



Walking with families
IN FAITH

February Guidebook
This Month: Lent

Journey with Your Family and Explore the Catholic Church!

Each month, your family will receive materials to help you explore a part of your Catholic faith.

September: The Bible - ✓ done!

October: Jesus - ✓ done!

November: The Sacraments of Initiation (Baptism)- ✓ done!

December: Advent, Christmas, and the Epiphany- ✓ done!

January: The Sacraments of Holy Orders- ✓ done!

February: Lent

March: The Beatitudes and Easter

April: The Lord's Prayer

May: The Rosary



Share on Facebook!

Each month, please upload a photo of your family completing a portion of the lesson.

The Facebook group is intended to create online fellowship with other PSR families walking on this same journey.

www.facebook.com

Group name: ***Walking with Families in Faith***



Final Destination: Recite Closing Prayer

Lenten Prayer

Dear Lord Jesus, by Your Passion and Resurrection
You brought life to the world. But the glory of the
Resurrection came only after the sufferings of the
Passion.

You laid down Your life willingly and gave up everything
for us.

Your body was broken and fastened to a Cross,
Your clothing became the prize of soldiers,
your blood ebbed slowly but surely away,
and Your Mother was entrusted to the beloved disciple.

Stretched out on the Cross,
deprived of all earthly possessions and human aid,
You cried out to Your Father that the end had come.

You had accomplished the work given You,
and You committed into His hands, as a perfect gift,
the little life that remained to You.

Lord, teach me to accept all afflictions
after the example You have given.

Let me place my death in Yours
and my weakness in Your abandonment,

Take hold of me with Your love,
that same foolish love that knew no limits,
and let me offer myself to the Father
with You so that I may rise with You to eternal life.

Amen.

See you on next month's journey where we'll explore:

The Beatitudes
Pick up on March 14,
from 9:00am-12:00pm

Start to Explore!

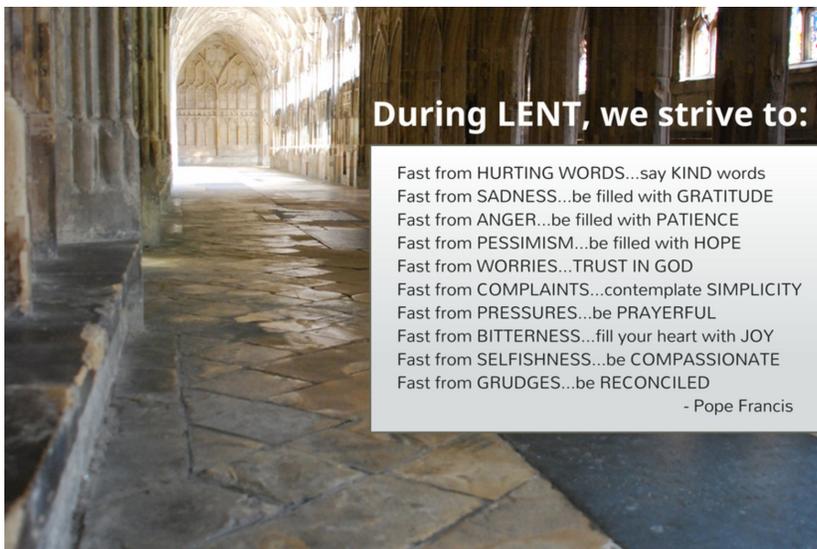
1. **Opening prayer:** Pray with your family (page 5)
2. **Opening activity:** Create Your Family Lent Plan
3. **Activity:** Make a Lent Lapbook (page 4)
4. **Craft:** Paint a Lenten picture (page 10)
5. **Lesson:** Learn about Lent (page 6)
6. **Snack:** The Easter Story snack mix (page 11)
7. **Saint of the Month:** Review St. Josephine Bakhita (pages 12-13)
8. **Textbook:** Complete chapters 17-20 (page 14)
9. **Family Faith Night:** Make Valentines as a family (page 15)
10. **Home Altar:** Place the crucifix on your home altar (page 16)
11. (Optional) **Going deeper:** These are additional materials to use with your family as you see fit. They are not required, but are helpful in your faith journey (page 17)
12. **Closing prayer:** Pray with your family (page 18)
13. Upload your family photo on our **Walking with Families in Faith Facebook** page!



