

Celebrating Lent - Tips for Kids

- 1. Give Thanks:** Say a prayer to thank God for the gift of family & friends. Pray for help in living more like Jesus.
- 2. Forgive Someone:** It can open up your heart.
- 3. Give up or take on something to honor Jesus' sacrifice:**
You can give up candy, TV or video games or something else you'll miss. Or, you could spend more time helping those in need.
- 4. Give away things you no longer use:** Clean out closets, drop off unwanted toys.
- 5. Make homemade gifts:** Ask a parent to help you bake hot cross buns (a symbol of Jesus on the cross, or pretzels, a symbol of arms crossed in prayer).
Send homemade cards to your grandparents, teachers & friends

Celebrating Lent -Tips for Families

- 1. Keep things simple:** Make time to pray, read the Bible & talk as a family
- 2. Eat a simple meal each week of Lent.**
- 3. Give you time together:** Help out at a local shelter or food bank. Visit a lonely neighbor.
- 4. Take part in some of our special church services:** Fr. John's Adult Education classes or the weekly Lenten Conversations, or Holy Week & Triduum
- 5. Enjoy a prayer-filled Lenten Journey.**