Family Faith Formation

Opportunities

Did you know the Catholic Church will start the liturgical season of Lent this Wednesday, February 26, 2020? Ash Wednesday is the beginning of Lent and will last for forty days as the church prepares for the celebration of Christ’s Paschal Mystery of dying and rising to new life in the Easter Triduum. Ash Wednesday is most often started with a service, where a priest marks a sign of the cross on a persons forehead. The ashes used come from the previous years palms that were used on Palm Sunday which are burned and mixed with water.

Lent is known as the season of “simple living”. The purpose of Lent is to focus on Jesus’ sacrifice on the cross and the miracle of His Resurrection. One of the traditions during Lent is fasting & abstinence:

<table>
<thead>
<tr>
<th>Fasting:</th>
<th>Abstinence:</th>
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<tbody>
<tr>
<td>When: Ash Wednesday and Good Friday</td>
<td>When: Ash Wednesday, Good Friday and every Friday of Lent</td>
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<tr>
<td>Who: All Catholics over 18 years of age until and including their 59th birthday</td>
<td>Who: All Catholics over 14 years of age (no age limit)</td>
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<td>What: One full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength are allowed. The two meals together should not exceed a full meal. Liquids do not break the fast</td>
<td>What: Abstain from meat</td>
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Lent is also a time when Catholics ask themselves what “sacrifice” they can do during the season. In the past, people have made a commitment to stop doing something or eating something that they love. During Father Kalita’s homily this weekend, he asked the congregation to consider a different challenge. Father Kalita explained that “sometimes, when well-intentioned Christians seek to “do things for God”, are they doing the things which God really wants them to do?” The challenge is to ask yourself…“This coming Lent, what am I going to allow God to do with me?” Father Kalita further explained that “If throughout the forty days of Lent, you make time to reflect on God’s holy word and to ask the Lord in prayer to show you how he wills for you to respond to his word, then you will come to the end of this holy season with a clearer idea of how the sacrificial love of Jesus can and will transform your heart”.

Lent at School
Saint Peters School is also in preparation mode for Lent. The children will be taught about the season of Lent. They will be provided information about prayer, sacrifice and good works. The children will also be going to scheduled confessions. There will be Stations of the Cross on March 4, March 18 and April 1. And the 8th grade confirmation will also be taking place. All are welcome to join in the preparation.
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Lent at Home
There are also different ways to do something as a family to prepare for the season. Some examples include praying together or going to confession together. Click on the link below from the NCEA website for other ideas:

https://www.ncea.org/NCEA/Learn/Resource/Lenten_Resources/Lenten_Resources.aspx?WebsiteKey=60819b28-9432-4c46-a76a-a2e20ac11cfd&hkey=2c80486e-9de1-4e75-bbef-b528bf2fb084&Lenten_Resources=2#Lenten_Resources

Saint Peters Youth Ministry is also having a “Service Extravaganza” on **Sunday, March 15, 2020** from **1-3pm** in the Parish Hall to serve others this Lent. The families are invited to complete several projects:

- Make blankets for Project Linus
- Make crafts for the Children’s Inn at NIH
- Assemble a snack bag for clients at SOME
- Assemble a breakfast bag for a local shelter
- Make an Easter placemat for residents at a local elder care center
- Assemble toiletry bags for campers we serve in Philadelphia

If interested, please sign up at https://bit.ly/2tT9E0s