

FOREVER FAMILY

Leading Everyone Nearer To... God

Include Even the Youngest On This Year's Lent Journey

Families must help lead each other nearer to God. That's a key goal of "the domestic Church."

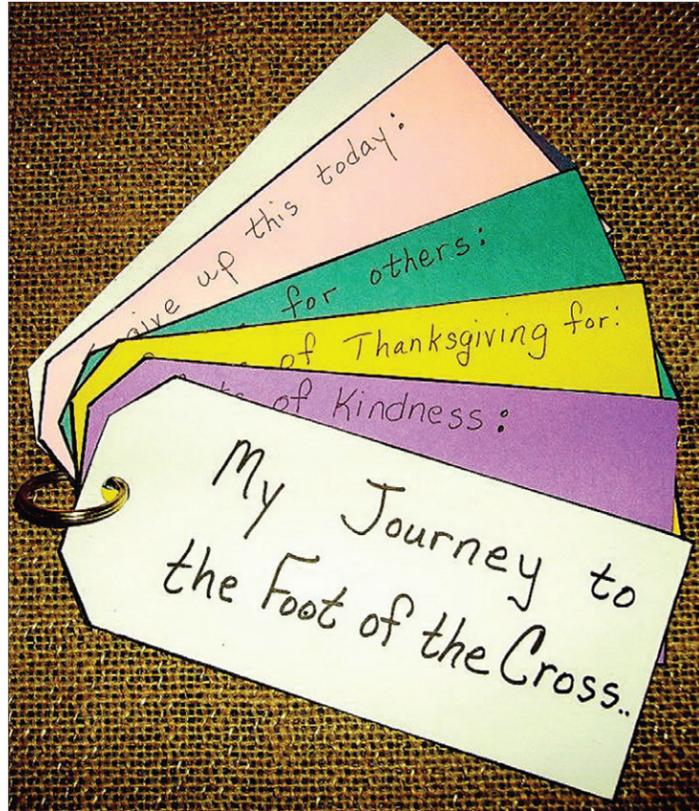
One of the lessons we can share at home is how to make a good Lent. Most adults have a

pretty good idea about how to do that, although they need a few reminders now and then.

But how do we teach a "good Lent" to our children, especially the youngest?

We went looking for some ideas and we

Make a Lent Journal



(Photo provided/Loraine Brummer's "Kids & Glitter")

Use the patterns on the next page to make this Lent journal. Suggested for sixth-graders, it can be adapted for younger family members.

Supplies:

- White cardstock for the cover
- Colored construction paper
- Hole punch
- Hole protectors
- Paper or key ring

Loraine Brummer, a volunteer art teacher in a Catholic elementary school, writes a blog called "Kids & Glitter."

In it, she shares art projects for children of various ages.

She suggests this Lent Journal project for sixth-graders, but with some guidance from older family members, any child who can read could make his or her own version.

Brummer says children can use the journal to record their Lenten activities privately. Then, they can live the Scripture to fast or give alms "... in secret. And your Father who sees in secret will repay you." (Mt 6:6)

"Extra pages can be kept on hand for anyone that might want extras right away or later," Brumm says.

Her blog has dozens of other craft ideas. She designed them for school use, but they can easily be adapted for use at home. Find it at www.lbrummer68739.net.

- Tag (Pattern)
- Scissors
- Black marker
- Black colored pencil

Make a Lent Wheel

Another project from Loraine Brummer's "Kids & Glitter" blog is this Lent wheel that she calls "Start and Finish

Strong." It's included with her third-grade projects.

