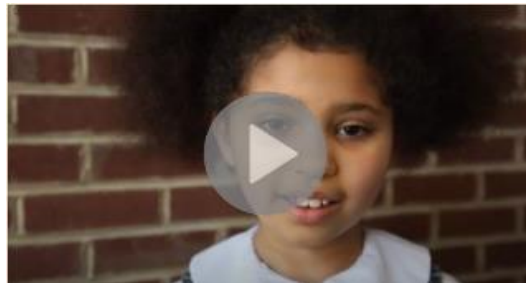
**Explain:** We too are preparing for our mission to proclaim the Gospel with our lives!

### **What will you and your family do for Lent?**

**Show video:**

**Kids answer:** What are you giving up for Lent?

<https://www.youtube.com/watch?v=XBKzg5fq6Uo>



**Explain Mission Activity**

- i. Watch one or more of the videos on Lent together
- ii. Read the USCCB explanations about the Spiritual and Corporal Works of Mercy, as well as the Lenten Family resources.
- iii. Decide together which works your family will do to practice the Lenten pillars of praying, fasting, and almsgiving and make a Family Lenten Plan.

- iv. As part of your Family Lenten Plan, schedule a time to go to confession together. The Sacrament of Penance and Reconciliation is a great opportunity to rely on the Lord's mercy and grace and be renewed by the Lord's forgiveness.
- v. Reach out to a grandparent(s) or senior adult(s) in your family/community and ask them about their favorite memories of Lent when they were growing up.
- vi. Place a cross or crucifix on your family's home altar to remind you of the Lenten Season. Then pray together as a family.
- \*Use the Lenten Family resources and Spiritual and Corporal Works of Mercy to model how to practice the Lenten Pillars of Prayer, Fasting, and Almsgiving. Do not to feel as if you have to do all of the works, because that's not practical. Some works you may already do, like praying for others. That's great! Keep doing those works and pick one or two more that will fit naturally into your family life to do for Lent.

## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

### **Pope Francis, Apostolic Exhortation *Evangelii Gaudium* (2013), no. 6:**

There are Christians whose lives seem like Lent without Easter. I realize of course that joy is not expressed the same way at all times in life, especially at moments of great difficulty. Joy adapts and changes, but it always endures, even as a flicker of light born of our personal certainty that, when everything is said and done, we are infinitely loved. I understand the grief of people who have to endure great suffering, yet slowly but surely we all have to let the joy of faith slowly revive as a quiet yet firm trust, even amid the greatest distress: "My soul is bereft of peace; I have forgotten what happiness is... But this I call to mind, and therefore I have hope: the steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning. Great is your faithfulness... It is good that one should wait quietly for the salvation of the Lord" (Lam 3:17, 21-23, 26).

### **Pope St. John Paul II, Apostolic Letter *Salvifici Doloris* (1984), nos. 15-16, 19:**

... Even though the victory over sin and death achieved by Christ in his Cross and Resurrection does not abolish temporal suffering from human life, nor free from suffering the whole historical dimension of human existence, it nevertheless *throws a new light* upon this dimension and upon every suffering: the light of salvation. This is the light of the Gospel, that is, of the Good News.

... Christ drew close above all to the world of human suffering through the fact of having *taken this suffering upon his very self*.

In the Cross of Christ not only is the Redemption accomplished through suffering, but *also human suffering itself has been redeemed....*

... The Redeemer suffered in place of man and for man. Every man *has his own share in the Redemption*. Each one is also *called to share in that suffering* through which the Redemption was accomplished. He is called to share in that suffering through which all human suffering has also been redeemed. In bringing about the Redemption through suffering, Christ *has also raised human suffering to the level of the Redemption*. Thus each man, in his suffering, can also become a sharer in the redemptive suffering of Christ.

\*Watch one or more of the videos below on Lent.

- Lent by Catholic Central (7min) (Teens & tweens)

<https://www.youtube.com/watch?v=QJBMw2pQZiA>

- If your parish has FORMED watch

<https://watch.formed.org/videos/let-s-learn-about-lent>

<https://watch.formed.org/catholic-all-year-at-home-with-kendra-tierney/season:1/videos/fat-tuesday-catholic-all-year-at-home-w-kendra-tierney>

<https://watch.formed.org/catholic-all-year-at-home-with-kendra-tierney/season:1/videos/st-frances-of-rome-catholic-all-year-at-home-w-kendra-tierney>

<https://watch.formed.org/catholic-all-year-at-home-with-kendra-tierney/season:1/videos/holy-thursday-catholic-all-year-at-home-w-kendra-tierney>

\*Read the USCCB explanations about the Spiritual and Corporal Works of Mercy, as well as the other Lenten Family resources listed below.

<https://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-spiritual-works-of-mercy>

<https://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-corporal-works-of-mercy>

\*As part of your Family Lenten Plan, schedule a time to go to confession together. The Sacrament of Penance and Reconciliation is a great opportunity to rely on the Lord's mercy and grace and be renewed by the Lord's forgiveness.



## LENTEN ROCKS

Prayer: Dear Lord Jesus, as we read and think about the story of Your life, we ask the Holy Spirit to come and speak to the hearts of all here, from the oldest to the youngest.

Read Luke 4:1-13. Wait at least 30 seconds.

Explain: Ask each member of your family to share privately about what stood out to them.

