
KENT LAMBTON ROMAN CATHOLIC FAMILY OF PARISHES



Thrive

KLRCFP YOUTH MINISTRY

February
ordinary time
& lent

Thrive Family Kits

Our aim is to bring families a couple activities each month that will help build up our faith in the home and encourage families to grow together. In other words, to THRIVE!

This month, we're bringing you everything in a box. Take time as a family to decorate this box however you see fit. Put all your special, blessed and Catholic items in it. Baptism candles, prayer cards, saints stories, holy medals, funeral cards... Everything is accessible in one place!

I keep ours on a shelf below a crucifix and some candles (the dollar store has some lovely tall glass jar candles) along with seasonal liturgical items advent candles, lenten beans, Easter flowers...

We also keep pictures of people we're praying for in this space. Recent funeral cards, Godchildren, and we put our Christmas cards there, and take turns praying for each family that sent us one!

As always, if you don't get to all of the activities, that is ok! Do what you can. The entire pastoral team is here for you and your family if you ever need anything - please reach out!

Sincerely,
Jacqueline Rowe
Youth Ministry Assistant
Kent Lambton Roman Catholic Family of Parishes

Candlemas

February 2nd

We celebrate the *Presentation of the Lord* at the Temple on February 2nd. It is 40 days after Christmas, the traditional day for Jewish baby boys to be brought to the Temple to be dedicated to God.

While there, Simeon holds Jesus and proclaims Jesus to be a light to the world!



Read the Presentation Story:

Luke 2:22-40

Because we are celebrating Jesus as a light to the world, we celebrate candles as the symbol of that light!

Celebrate by singing or listening to "This Little Light of Mine." If you're really adventurous, try to spend the entire day without electricity and live by candlelight!

Mama Mary's Crepe's

Ok, so Mary probably never made crepes for Joseph and Jesus. But these are the delicious and delicate type of food I imagine Mary making for the Holy Family. Roll or fold them. Top with fruit, jam, chocolate, etc.

Ingredients

2 cups milk
1 1/2 cups flour
2 eggs
a sugar spoon
vanilla to taste
salt to taste
powdered sugar
for topping

- mix the ingredients in the blender and then add the flour until the mixture is thick.
- in a medium/hot frying pan put spray oil so that the mixture does not stick , pour the mixture and take the frying pan and turn it in circles until you spread the mixture and make it bigger.
- wait 1 minute and a half and flip to the other side and wait the same time. Serve!

SAINT JOSEPHINE BAKHITA

BORN: DARFUR (SUDAN) 1869

DIED: ITALY, 1947



KIDNAPPED + ENSLAVED

AT AGE 7



"SEEING THE SUN, THE MOON, AND THE STARS, I SAID TO MYSELF, 'WHO COULD BE THE MASTER OF THESE BEAUTIFUL THINGS?' I FELT A GREAT DESIRE TO SEE HIM, TO KNOW HIM, TO PAY HIM HOMAGE."



**AS A SLAVE, SHE LEARNED ABOUT JESUS
FROM NUNS IN ITALY.**

**SHE REFUSED TO LEAVE THE CONVENT,
AND WAS EVENTUALLY FREED FROM SLAVERY.**

**SHE BECAME A NUN, AND WORE A MEDAL
WITH OUR LADY OF SORROWS.**

FEAST DAY: FEBRUARY 8TH

St. Valentine's Day

February 14th

Who is St. Valentine??

He was an early Christian priest.

An unbeliever questioned Valentine's faith, challenging him to heal his daughter's blindness. When Valentine layed his hands on her eyes and prayed, she was cured!!

The man immediately believed in Jesus; he and his entire family was baptized right away!

Valentine was imprisoned later, and legend goes that he wrote to the little girl who's blindness was cured, signing the notes, *"From your Valentine."*



Neighbourhood Valentines

Colour and cut out the valentines included in your kit. While you're doing that, think of neighbours who could use some cheer. Pray for them as you decorate your valentines!

Take a family walk and put them in their mailboxes!

Another story of St. Valentine tells us that he was imprisoned for marrying Christian couples - which was illegal at the time!

That's why today he is the patron saint of love, dating and happy marriages.