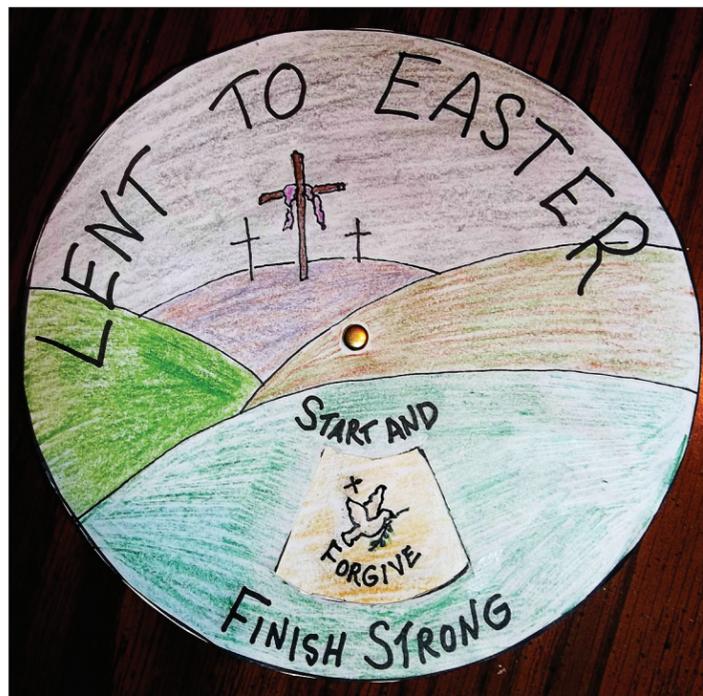
"This Lenten project is meant to encourage the

children to stay motivated throughout the Lenten season," she explains.

"While doing this Lenten craft, use the opportunity to share, with the children, the need for prayer and giving. Have them suggest specific actions for each of the words."

One way to use the wheel during Lent is to have children turn the dial daily and think of one thing to do on that day of Lent.

For example, when "Fast" comes up, a child might choose to give up chocolates that day. Another day, he or she might give up ice cream.



(Photo provided/Loraine Brummer's "Kids & Glitter")

Use the patterns on the next page to make this Lent project at home. Make as many copies as you need.

Supplies:

- White cardstock
- Lent To Easter-front (Pattern at far right)
- Symbols-back (Pattern at right)
- Paper fastener
- Colored pencils
- Scissors
- Glue or paste (optional)

Make a Lent Promise



(Photo/www.catholicicing.com)

This is a simple way even the youngest family member can "give something up" for Lent. Label a clear plastic bin with "My Lent Sacrifice." (If you don't want a permanent mark, put the sign on a sheet of paper and slip it inside where you can see it through the plastic.) Let your child — of any age, really — pick a few toys and put them away for the season. The original idea came from Lacy Rabideau at www.catholicicing.com. Find more great ideas there and at www.catholicallyear.com.



FAMILY CORNER

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month.
Amen.

— Written in 1844 by Father François-Xavier Gautrelet; from "Catholic Household Blessings and Prayers"; USCCB

Service Idea

Lent began on Ash Wednesday, March 5. Lent is an excellent time for extra prayers and volunteering!

One idea is to go to a nursing home and find out their schedule of events and see if maybe you can help with something like bingo.



(CNS photo/Sam Lucero, Catholic Herald)

Volunteers are needed to help people who can't see the numbers on the card very well, because they might miss one that is called. You can volunteer, and help them win!

In imitation of our master, we Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it. Destitution is not the same as poverty: destitution is poverty without faith, without support, without hope.