1. Collect three rocks and a sharpie.
2. For many reasons, rocks are symbols of Lent. As we just read, Jesus foiled Satan's attempt to get Jesus to change rocks into bread. Jesus fasted and prayed in the desert (also described as a wilderness) which, in Israel, is a rocky, arid region. Jesus called St. Peter the "rock" when He said, "On this rock [Peter] I will build my Church." Rocks are used to build strong foundations. Jesus is the cornerstone, which is the rock that holds up the whole house and the rock on which we, as Christians, build our lives. We will use our rocks to help us remember that because we love Jesus we unite our Lenten sacrifices and our good works with Him.
3. Write a Family Lenten Plan actions/sacrifices on the rocks. There should be one rock to represent the Lenten Pillar of Prayer, one to represent Fasting, and one to represent Almsgiving. If the rocks are small, you can just write a word or two that gives the main idea.
4. The rocks should be placed on your home altar (or in your prayer space).
5. Place rocks on your home altars to remind you of your Lenten Pillars.

### Here are some good days to remember in February

- Feb 1– St. Brigid
- Feb 2– Presentation of the Lord (Candlemas)
- Feb 3– St. Blaise (Catholics traditionally bless their throats with candles on this feast day.)
- Feb 8– St. Josephine Bakhita
- Feb 10– St. Scholastica
- Feb 11– Our Lady of Lourdes
- Feb 14– Ash Wednesday and St. Valentine
- Feb 18– 1st Sunday of Lent
- Feb 22– Chair of St. Peter
- Feb 25– 2nd Sunday of Lent





Saint  
Valentine



PRAY FOR  
US

# February

## LITANY OF SAINTS

- |        |  |        |  |
|--------|--|--------|--|
| Feb 1  | St Brigid of Kildare, pray for us      | Feb 21 | St. Claude La Colombiere, pray for us      |
| Feb 2  | St. Cornelius, pray for us             | Feb 22 | St. Juliana, pray for us                   |
| Feb 3  | St. Blase, pray for us                 | Feb 23 | St. Fintan, pray for us                    |
| Feb 4  | Bl. Rabanus Maurus, pray for us        | Feb 24 | Bl. Fra Angelico, pray for us              |
| Feb 5  | St. Agatha, pray for us                | Feb 25 | Lucy Yi Zhenmei , pray for us              |
| Feb 6  | St. Dorothy, pray for us               | Feb 26 | St. Jacinta, pray for us                   |
| Feb 7  | Bl. Pope Piu IX, pray for us           | Feb 27 | St. Peter Damian, pray for us              |
| Feb 8  | St. Jerome Emiliani, pray for us       | Feb 28 | St. Margaret of Cortona, pray for us       |
| Feb 9  | St. Miguel Febres Cordero, pray for us | Feb 29 | St. Polycarp, pray for us                  |
| Feb 10 | St. Scholastica, pray for us           | Feb 30 | St. Matthias the Apostle, pray for us      |
| Feb 11 | Our Lady of Lourdes, pray for us       | Feb 31 | Bl. Maria Ludovica de Angelis, pray for us |
| Feb 12 | St. Julian, pray for us                | Feb 32 | St. Porphyry of Gaza, pray for us          |
| Feb 13 | St. Catherine de Ricci, pray for us    | Feb 33 | St. Gregory of Narek, pray for us          |
| Feb 14 | St. Valentine, pray for us             | Feb 34 | Bl. Villana de Botti, pray for us          |
|        |  | Feb 35 | St. Oswald of Worcester, pray for us       |

ALL YOU SAINTS AND ANGELS,  
PRAY FOR US. AMEN.

# February

DEDICATED TO THE  
MOST HOLY NAME OF JESUS

*Presentation of the Lord* 2 February

*St. Blaise* 3 February

*St. Agatha* 5 February

*St. Josephine Bakhita* 8 February

*St. Scholastica* 10 February

*Our Lady of Lourdes* 11 February

*Ash Wednesday & St. Valentine* 14 February

*1st Sunday of Lent* 18 February

*Chair of St. Peter* 22 February

*2nd Sunday of Lent* 25 February

# Feast of the Presentation (Candlemas)

The Feast of the Presentation is sometimes called Candlemas. It is also called the Feast of the Purification of the Blessed Virgin Mary. This is celebrated every year on February 2<sup>nd</sup>, which is 40 days after Christmas Day.

The Feast of the Presentation celebrates when the infant Jesus was taken to the temple in Jerusalem to be dedicated to God, since he was the firstborn son in the family, as part of Jewish law. It was also a time when Mary and Joseph gave an offering for her purification after childbirth, which was also part of Jewish law at the time.



You can read about this in Luke 2:22-40.



Candlemas is celebrated with different traditions in many countries around the world. Here are just a few of the ways and places that it is celebrated:

In France, Belgium, and French-speaking parts of Switzerland, Candlemas is celebrated by eating crepes. People also light candles in their home and they leave out their Nativity sets until February 2<sup>nd</sup>.

In Puerto Rico, some people celebrate with a procession with a statue of Virgen de la Candelaria, candles, and then Mass.

In Mexico, some families dress a Jesus doll or figure and take it to church to have it blessed. They also have a family meal to celebrate.

