



Faith in Action

Activity #4 – Grades 1-8

Bring this completed paper to class with you on Sunday, March 1 or Wednesday, March 4, 2020

Name _____

For Parents and Other Adults helping with Faith in Action:

Lent begins on February 26 and our Faith in Action Activity for this special week begins on Ash Wednesday. Please plan to attend one of our Ash Wednesday services. We have Mass at 8 AM, 12 Noon, and 7 PM. We have prayer services with distribution of ashes at 10 AM, 2 PM, 4 PM and 6 PM. The service at 4 PM and Mass at 7 PM are specially prepared for young people and families.

After attending the service, talk with your children and make a plan for Lent. In Lent the three activities that we are invited to embrace are Prayer, Fasting, and Almsgiving (generosity to those in need).

With Your Children:

Younger children can draw a picture of their plan on the back of this page

1. What is your plan for Prayer? Some ideas during Lent are to say a family rosary together one night during the week, or to visit a church for a few minutes of prayer during the week, or perhaps to pray before meals or at the end of the day.

What is your plan for Prayer?

2. Fasting is giving up something during Lent to help us to focus on God. We can give up something that is a bad habit for us. Some adults give up smoking or overeating. Some people give up being a gossip or complaining. Some might give up snacks or dessert. Another idea is to come to our Lenten Soup Supper on March 6. What is your plan for Fasting?

3. Almsgiving is being generous to those in need. You can connect this to Fasting if you take what you might spend on a treat and put the money in our poor box or give it to a charity. You can also just put a little money aside in a box all during Lent and then make your gift at the end of the season.

What is your plan for Almsgiving?

There will be even more ideas in our Bulletin for Ash Wednesday