Prepare for your Journey

1. Replace your picture in the **Faith Fridge** magnet. This month's picture looks like the one below.
2. Discuss the Lenten goals that are described on the magnet.

Note: Please complete the February lesson at your own schedule. You may focus on one activity over several days or you may spend an afternoon together as a family! We encourage you to do what's best for your family's schedule!



[Above] February Faith on Fridge magnet.

Stop 10: Go Deeper

Included in your curriculum is a *Going Deeper* packet for you to use if you wish. This includes:

1. **A Parent's Guide to Lent and Holy Week.**
Gather ideas for living out Lent and Holy Week in your Catholic home.
2. **Ash Wednesday, Lent Begins.** Have your child draw their face and add some ashes to their forehead!
3. **Road Map for Lent 2021.** Color a square each day during Lent.
4. **40 Lenten Activities for Catholic Families.**
Check out lots of ideas of things to do for Lent.
5. Reference online resources available in the **Quick Click** in the monthly newsletter.



Stop 9: Build Your Home Altar

A **home altar** is a dedicated space in your family home, the central point of your Domestic Church. The **Domestic Church** is a place where God is honored, His law is respected, prayer is a normal, daily event, and virtue is transmitted by word and example.

We place images of our families and friends in our home because it reminds us that we love them and that we are connected to them. Similarly, a home altar reminds us that we love God and we are connected to him.

This month, you are receiving a crucifix to place on your home altar. As you immerse yourself in the liturgical season, use your home altar to help focus your prayer.

Begin: Pray the Opening Prayer

A Lenten Blessing



May you live these Lenten days with Mary,
in the joyful warm embrace of your
Beloved Christ
knowing that your love, gratitude and
service to others
are sufficient to gladden His heart.

May you hear your beloved Christ
call you to come apart from daily routine sometime
and rest a while alone with Him in a place apart
so that your spirit may be lit with the Resurrection-light
of His radiant love and presence.

May your heart be filled to over-flowing with Lenten-
grace, so that your whole being may sing with new
Alleluia-joy on Easter
and everyday thereafter
until your eternal Alleluia
with your beloved risen Christ, forever!

-Sr. Angelita Fenker

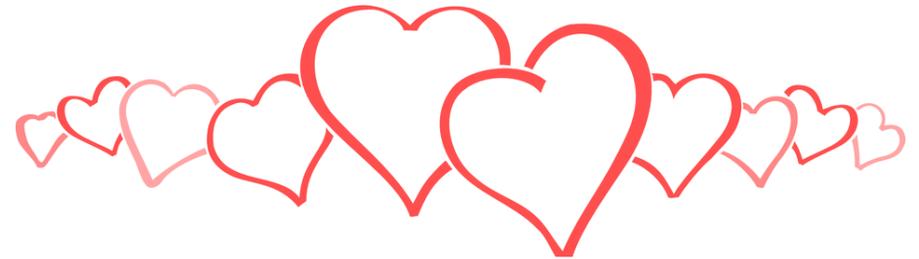


Stop 1: Learn About Lent

- Lent is the 40-day season of reflection and preparation before the celebrations of Easter. It begins on Ash Wednesday, which is February 17th this year.
- By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days.
- Lent is marked by fasting, both from food and festivities.
- Lent is a period of solemn observance and preparing yourself spiritually for the celebration of Easter.
- As Catholics, those between 18 and 59 are required to fast on Ash Wednesday and Good Friday. Fasting means a person is permitted to eat one full meal. Two smaller meals may also be taken, but they are not to equal that of a full meal.
- Catholics age 14 and older are to abstain from meat on Ash Wednesday and Fridays during Lent.
- There are exceptions to the fast/abstinence guidelines in cases of health and other reasons.
- The two special characteristics of Lent are the Recalling or Preparation of Candidates of Baptism and the Penance of the sinners.