In the Catholic faith, candles are used for all types of celebrations! They are used for all of the Sacraments, possibly most famously at Baptisms, as well as throughout the liturgical year such as the Paschal candle. They have a prominent part of the Easter Vigil Mass, and Advent candles are a favorite among Catholic families. We light candles when we pray, and get our throats blessed by candles on the feast day of St. Blaise. And these are only *some* of the ways we use candles. They are an important part of our Catholic faith. On Candlemas, candles are blessed for the entire year. You can bring your own candles to Mass for your priest to bless. On the Feast of the Presentation of the Lord, which is 40 days after Christmas, Jesus is presented at the temple and dedicated to God. He represents a bright light in a dark world. Hence the feast day also being known as “Candlemas”.



## *This Month's Recipe...*

**The concept of butter candles** blew up on Tiktok and other social media platforms this past year, and I thought it looked like a super fun way to celebrate both Candlemas or also St. Blaise in the month of February, so let's give it a try! This is one feast day celebration your kids are not going to forget! **The liturgical art for this month is also Candlemas themed** so check that out as well! *\*Note\*- Please take caution this month in making good decisions with kids and not letting them burn themselves.*

There are several printable versions of this recipe in this pack including a full page version that can go into a recipe binder (or behind the recipes tab in your Weaving the Faith binder), and a front/back recipe card version so you can choose between keeping your recipes in a binder or a recipe box. You'll also find a few printable displays to help make your feast day table festive and convey the meaning of the dish to everyone!



# Edible Butter Candles

Perfect for celebrating Candlemas, St. Blaise, Baptisms, or any other time candles are used!

In the Catholic faith, candles are used for all types of celebrations! They are used for all of the Sacraments, possibly most famously at Baptisms, as well as throughout the liturgical year such as the Paschal candle. They have a prominent part of the Easter Vigil Mass, and Advent candles are a favorite among Catholic families. We light candles when we pray, and get our throats blessed by candles on the feast day of St. Blaise. And these are only *some* of the ways we use candles. They are an important part of our Catholic faith. On Candlemas, candles are blessed for the entire year. You can bring your own candles to Mass for your priest to bless. On the Feast of the Presentation of the Lord, which is 40 days after Christmas, Jesus is presented at the temple and dedicated to God. He represents a bright light in a dark world. Hence the feast day also being known as "Candlemas".

## Ingredients

- 3 Sticks Butter (not margarine)
- Cotton cord for wick
- Skewer
- Paper cup or silicone mold
- Foods to dip into the butter

Optional for flavored butters:

- 1 lemon
- 4 sprigs thyme
- 1 head garlic
- Salt, pepper

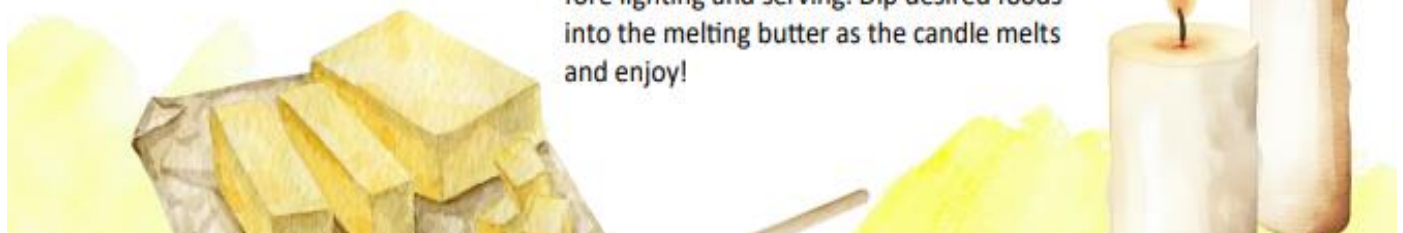
## Directions

The simplest candle can be made from a rectangular piece of butter. Butter the wick and freeze it straight. Freeze the rectangle of butter. Make a hole in the center with a skewer and insert the stiff wick. Trim the excess wick and refreeze the candle.

**Lemon zest butter candle:** Wash and zest lemon. Put in bowl with thyme and pinch of salt. Melt in microwave. Sieve the mixture. Tie your wick to a skewer and place on top of a paper cup dangling to the bottom of the cup. Pour the butter into the cup as your candle mold and freeze. Alternately you can use a silicone mold, such as a silicone cupcake liner.

**Garlic butter candle:** Make an incision in the garlic. Bake in the oven or air fryer until garlic is roasted. Press roasted garlic into a bowl. Add butter, salt, and pepper. Melt in the microwave and sieve. Pour into mold with wick same as the above candle and freeze.

Remove from freezer and mold directly before lighting and serving. Dip desired foods into the melting butter as the candle melts and enjoy!