Prep For Lent

What is your family doing for Lent? If you're like me, it's Shrove Tuesday and you've forgotten to bring it up to your kids. Oops.

Not this year!! We're getting organized early!

To Do:

- Circle Ash Wednesday, Palm Sunday, Good Friday, Easter Sunday on the calendar
- Each family member decide on Lenten Sacrifices and Spiritual Additions - see next page (great dinner topic!)
- Prep Lenten bean jar or paper chain (next page)
- book Confession with a priest
- Find meatless recipes - <https://pin.it/60pfYky>

Lent is a time when we focus on

Prayer, Fasting, & Almsgiving

This Lent, add some more prayer time to your schedule. Either wake up early, add in some family prayer or find quiet time through the day.

What will you fast from this Lent? Meat on Fridays is requested by the Church, but also think of other fasts and sacrifices you can make.

Almsgiving is the practice of giving physical gifts (money, food, goods) to those in need. Help out St. Vincent de Paul, give money to local charities or church missions, or donate new or used goods - google *40 bags in 40 days* to declutter and donate used goods.

Lenten Sacrifices

Favourite Foods

Junk Food, Sugar, Desserts, etc.

Caffeine, Pop

Chocolate

Clutter

After Dinner Snacks

Drink Water Only

Limit Screen Time

Delete Favourite Apps

Limit Social Media

Swearing

Gossiping

Interrupting

Online Shopping

Judging Others

Taking Hot Showers

Using Instagram Filters

Alcohol

Music While in the Car

Buying Unnecessary Items

Wake up Early

Add Daily Exercise

Give up sweat pants/leggings

Finish half-completed projects

Electricity Friday evenings

Meatless Meals

Baked Potato Bar

Pierogis and Sour Cream

Veggie Stir Fry

Broccoli Alfredo

Eggs & Toast

Soup!

Tuna Casserole

Veggie Lasagna

Eggplant Parmesan

Shrimp Scampi

Spiritual Additions

Morning/Evening Prayer

Daily or Weekly Rosary

Weekly Stations of the Cross

Litany of Family Saints

(ie, St. (name), pray for us)

Grace Before All Meals

Choose Someone to Pray For

Daily Mass

Make a Home Prayer Table

Go to Confession

Daily Bible Reading

Chaplet of Divine Mercy

Bible Journaling

Jesus in the Desert -

<https://youtu.be/O5bfxGNMY9c>

Lent Activities

Lenten Bean Jar

Supplies: jar or vase, dried beans



Place a bowl of dried beans next to an empty jar in a prominent spot in your house.

-Decide what kind of act of service will deserve putting a bean into the jar.

Doing something without asking? Doing something the first time it's requested?

Doing something nice for others?

-Have them put 1 bean in the jar for each Act of Service. It will slowly fill up!

Easter morning, switch out the beans for the same amount of jelly beans!

Bonus: Have your kids earn a jelly bean by doing the same act of service!

Lent Paper Chain

Supplies: purple Lent prints in kit, scissors, tape

-decide how you will use each Lent word on your chain. Will it be a discussion topic? Will it be a daily photo challenge?

-cut out each piece, wind it into a circle and tape. Loop the next strip of paper inside the first to form a chain and tape. Repeat for all 40 pieces.

Hang somewhere in your home and use as a calendar to mark how many days until Easter!

(40 Days of Lent starts on Ash Wednesday, and don't include Sundays!)

Lenten Pretzels

Supplies Needed:

- 2 1/4 tsp yeast (provided)
- 1 1/2 cup warm water
- 1tsp salt
- 1 Tbs brown or white sugar
- 1 Tbs butter, melted
- 3 3/4 cups flour
- sea salt for sprinkling (provided)

Baking Soda Bath (Optional)

- 1/2 cup baking soda
- 9 cups water

Instructions

- Whisk yeast into warm water, add a pinch of sugar. Wait til it foams/bubbles up a bit (~5 min).
- Slowly add the flour, 1 cup at a time. Mix with a wooden spoon until thick. If it's still sticky add another 1/4 cup.
- Knead the dough for 3 minutes on a floured surface. Shape it into a ball, cover it with a towel and let it rest for 10 minutes.
- Start your baking soda bath - mix water and baking soda in a large pan, set to boil.
- Preheat oven to 400 degrees, grease/spray two baking sheets.
- Cut the dough into 1/3 sections (12 portions)
- Roll the dough into 20-22 inch ropes. Make them into circles, criss-cross the ends and fold them to the other side of the dough.
- Drop pretzels into baking soda bath for 20-30 seconds, scoop out of the water, let excess drip off. Place onto baking sheet and sprinkle with sea salt.
- Bake for 12-15 minutes, or until golden brown.
- Remove from oven and enjoy!