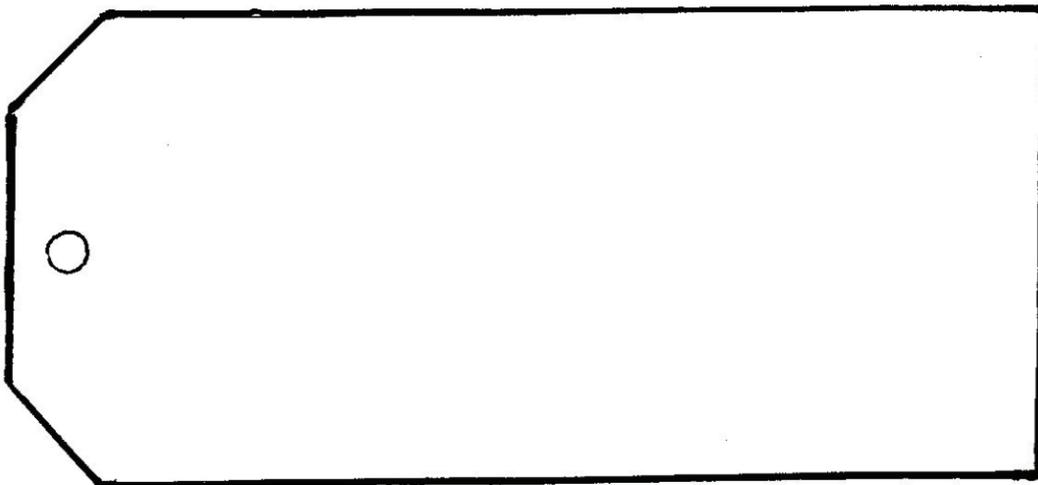
— Pope Francis

found several that we like.

Loraine Brummer's Lent journal and Lent wheel projects are good for readers. We also loved Lacy Rabideau's Catholic Icing blog and Kendra Tierney's blog, Catholic All Year.

In addition to the crafts and suggestions we share here, we also found some to "pin" on our Pinterest board (called The Observer Lent and Easter). We hope you like them.

— Sharon Boehlefeld



The original pattern is available from Loraine Brummer's "Kids & Glitter" blog at <http://www.lbrummer68739.net/>

Directions

1 Before starting the project, make lists of things that each child can do for Lent. Topics might be drawn from these ideas:

■ **Acts of Kindness** (cleaning up after dinner without being asked, reading to a younger brother or sister, helping a sibling with homework, visiting a nursing home);

■ **Prayers for Others** (Someone who lives alone, a parish priest, family members, someone you don't like);

■ **Prayers of Thanksgiving** (For your family, friends, church, school, teachers, food, education);

■ **I Give up this, today** (TV, one dessert, a can of pop).

The kids will be able to add more sugges-

tions as you go along.

2 Trace or copy the tag pattern on card stock and construction paper. Carefully cut out the covers and pages for the journal.

3 Write on the cover with the black marker, "My Journey to the Foot of the Cross."

4 With the black pencil (the marker will bleed through the construction paper), write titles on each of the pages within the covers.