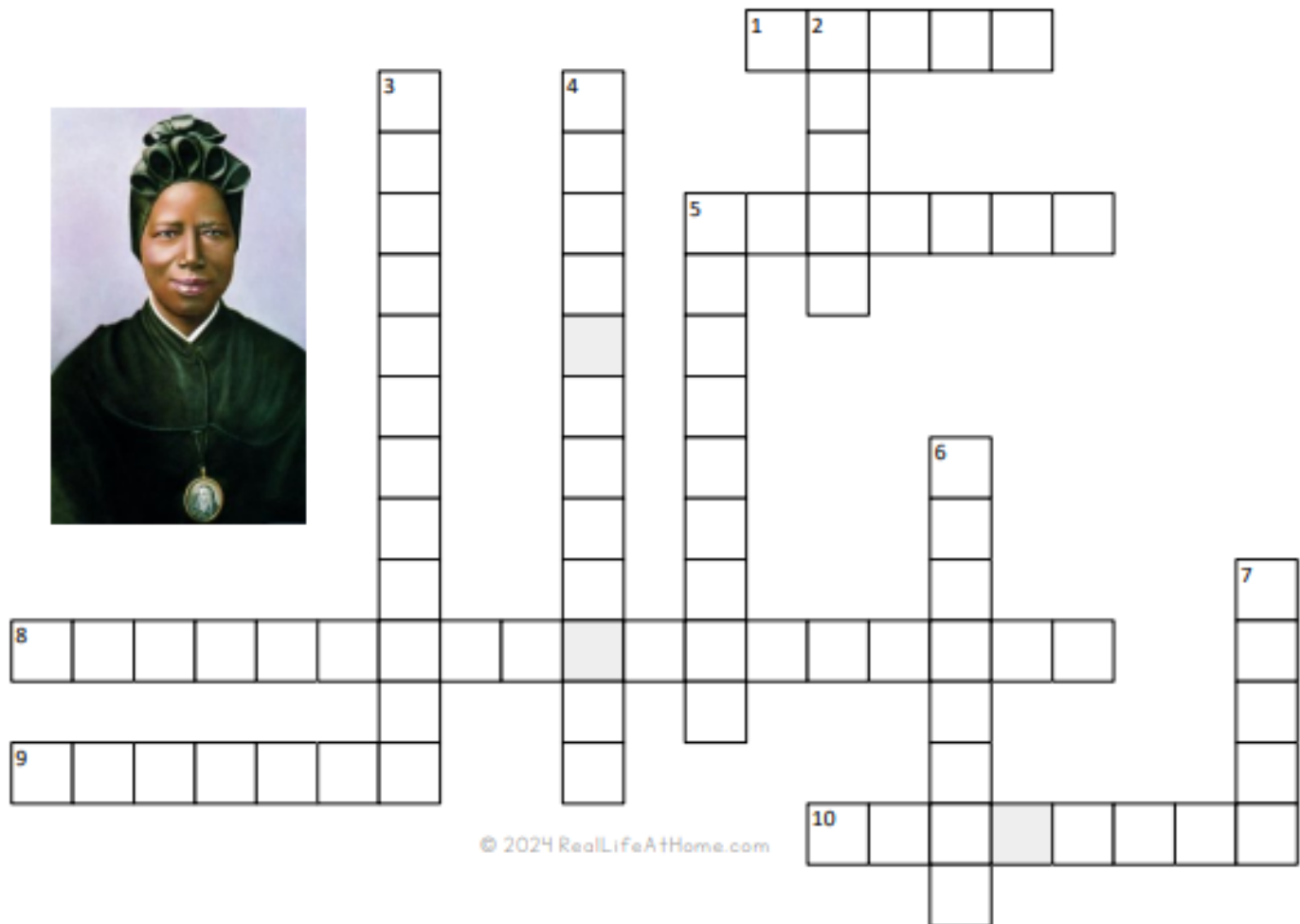
# Our Lady of Candelaria

PRAY FOR US





# Saint Josephine Bakhita Crossword



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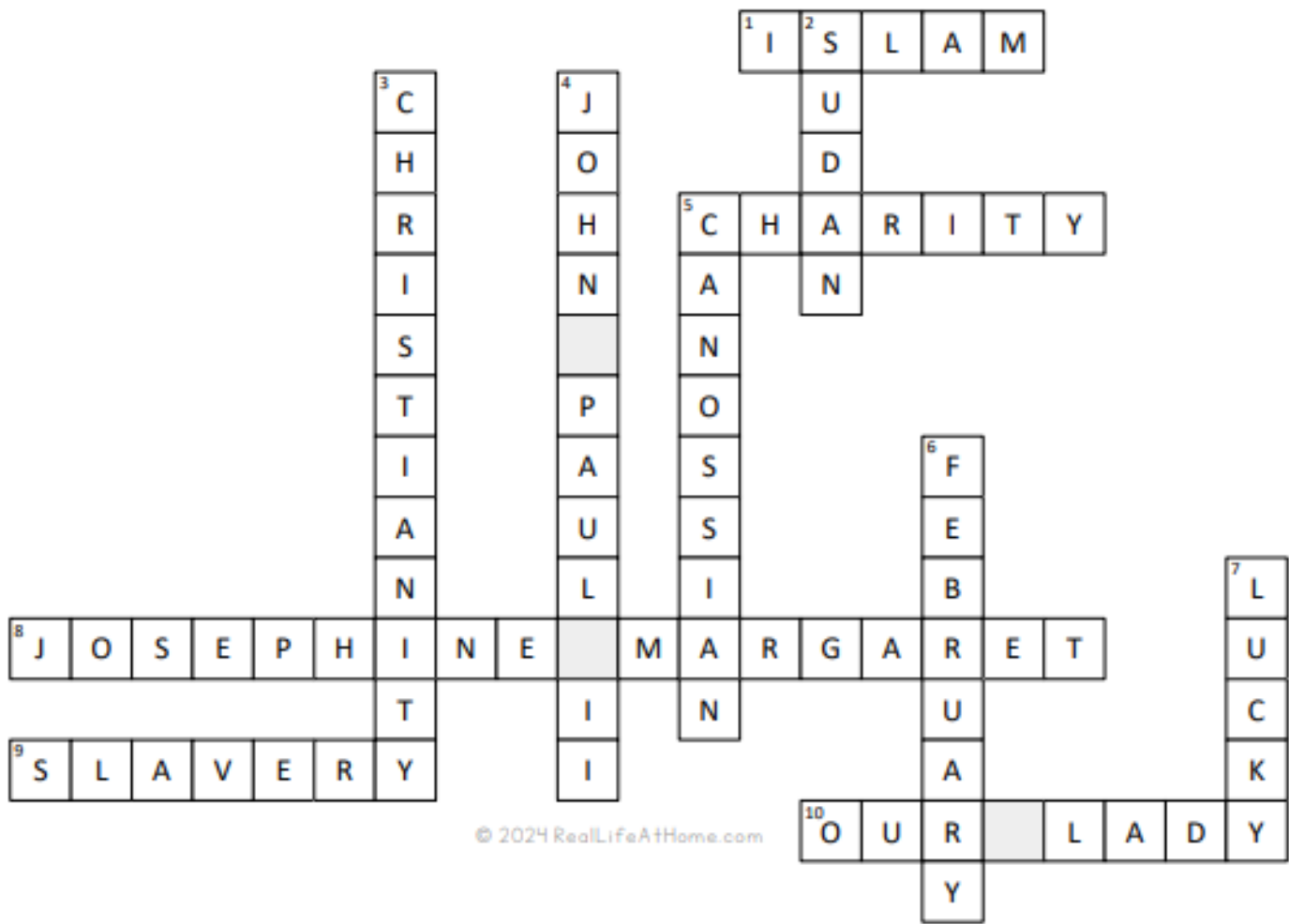
## Across

