

JOYFUL NOISE

Office of Family Ministries & Outreach Newsletter
Archdiocese of Kingston

March 2025 | Year C



“Let us acknowledge what we are: dust loved by God, called to be dust in love with God. Thanks to him, we will be reborn from the ashes of sin to new life in Jesus Christ and in the Holy Spirit.” - Pope Francis

Lent kicks off March 5th with Ash Wednesday. We have the next forty days to use almsgiving, prayer, and fasting to more intentionally reorient our lives towards our Lord in preparation for Easter. I think I’m probably not alone in spending way too much time mindlessly scrolling on my phone. In an effort to cut down on what isn’t serving my relationship with God (and everyone else in my life), I’m going to fast from mindless scrolling this Lent. The goal is to not have my phone within arm’s reach throughout the day, for the next forty days. I got this idea from FORMED’s new program, [“How to Lent.”](#)

“How to Lent” is a great back to basics program, but it’s only the beginning of FORMED’s Lenten resources. The platform has a ton of content that can help your family in their spiritual growth this season, such as their *other* new Lenten series, [Foretold](#). They’ve got a resource page ([click here](#)) with a calendar suggesting content for each day of Lent, including programs for kids. If paper resources are more your thing, [Gather and Prayer](#) has a free Lent planner with ideas of how to plan your season as a family. [Click here](#) to download. Finally, if parenthood has got you exhausted and spinning your wheels, [click here](#) for some gentle Lenten ideas from the [Little Rose Shop](#). There’s also a freebie vault [here](#) for email subscribers with seasonal activity packs, including Lent.

+JMJ+

Taylor

March is Dedicated to Saint Joseph [Click here](#) to learn why March is traditionally dedicated to the spouse of Mary and [here](#) for ways to honour him this month.

“Need Tools for Parish Renewal?” **March 20** Alpha, CCO, and Divine Renovation are partnering to offer a webinar on practices and tools to make your parish thrive. [Click here](#) to register.

Catechist Retreat March 22 Current and prospective catechists are encouraged to attend upcoming retreat at St. Joseph’s Kingston. [Click here](#) for poster.

Marriage Encounter March 28-30, Niagara Falls This weekend experience is designed to help married couples communicate more intimately with one another in order to deepen and enrich their relationship. [Click here](#) for more details and to register.

FREE Lent and Holy Week Printables [Click here](#) for free downloads from Katie Bogner over at [Look to Him and Be Radiant](#), designed to accompany her [new book](#). You can also scroll down on the [liturgical year tab](#) to the Lent section for a complete list of Lenten resources.

Have a question or need support? Want to share about your parish’s ministry initiatives? Just want to chat?



LET’S STAY IN TOUCH

Taylor Lynch
Director of Family
Ministries & Outreach
family@archkingston.ca
613-548-4461 ext. 113