Stop 8: Make Valentines as a Family



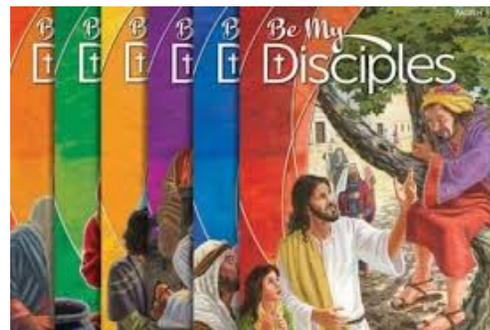
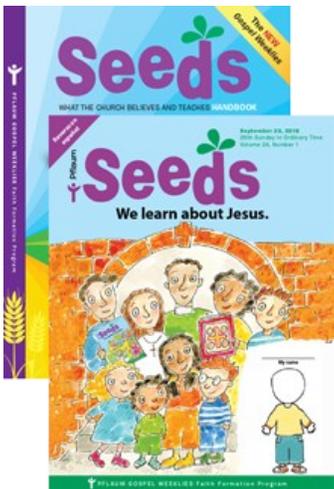
**Use the enclosed kit
to make some
Valentine's for your
loved ones or someone
who might be lonely**

Stop 2: Ideas for Your Family Lent Plan

Stop 7: Complete Chapters 17-20 in the Textbook

The chapter homework this month is chapters 17-20. Please complete these chapters with your child. We will continue to use the *Be My Disciples* textbook for grades 1-7. For grade 7, just work through the book at your own pace. Kindergarten will use *Seeds*.

Please plan to turn in your completed textbooks in April. In an effort to reduce stress on families, there are no online assessments this year. The pictures you post on the *Walking with Families in Faith* Facebook page and the completed texts are all that are required this year.



Prayer

- Pray a Decade of the Rosary or the Divine Mercy Chaplet.
- Pray an Our Father for our priests; pray a Hail Mary for your family.
- Pray for people who are sick; pray for moms expecting babies.
- Read the Sunday Bible readings, and/or a Bible story.
- Make a list of people who need your prayers. Set aside time to remember them in your prayers.
- Take time each day to ask God for forgiveness. Consider some part of your life that you want to change to become more compassionate.
- Go to Confession: Saturdays 3:30-4:30pm or Mondays 3:30-4:30pm.
- Start/end each day this week with five extra minutes of prayer. Use a book of reflections or sit quietly in silence.
- Pray the Stations of the Cross as a family.
- Attend or watch a Holy Week Service.

Fasting

- Fast from electronics, sweets or music.
- Respond the first time you are asked.
- Fast from complaining.
- Offer up a bit of time normally used to watch TV and use it to pray for or help someone who is suffering.
- Fast from hurtful words. Pause before responding to someone out of anger or resentment. Substitute words of healing and consideration.
- Fast from watching television or going online one day this week. Offer up that time to something that feeds your soul, such as going for a walk, reading a book, or listening to soothing music.

Almsgiving

- Do someone else's chore; give someone a hug.
- Make a card for someone; do something nice for Mom/Dad.
- Make weekly donations to your CRS Rice Bowl.
- Read a book to a sibling; say something kind to a family member.
- Play with someone different at recess.
- Tell your teacher one thing you like about her.
- Clean a bathroom; make someone else's bed.
- Set aside some of your own money for giving to church or food bank.
- Bring some baking to a neighbor.

Stop 3: Create Your Family Lent Plan

- Lent has three pillars: Prayer, Fasting, and Alms.
- During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to practice self-control through fasting. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season.
- In addition, the giving of alms is one way to share God's gifts, not only through the distribution of money, but through the sharing of our time and talents.
- Look in your lapbook bag, and find the two half sheets of paper. One says Prayer at the top and the other says Prayer Plan at the top.
- As a family, read and discuss the Prayer page. Then, fill out the plan page with a plan for what your family will do for Lent.
- When you are done, take out the purple folder. Open it all the way, and use a glue stick to glue your Prayer page to the far left side. Glue the plan page to the far right side.