- When enslaved, Bakhita was forced to convert to this religion by her kidnappers
- Josephine took final vows in 1893 to become a religious sister with the Canossian Daughters of \_\_\_\_\_
- These are the names Bakhita chose when she was baptized
- When she was around seven or eight years old, Josephine Bakhita was kidnapped and forced into \_\_\_\_\_
- These were Josephine's last words before she died

## Down

- Saint Josephine Bakhita was born in Darfur, which is a region in this present-day country
- While in the convent in Italy, Bakhita learned about God and decided to convert to \_\_\_\_\_ and become Catholic
- Saint Josephine Bakhita was beatified and canonized by this pope
- Bakhita was able to gain her freedom in court while in Italy with the help of the \_\_\_\_\_ Sisters, whom she had been temporarily living with
- Saint Josephine Bakhita's feast day is the eighth day of this month
- Bakhita was the name her kidnappers gave her, and she forgot her birth name. This is the meaning of Bakhita.

# Saint Josephine Bakhita Crossword



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# Saint Dorothea of Caesarea Crack the Code

The feast day of Saint Dorothea of Caesarea happens each year on February 6th. Saint Dorothea is also sometimes called Saint Dorothy. Saint Dorothea was an early Christian martyr, who died for her faith around the year 311.

Crack the code below to find out what Saint Dorothea had sent to a pagan lawyer, Theophilus, who mocked her before she was killed. This delivery made Theophilus convert to Christianity. He was also later martyred for his faith.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	5	15	21	6	16	13	7	19	1	22	8	14	17	2	24	9	25	10	3	26	11	4	18	23	20

12

5	12	10	22	6	3

4	19	3	7

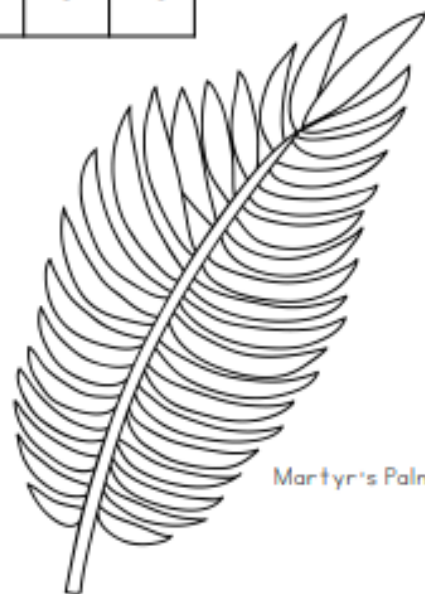
3	7	25	6	6

12	24	24	8	6	10

12	17	21

3	7	25	6	6

25	2	10	6	10



Martyr's Palm

# Ash Wednesday Word Search

G	J	E	P	U	R	P	L	B	A	C
G	F	H	R	X	Y	M	A	S	S	K
P	A	W	A	S	H	E	L	C	H	U
X	S	N	Y	B	O	Z	M	S	E	S
E	T	G	E	N	Y	A	S	K	S	L
R	I	E	R	A	C	R	O	S	S	H
P	N	L	P	U	R	P	L	E	V	J
E	G	A	Q	P	R	T	L	W	Q	E
Q	U	M	A	S	Y	L	E	N	T	U

Find the words related to Ash Wednesday listed in the box below in the puzzle area above. Words can be found going across → or down ↓



