

Letter for Families • Lent

Getting Ready

The days of Lent prepare us to celebrate Easter and welcome new members into the Church. The rites and observances of Lent invite us to strengthen our union with Jesus Christ and to join with him on his journey to Jerusalem, where he was crucified. Throughout Lent the Church constantly proclaims that by dying Jesus brought us new life and taught us how to live as People of God. Through the cross of Christ new life was given to the world.

During Lent we are invited to undertake this journey wholeheartedly through the works of prayer, fasting, and almsgiving. We pray for others and ourselves. We give something up. We share our time and ourselves more generously with other people. These traditional Lenten works remind us that denial and struggle—taking up our cross each day—are essential dimensions of living as disciples of Jesus, ultimately bring

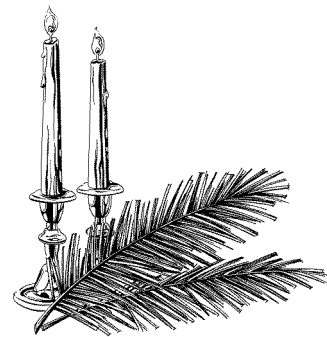
new life, and help us prepare for the greatest celebration of the liturgical year, Easter.

Looking for More?

- **Faith First Legacy Edition**
Additional Activities booklet for appropriate age level
- **Faith First Legacy Edition**
Called to Prayer booklet for appropriate age level
- *Garden of Virtues* by Christina Keffler, and Rebecca Donnelly, and illustrated by Suzanne Etman (Ave Maria Press). This trio of moms offers 52 ways of teaching children values that will delight you.
- *Spiritual Intelligence* by Marsha Sinetar (Orbis Books). Helps parents discover, appreciate, and learn from the inner wisdom of their children and the way children bring to life what is best and most fully human in their hearts.

Faith First.com

For more ideas on how your family can live your faith, visit the “Faith First for Families” page at www.FaithFirst.com. Click on “Family Meal Prayer.” This week, pray this prayer together before family meals.



Catholic Family Traditions

This is an appropriate time to review the Beatitudes together as a family. You can find this prayer in the “Prayers and Practices” section in the back of your child’s book. Choose a time when you can pray this prayer together each day this week.