When her mistress returned from Sudan, Josephine refused to leave. The case went to court, and the court found that slavery had been outlawed in Sudan before Josephine was born, so she could not be lawfully made slave. She was declared free.

For the first time in her life, Josephine was free and could choose what to do with her life.

She chose to remain with the Canossian Sisters, and took her final vows on December 8, 1896.

She was known for her gentle voice and smile. When speaking of her enslavement, she often professed she would thank her kidnappers. For had she not been kidnapped, she might never have come to know Jesus Christ and entered His Church.

During World War II, the people of the village of Schio regarded her as their protector. And although bombs fell on their village, not one citizen died.

In her later years, she began to suffer physical pain and was forced to use a wheelchair. But she always remained cheerful. If anyone asked her how she was, she would reply, "As the master desires."



Stop 6: Learn about Saint Josephine Bakhita

Feast Day: February 8

Saint Josephine Margaret Bakhita was born around 1869 in Sudan. She was a member of the Daju people and her uncle was a tribal chief. Due to her family lineage, she grew up happy and relatively prosperous, saying that as a child, she did not know suffering.

Historians believe that sometime in February 1877, Josephine was kidnapped by Arab slave traders. Although she was just a child, she was forced to walk barefoot over 600 miles to a slave market in El Obeid. She had many owners and traveled to Italy with one of them. In Italy, she was given away to another family and she served them as a nanny. When her mistress decided to travel to Sudan without Josephine, she placed her in the custody of the Canossian Sisters.

While she was in the custody of the sisters, she came to learn about God. She had always known about God, who created all things, but she did not know who He was. The sisters answered her questions. She was deeply moved by her time with the sisters and discerned a call to follow Christ.

Stop 4: Assemble Your Lapbook

1. Glue the My Lenten Good Deeds Chart in the middle of the inside of the folder, as shown. The Good Deeds Chart can be used as part of your Lenten offering. The chart shows the image of a large, colorless stained glass window with empty spaces. Each time a child performs a Good Deed, he or she colors a space on the chart. When Easter finally arrives, the completed chart shows a bright range of color that represents all of their Lenten acts of love.
2. Close the folder laps. On the left side, glue the LENT 2021 paper.
3. On the right side, use 4 glue dots to glue the purple Daily Bible Passage pocket. Cut out the Easter Countdown strips and put them in the pocket.
4. Turn the folder over to the back. In the middle of the back, use 4 glue dots to glue the Stations of the Cross pocket. Place the Stations of the Cross booklet in the pocket.
5. You now have a central station for your family to use all throughout Lent. Place it standing up in a central place of your home.

Stop 5: Paint a Lenten Picture

Jesus prayed in the Garden of Gethsemane on Holy Thursday evening, before His suffering began. Let this painting you make remind you of all Christ did for us and use it to help you keep your focus during this Lenten Season.

Use the included paint to paint a sky on your canvas.

When the paint is dry, glue your silhouette of Jesus in the Garden along the bottom of your painting.

Glue your Lenten Prayer to the backside.

Find a prominent spot in your home to display your painting. Use it as a focal point during your prayer times this Lent. Reflect on all Jesus did for us so that we can be in Heaven with Him!

Stop 6: Enjoy Your Snack



The Easter Story *Snack Mix*

The different shapes of each snack help to tell the Lenten journey

Chex Mix



Use the breadsticks to make a cross, like the one Jesus died for us on. The round pretzels symbolize the crown of thorns that was placed on Jesus' head. The round rye chips remind us of the stone that was rolled away from the empty tomb!

Goldfish Crackers



The goldfish remind us that we are Fishers of men. We can tell others about Jesus!

m&ms



The red m&ms remind us of Jesus' blood, shed for us and which we receive in the Eucharist. White m&ms remind us that our sins are washed away by Jesus' death and resurrection. The pink m&ms remind us to taste and see that the Lord is good!