Lent

Fasting

Prayer

Alms

Ashes

Purple

Mass

Cross

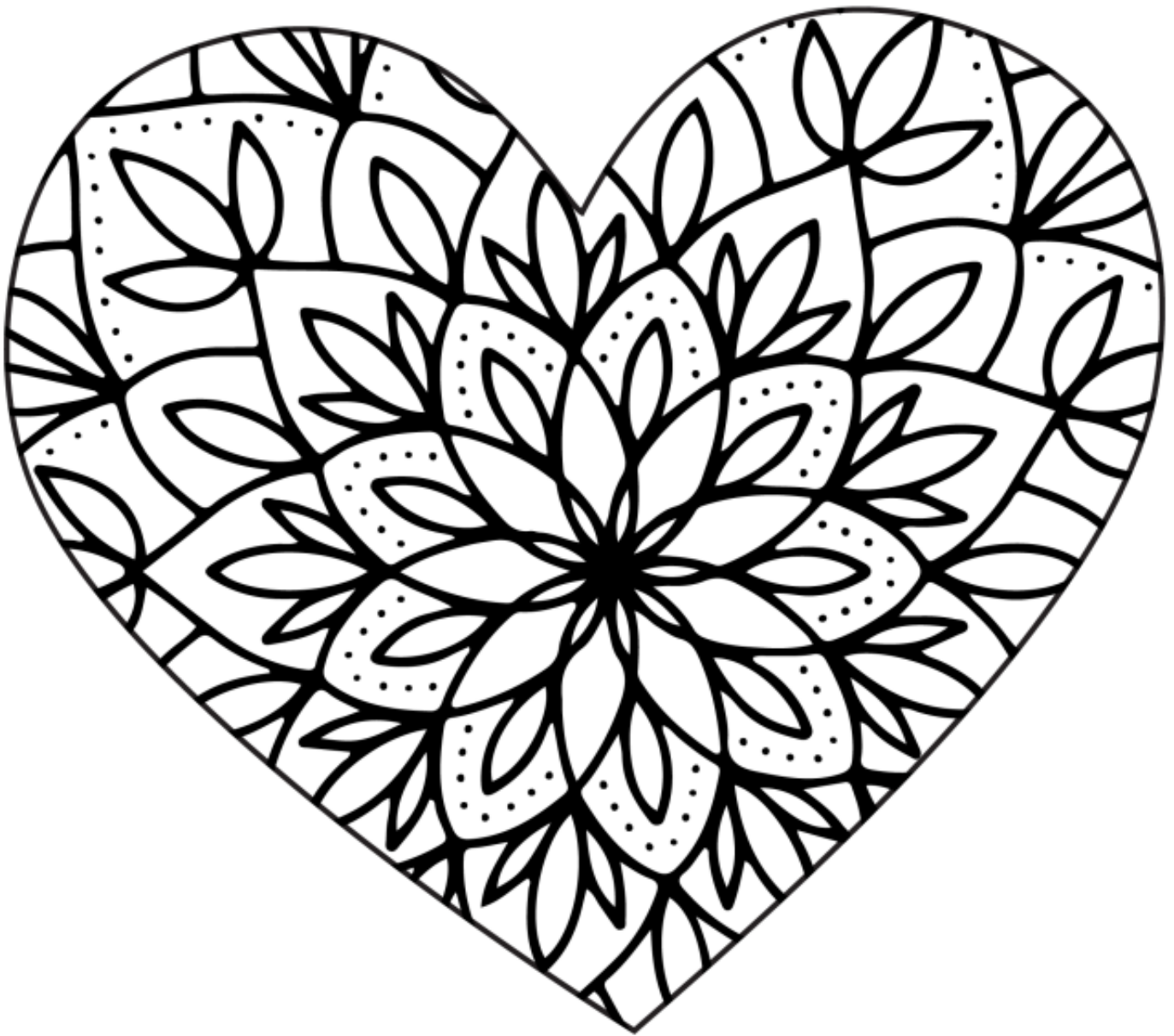
Some families may choose to move the celebration of St. Valentine's Day to a different day in the week, and that can be a great option. But just because it's a day of fasting and abstinence doesn't mean we can't acknowledge St. Valentine! Reading stories about St. Valentine, making and sharing St. Valentine's Day cards for friends and family, and making various St. Valentine crafts are all perfectly fitting options for this day that are not incompatible with a day of fasting and abstinence. For some more St. Valentine's Day ideas, click here (link <https://www.catholicicing.com/celebrating-st-valentines-day-with-catholic-kids/>)

While a simple St. Valentine's Day treat, like a cookie or a cupcake, is indeed meatless and could easily fit within the fasting requirement of one of the "two smaller meals that together are not equal to a full meal," some families may not feel comfortable indulging in a sweet treat on Ash Wednesday, particularly since many Catholics also choose to give up desserts or sweets during Lent. But there are plenty of other heart-shaped foods that can be made instead! Strawberry heart salad, fruit cut into heart shapes, heart-shaped pizza, even heart-shaped pretzels, which seamlessly combine both St. Valentine's Day AND Ash Wednesday, since pretzels are strongly connected to Lent!