Ancient Christians kept very strict fasts for Lent. Pretzels, containing only flour and water were Lenten meals!

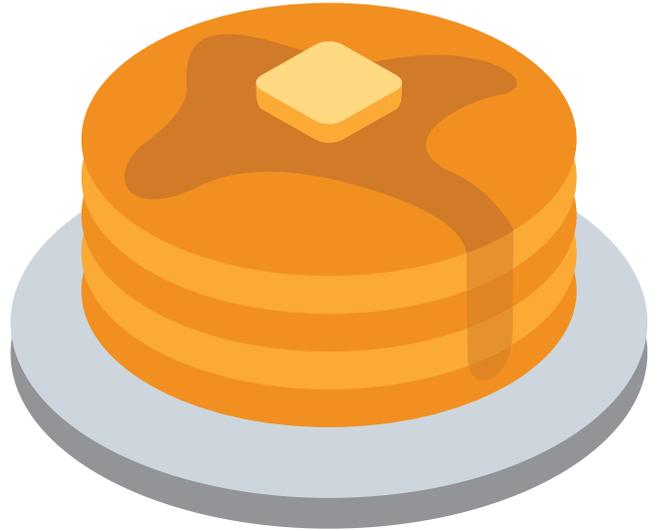


We can use pretzels to remind ourselves that Lent is a time of prayer. Look how they are shaped like praying arms!

Shrove Tuesday

February 16th

Shrove Tuesday, Fat Tuesday, Mardi Gras, Paczki day... so many names for the day before Ash Wednesday!



The idea behind Shrove Tuesday relates directly to Lent—in order to prepare our homes for the fasting of Lent, we need to eat up all the things we are about to give up. In medieval times, when fasting was stricter, that included eggs, milk, butter and sugar! Hence the popularity of pancakes, paczkis (*pownch-keys*) and king cakes!

If someone in your home is giving up candy, perhaps it is time to use some of it up in a dessert. Or for those giving up screen time, do a special family movie night. Take Shrove Tuesday to "Feast" on whatever you are about to "Fast" on.

The word "Shrove" comes from the phrase "to shrive" or to hear confessions.

To have a Lent of reflection, prepare your heart by going to the Sacrament of Confession!

Visit www.klrcfp.com/staff to contact a priest!

Ash Wednesday

February 17th

Ash Wednesday marks the beginning of Lent. It is the 40 days (not including Sundays!) before Easter that we use to prepare our hearts. Under normal circumstances, we would gather at our parishes for Mass and for ashes to be placed on our foreheads.

