

Date:

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# With P A R E N T S

Cut out each strip. Place them in a container. Each week during Lent, have family members pull out one strip. The station they pick should be their special reflection and resolutions for that week.

## Family Lenten Activity

# Reflections and Resolutions

(based on the Way of the Cross)

<p><b>1. Jesus Is Condemned To Die</b></p> <ul style="list-style-type: none"> <li>• Try to avoid condemning and criticizing family members.</li> <li>• Use words of praise frequently.</li> </ul>	<p><b>8. Jesus Meets the Weeping Women of Jerusalem</b></p> <ul style="list-style-type: none"> <li>• Console someone who needs it.</li> <li>• Ask for forgiveness from someone you offended.</li> </ul>
<p><b>2. Jesus Takes Up His Cross</b></p> <ul style="list-style-type: none"> <li>• Help someone in the family who has a special hardship to bear.</li> <li>• Carry your own cross without complaining.</li> </ul>	<p><b>9. Jesus Falls the Third Time</b></p> <ul style="list-style-type: none"> <li>• Prepare for the sacrament of Reconciliation.</li> <li>• Receive the sacrament of Reconciliation.</li> </ul>
<p><b>3. Jesus Falls the First Time</b></p> <ul style="list-style-type: none"> <li>• Offer words of encouragement to someone who is disappointed or depressed.</li> <li>• Keep trying to get rid of a bad habit you have had for a long time.</li> </ul>	<p><b>10. Jesus Is Stripped of His Garments</b></p> <ul style="list-style-type: none"> <li>• Organize a family closet clean-out.</li> <li>• Give out-grown clothes to the poor.</li> </ul>
<p><b>4. Jesus Meets His Mother Mary</b></p> <ul style="list-style-type: none"> <li>• Spend time with the family.</li> <li>• Be supportive of someone who needs your support.</li> </ul>	<p><b>11. Jesus Is Nailed to the Cross</b></p> <ul style="list-style-type: none"> <li>• Forgive someone who hurt you.</li> <li>• Ask for forgiveness from someone you hurt.</li> </ul>
<p><b>5. Simon the Cyrene Helps Jesus Carry His Cross</b></p> <ul style="list-style-type: none"> <li>• Go out of your way to be helpful.</li> <li>• Help someone solve their problem.</li> </ul>	<p><b>12. Jesus Dies on the Cross</b></p> <ul style="list-style-type: none"> <li>• Go to Mass and remember those members of the family who have died.</li> <li>• Call or write to someone who has recently lost a loved one.</li> </ul>
<p><b>6. Veronica Wipes the Face of Jesus</b></p> <ul style="list-style-type: none"> <li>• Try to be your best self this week.</li> <li>• Be conscious of the facial expressions you use for communication.</li> </ul>	<p><b>13. Jesus Is Taken off the Cross</b></p> <ul style="list-style-type: none"> <li>• Help someone off their cross through your loyalty and support.</li> <li>• Work on getting rid of your worst fault.</li> </ul>
<p><b>7. Jesus Falls the Second Time</b></p> <ul style="list-style-type: none"> <li>• Pray for perseverance.</li> <li>• Try to succeed in something that you have failed in the past.</li> </ul>	<p><b>14. Jesus Is Buried</b></p> <ul style="list-style-type: none"> <li>• Bury any grudge you hold against anyone.</li> <li>• Prepare for Easter by making life in your family a joyous one.</li> </ul>

Date:

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# With PARENTS

## The Resurrection

There are stories about life being restored in the New Testament that families can enjoy reading and discussing. With younger children, use a children's Bible or retell the story in your own words. Talking about these stories is a good way to prepare for the story of Jesus' resurrection.

### The Daughter of Jarius

(Mt. 9: 18-26; Mk. 5: 21-42; Lk. 8: 40-57)

### The Widow's Son

(Lk 7: 11-17)

### Lazarus, Brother of Martha and Mary

(Jn 11: 1-44)

### The Resurrection of Jesus

(Mt 28: 1-10; Mk. 16: 1-8; Lk. 24: 1-11)

## Around the House

Dad: Do you know what Easter means?

John: I think so. It means Jesus, a rose from the dead.

Dad: Good.

John: I just have one question.

Dad: Yes?

John: How come Jesus is a "rose"?

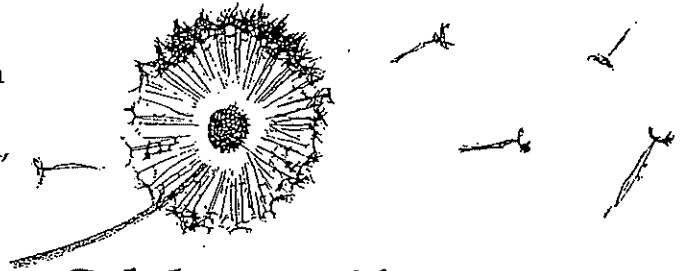
# Easter

## Where Does "Easter" Come From?

The word Easter comes from *Eostre*, the pagan goddess of Spring. For the Saxons, April, or *Ostermonud*, was the month of the wind from the east.

Easter Sunday always falls on the first Sunday after the first full moon following March 21. Easter can fall as early as March 22 or as late as April 25.

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## Celebrate Life in Nature

Wherever you take children, give them a feeling for the wonder and beauty of nature. Help them see its continuing and recurring life. While children are young, establish in them the feeling that our earth is a sacred trust.

The gifts of nature have been given by God for us to use, but to use well, to replenish what we take, to beautify what we make ugly, and to give good care where needed. Conservation and protection are a way of life for those who have learned to love and appreciate God's gift of nature.

Children learn to love soil, plants, rocks, trees, animals, birds, water, sun, clouds, and rain from their parents and families. If families feel nature is beautiful, exciting, and precious, children growing up in those families will feel that way too. A child growing up in an atmosphere which conveys respect for nature will not become an adult who destroys or exploits natural beauty wantonly or uses nature recklessly.

## Seeds: Beginnings of Life

Have your child look closely at seeds. Seeds produce plants and plants produce seeds in an endless cycle of life.

### Look for seeds:

- in household foods
- in a flower box
- in a garden or a park
- along the road
- in a meadow
- in a weed-covered lot
- in a farmer's field.

### Look for seeds that:

- tumble along
- have wings
- have parachutes
- stick to objects
- pop or explode
- travel by water
- are transported by animals.