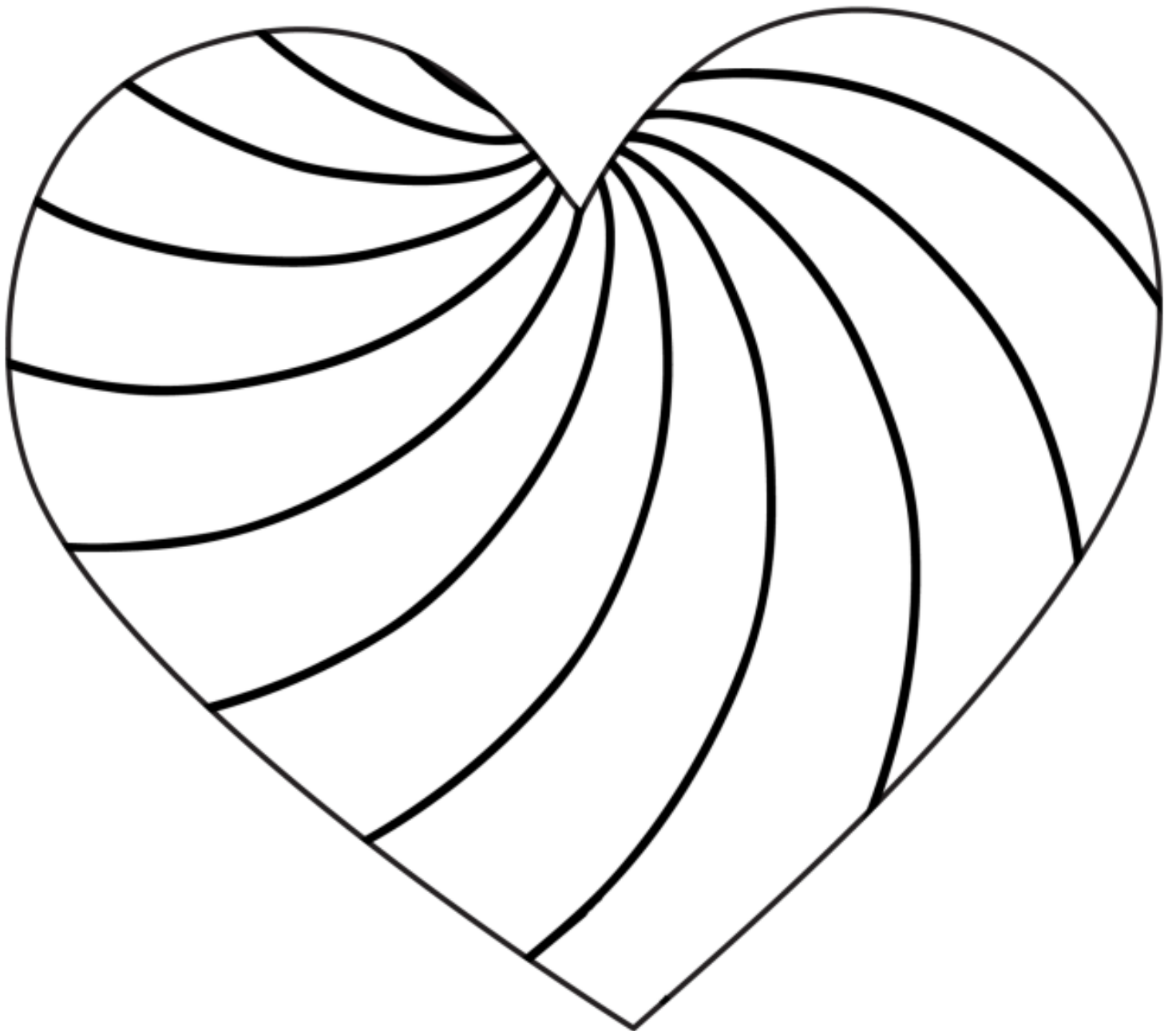
Not only can this Ash Wednesday be a day of solemn observance of our ancient Christian spiritual practices, it can also become a day of creative commemoration of St. Valentine. Remember that he, too, took part in the ancient spiritual practices of fasting and abstinence, and we have the entire Communion of Saints cheering us on to live a life of dedication to Christ, through the guidance of the beloved Church He established for us.

