

LENT WITH

CELEBRATE
HOME



WAYS TO CONNECT

You will notice that we have ideas that you can do as individuals, or with your whole family. You could also connect with other Celebrators and families online, using zoom, to discuss the theme, or something you have watched or read.

Sometimes we have suggested resources that may be more or less appropriate for different age groups.

Look out for the **depthometer** to get a gauge on how suitable the activity will be for the members of your family.

PRAY. FAST. GIVE.

Welcome to **CELEBRATE at Home!** This Lent we invite you to choose from some of the ideas below to help your family go deeper with God. Key themes to the season of Lent are: Pray, Fast, Give, so our resources are chosen to help you explore these areas further. Prayer, Fasting and Almsgiving are all important in the conversion of our hearts, which St Augustine calls 'a shift of love' where the heart moves from self-love to self-giving love.

All resource links can be found on the **CELEBRATE website** in the download page for this pack.

Each family is wonderfully different - feel free to use the ideas below depending on what best suits your family. Although we can't meet up as Celebrators at this time, we are holding you in prayer. Why not join the CELEBRATE journey and keep in touch with us using Instagram, Facebook or sign up for e-newsletters via our website to keep up to date with virtual events and our plans for the future. God bless you and your children!

Claire, *CELEBRATE Children and Families Lead*

Lent Calendars

How about using a children's calendar to mark your journey through Lent together? There is a great resource to purchase in time for Lent from Alive Publishing. Follow the link on our resource page on our website.

Alternatively, you can print a children's Lenten calendar. The one we recommend on our website is available in several languages, and one version can be coloured in.



Make a visual 3D journey through Lent

Try marking your walk through Lent using the link on our resource page.

Palm Sunday

The Missionaries of the Holy Spirit invite you to join in celebrating Palm Sunday by putting a branch on the door of your house or on the window, this year on Sunday 28th March. It can be any green branch you can find. This would help, despite the social distancing, to be connected as we enter into the Holiest of Weeks and is a sign of our faith to anyone that passes by.

REFLECT

A reflection from Loyola press

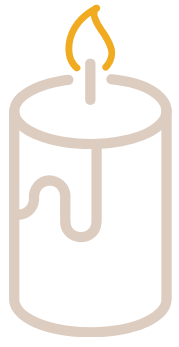
"The most important lesson children can learn is to make Lent a time to practice being more loving. Children are naturally loving, but they can get into bad habits of fighting with their brothers and sisters, being disobedient, or even talking back. Lent is a great time to build in special family practices that can also renew parents and other adult family members. Children will notice if part of our Lenten journey is to choose to fast from crabbiness or busyness and to spend more time with them. They will notice if we set the example by complimenting others in the family more, highlighting the good things we notice in them. If our family Lenten practice is to focus on being nicer, kinder, and more generous in helping one another, the children will take part in it. And if we fail on a given day, we can quickly apologize and ask for forgiveness. That way we model the penitential and reconciliatory behaviour that is central to Lent."



PRAY

Focus

Make a focus together for family prayer. You might like to use a purple cloth for Lent, and items like a crucifix, Bible, holy picture and a candle (keep safe from little fingers). Keep a basket or pinboard of photos of people your family are praying for or keep a list of their names.



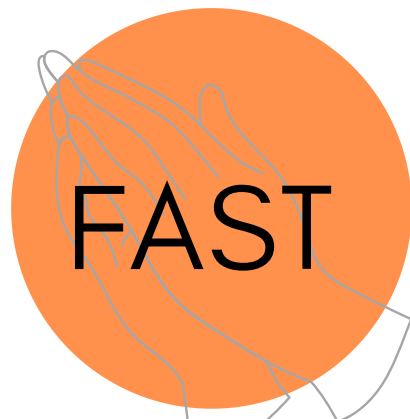
Stations of the Cross

As a family, why not journey through the stations of the Cross on Fridays? We have a great resource for this on our website. Check out the link.

There is also a link for teens to use on their own, or together with friends over Zoom.

Lent prayer garden

How about using the resource on our website to encourage prayer and thanksgiving through Lent?



FAST

Decide on what to fast from that works for your family - for example, treats, bad habits, time on technology- whatever works in your situation. You might like to plan ways to spend more time together like board games and walks if you are spending less time doing other activities.

If the adults in the family are giving up meat on Fridays, you might like to choose from some child-friendly meat free meals with an American twist in our resources (children do not have to fast but you might like to use these to include the children and have only one meal to cook!)