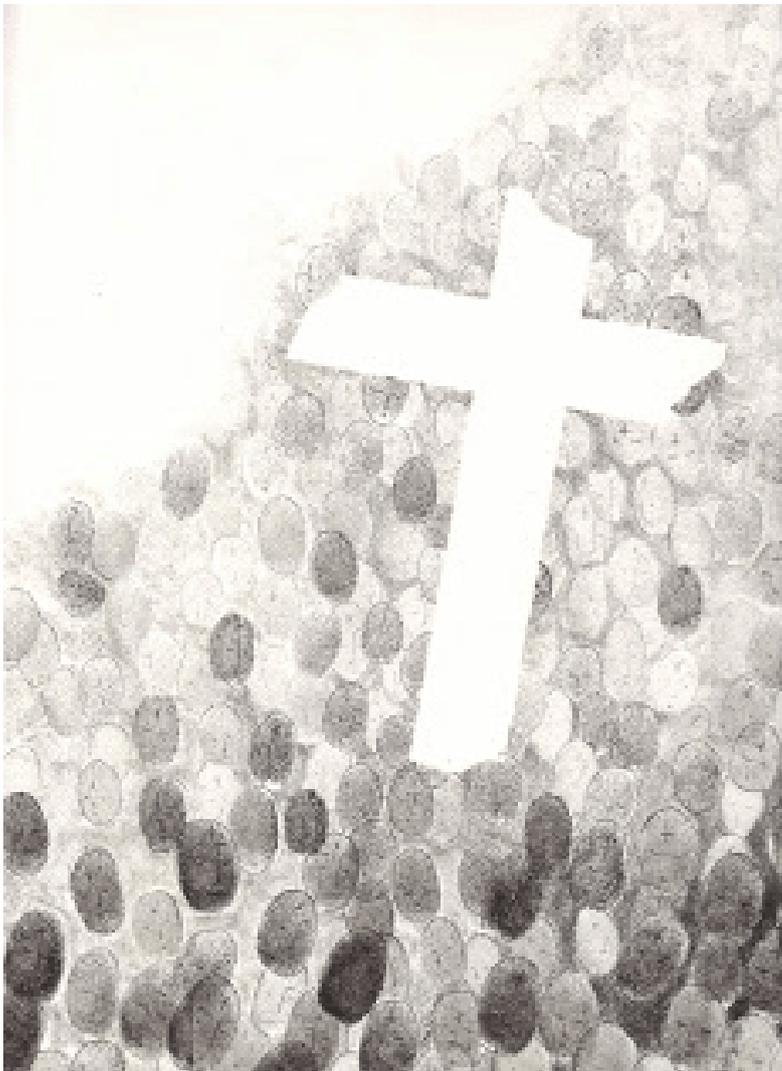
These ashes are symbols to remind us that we "are dust, and to dust we shall return." But, there is hope in Jesus Christ! Let us use this season of Lent to draw closer to God - in prayer and in acts of love and service.

Stay tuned for updates about our parish Ash Wednesday plans!

Ash Wednesday Art

Supplies: a pencil, some paper, and painters tape or a cut-out of a cross.

- Make a cross with tape in the centre of the paper, or lightly tape your cut-out there.
- Colour in a patch of scrap paper with your pencil nice and thick.
- Each family member press a thumb to the pencil rubbings and print your thumbprint onto the cross page. Fill up the page!
- Gently remove the cross.
- Hang for all to see!



Feast of the Chair of St. Peter

February 22nd

Why is there a feast day for a chair, you ask? While there is a literal chair that is celebrated (google it! It's pretty cool!), the feast day also commemorates the spiritual authority of the pope! As Catholics, we can follow the succession of Popes from St. Peter all the way to Pope Francis today.

"It is a symbol of the special mission of Peter and his Successors to tend Christ's flock, keeping it united in faith and in charity."

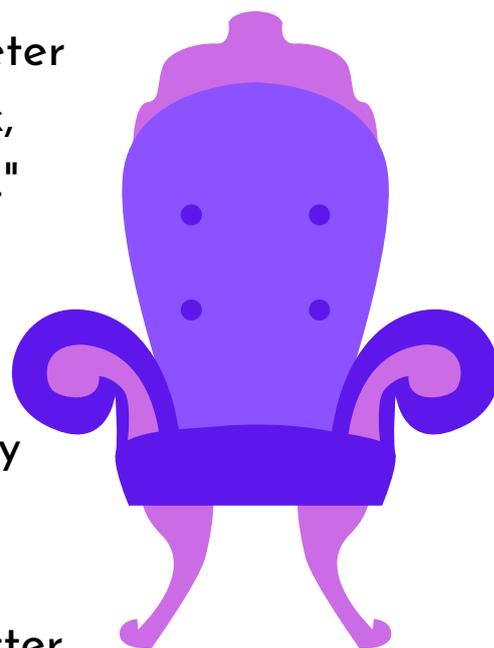
-Pope Benedict XIV

Activity

During snack time challenge each family member to build a chair out of food.

Good building foods: cheese, crackers, marshmallows, cookies, apples, peanut butter.

Share your creations! #KLRCFP



Prayer for Pope Francis

Dear God, who gave us this great gift of the Church, give our shepherd, Pope Francis, a spirit of courage and counsel, knowledge and love.

May he as successor to the Apostle Peter build Your church into a sacrament of unity, love and peace for all the world.

We ask this through our Lord Jesus Christ, Amen.