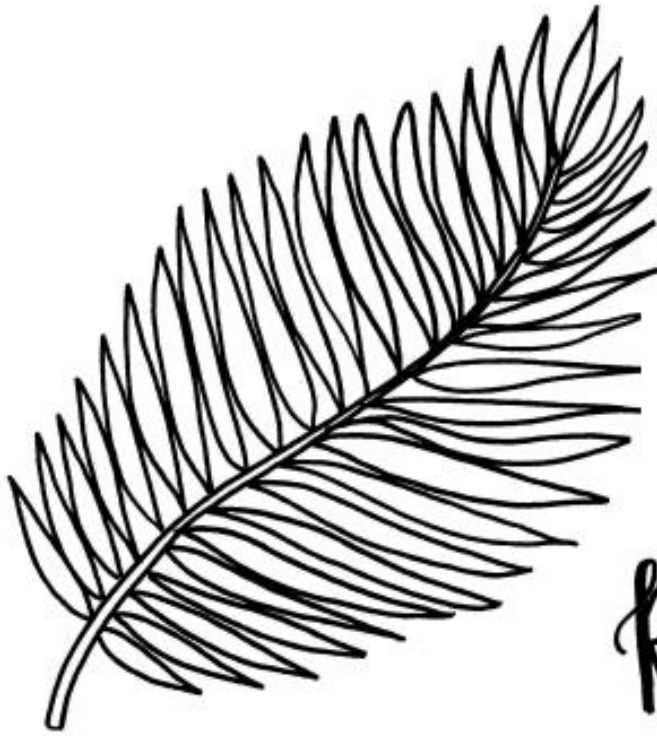


Decorate a Special Heart for  
Saint Valentine's Day



Decorate a Special Heart for  
Saint Valentine's Day



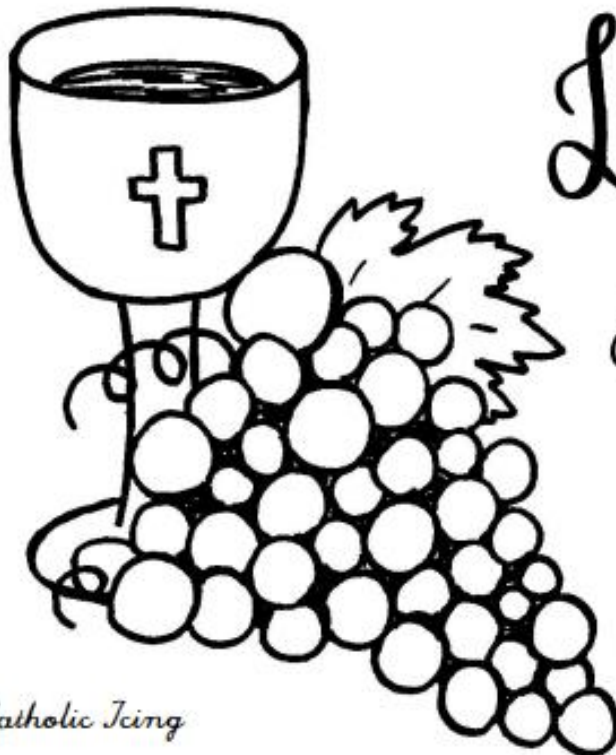


= I met my goal     = I did not meet my goal

# Lenten Resolution

*Catholic icing*

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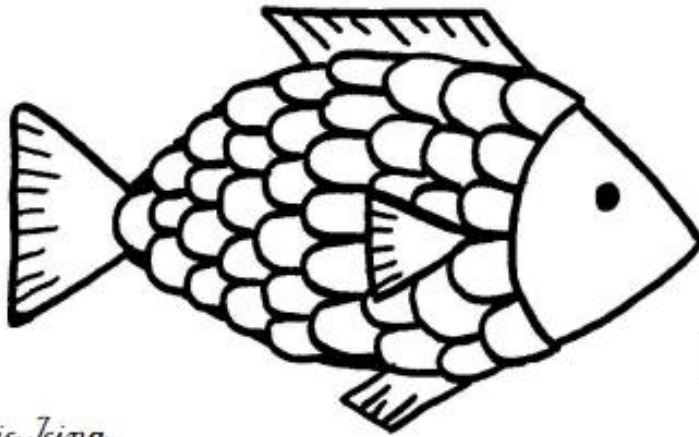
= I met my goal     = I did not meet my goal

# Lenten Resolution

*Catholic icing*



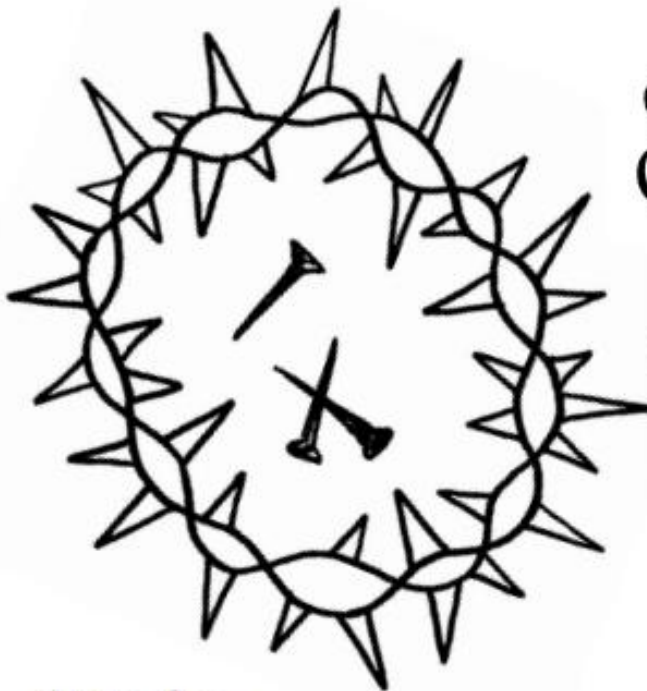
# Lenten Resolution



= I met my goal     = I did not meet my goal

*Catholic icing*

---



# Lenten Resolution

= I met my goal     = I did not meet my goal

*Catholic icing*

# February

## 2024



### Dedicated To The Holy Family

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  St. Brigid	2   Presentation of the Lord "Candlemas" Our Lady of Good Success	3  St. Blaise
4 	5  St. Agatha	6	7	8  St. Josephine Bakhita	9	10  St. Scholastica
11 	12	13	14   Lent Ash Wednesday St. Valentine	15	16	17
18   1st Sunday of Lent	19  Presidents' Day	20	21	22  Chair of St. Peter	23	24
25   2nd Sunday of Lent	26	27	28	29		