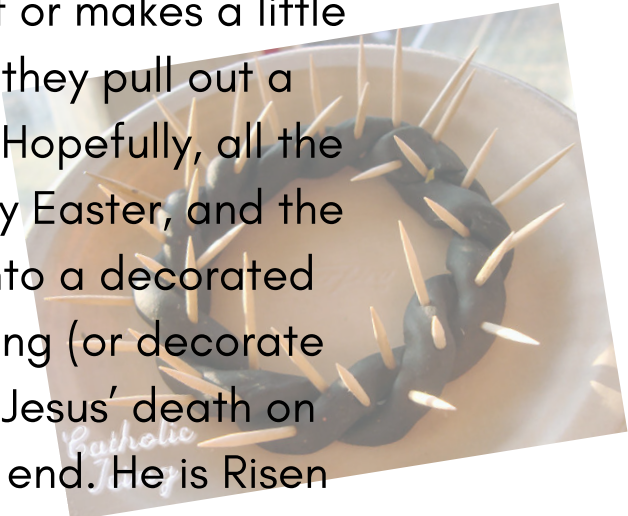


GIVE

Save money that you would have spent on treats or meat on Fridays and give it to poor families around the world. For example, your family could look through CAFOD's World Gifts and choose a queen bee or a goat to help provide food for poor families

Giving in the home

Made out of play dough and toothpicks, this crown of thorns is a fun way to encourage little sacrifices and acts of kindness during Lent. Every time a child does a kind act or makes a little sacrifice for others, they pull out a 'thorn' (cocktail stick). Hopefully, all the 'thorns' are removed by Easter, and the children can turn it into a decorated crown for Jesus our King (or decorate with flowers to show Jesus' death on the cross was not the end. He is Risen and death defeated!)



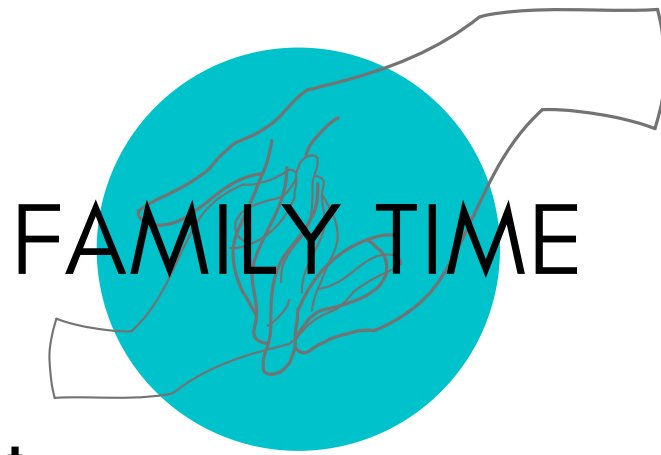
Have a mission task for each week of Lent

Watch the Mark 10 Mission for children each week, organised in collaboration Franciscan Friars of the Renewal. Each episode contains the Sunday Gospel, a reflection, prayer, worship and a mission for the children to do that week. Look out for CELEBRATE's own Pippa Baker!

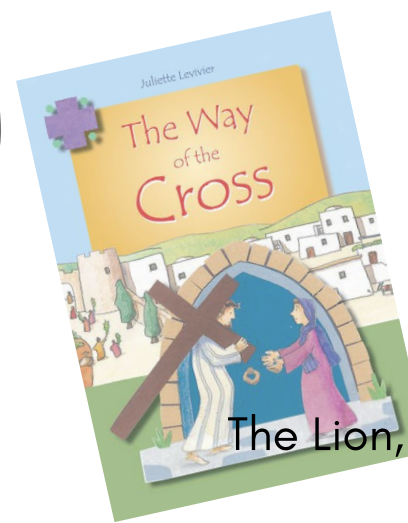


Family bake

For those families who like to cook together, how about baking hot cross buns for Good Friday, and preparing chocolate Easter egg nests for an Easter Sunday celebration?



FAMILY TIME



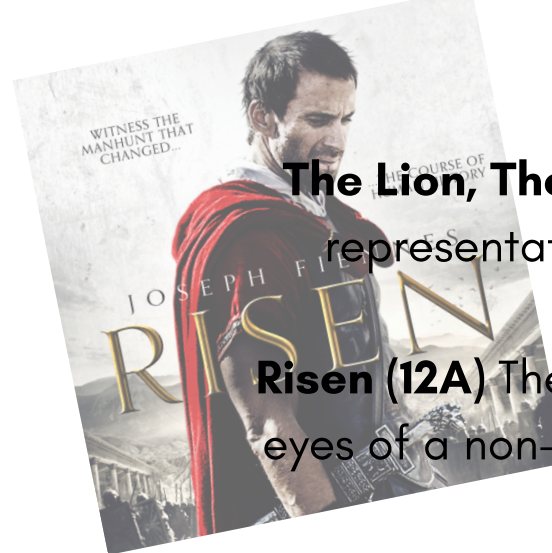
Family Story Time

CTS Way of the Cross
The Lion, The Witch and The Wardrobe

Movie Night!

Watch a movie together and discuss it afterwards.

Friends & Heroes (episodes 37-39) (U), follow animated characters trying to apply teachings from the Bible to their life situations.



The Lion, The Witch and The Wardrobe (U), CS Lewis' representation of Christ really brings this story to life.

Risen (12A) The story of the Resurrection told through the eyes of a non-believer. Great for older teens and adults.

Parental Guidance needed.

WHAT IS CELEBRATE?



CELEBRATE runs Catholic Charismatic, faith-filled, fun events for all ages, combining good Christian teaching, inspirational speakers and celebration of the liturgy, all in the power of the Holy Spirit. Young and old alike join together in a vibrant atmosphere to celebrate the love of God.

You can find more information and resources like this on our website www.celebrateconference.org

We'd love to hear from you! Join the CELEBRATE community on our **Facebook**, or get in touch via email: info@celebrateconference.org