5 Punch holes where indicated with a hole punch. Put hole protectors on each side of the page.

6 Thread the pages onto the paper or key ring. Fill them in with Lent activities.

Directions

1 Print* the front and back patterns on white cardstock or heavy, white paper.

2 With colored pencils, color the front and back pictures.

3 Carefully cut out both the front and back.

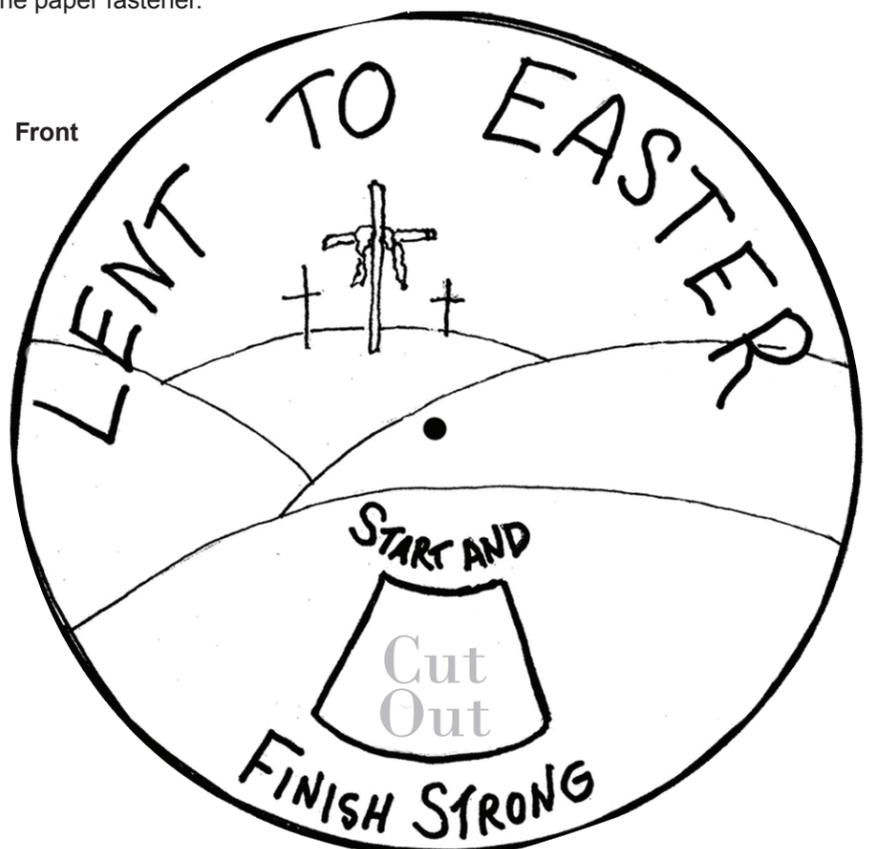
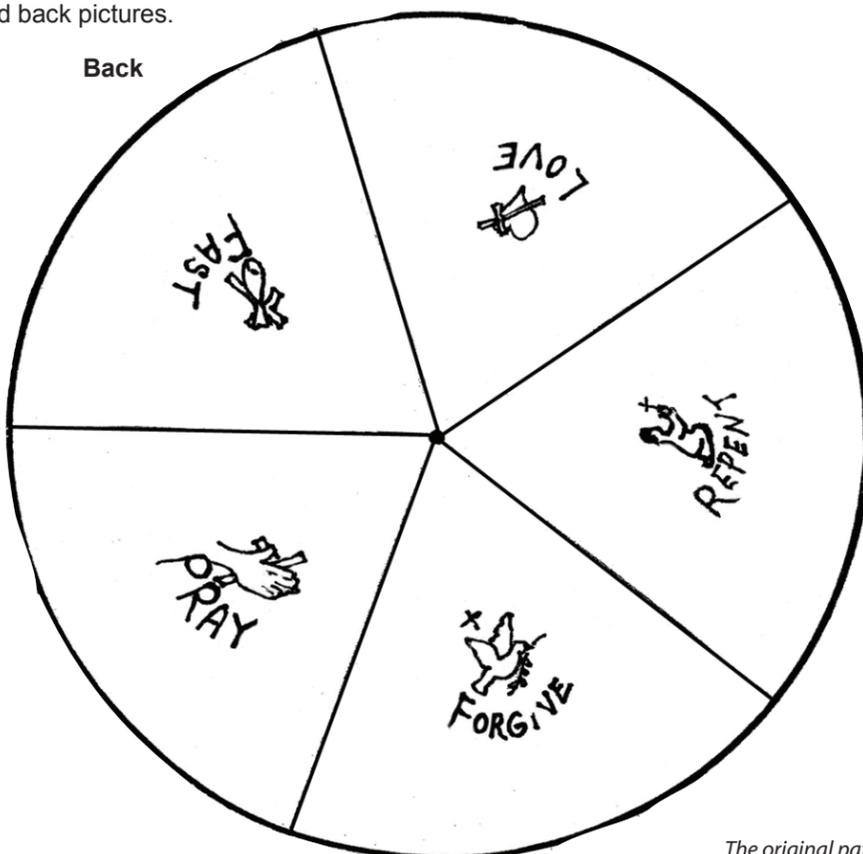
4 Poke a small hole in the centers, at the dot shown.

5 Carefully cut the opening out of the front.

6 Attach the front to the back with the paper fastener.

7 Turn the front circle to see the symbols and words on the back circle.

*You may cut out the patterns and color them on the newsprint. If you do you may also want to paste them to white cardstock to make them a little sturdier for six weeks of use.



The original pattern is available from Loraine Brummer's "Kids & Glitter" blog at <http://www.lbrummer68739.net/>