

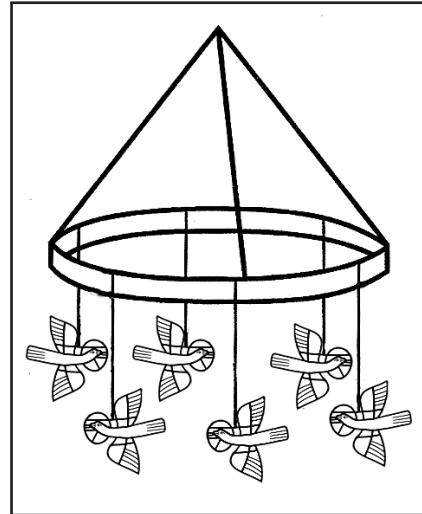
AN ACTIVITY FOR LENTEN PRACTICE

Keeping Promises

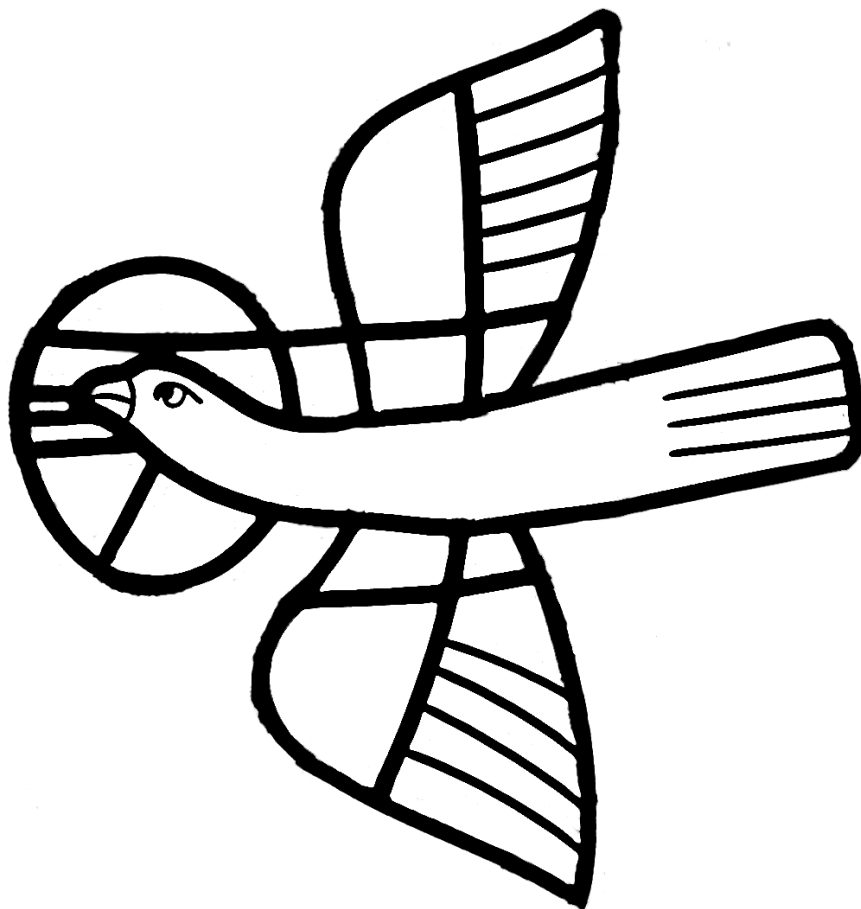
A Holy Spirit mobile is a project to help remind everyone in the family of ways to keep their Lenten promises as they prepare for Easter.

First, each person in the family should think about ways he or she can make a special Lenten promise. Lent isn't just about "giving up," but also about "giving more." Promises can add or subtract from family or personal routines. Add a prayer. Subtract a dessert. Add a visit to a nursing home. Subtract some television time. There are lots of ways to repent through these Lenten practices.

When everyone has come up with an idea for a Lenten promise, it's time to make a family mobile. Photocopy or trace the dove — a symbol of the Holy Spirit — and paste it onto a piece of poster board. Make enough copies so everyone in the family has one dove, then cut them out. Write the name of a family member on one side of each dove with a bright marker or crayon. On the other side of the dove, write a way each family member can serve God or others this Lent. Consider making one dove for a family Lenten effort, such as participating in the Catholic Relief Services Rice Bowl (see page 9) or saying the rosary together once a week. Punch a hole in the dove and thread it with a piece of yarn. Tie the doves to a ring or clothes hanger and hang the mobile where everyone will see it and be reminded that the Holy Spirit is helping to make this a great Lent.



*Let the
Holy
Spirit
help
you
keep
your
Lenten
promises.*



Luke 23:28

Weep instead for yourselves...