



Equipping families to encounter Christ

This supplement expands on the opportunities Lent gives us to develop a stronger relationship with the Lord. Through prayer, fasting, and almsgiving we are called to repentance in preparation for the gift of eternal life the life, death, and resurrection of Jesus Christ gave to us. Because the newsletter is the main faith formation St. Luke is doing this year, we hope you take time to find something here to grow the faith of you and your family.

Mapping out Lent

Lent is 40 days of repentance through prayer, fasting, and almsgiving. We dedicate this time to becoming closer to God and casting aside the power of the world over us. Check out this video from www.catholiccentral.com

<https://www.catholiccentral.com/catholic-central-episodes/lent>

Start by deciding upon and writing down your Lenten promises. Do this together as a family.

<https://faithandfabricdesign.com/wp-content/uploads/2014/03/Faith-and-Fabric-Lent-Promise-Card.pdf>

Next, create a calendar to mark the days of Lent. Here are some ideas:

1. **A Sheep** – On a piece of paper (18"x20" or something similar), draw a simple sheep to fill up the space. Cut out the sheep and hang on a wall. For each day of Lent, have your child(ren) glue a cotton ball to the sheep. At the end of 40 days, the sheep should have a nice coat of wool. Jesus is the Lamb of God who takes away the sins of the world!
2. **A Tree** – On a large piece of butcher paper or brown wrapping paper, paint a tree without leaves. Next, cut out leaf shape in different colors of green. Use the leaves to mark the days up to Easter or fill out the tree with the leaves each time a family member lives up to the Lenten promises they made.
3. **A Traditional Calendar** – Take half a poster board (14"x22"). The 14" side is the top of the calendar. Along this side, mark off a header of 3 ½ inches. Then 1 inch below that line, draw another line across. From there, measure lines 2 ½ inches apart all the way down. Then, starting from the first line from the top, draw lines from there to the bottom of the page, going across at 2 inches apart. This gives you a calendar with a header, a label of days of the week, and 7 weeks.

In the space of 1 inch, below the header, label the days of the week, starting with Sunday. Then label the days of the week with the dates, starting with Ash Wednesday on February 17.

Once you have the basic calendar made, label individual dates, such as the First Sunday of Lent (February 21), Laetare Sunday (March 14), Holy Thursday (April 1), Good Friday (April 2), Holy Saturday (April 3). Also fill in other special days such as St. Patrick's Day (March 17), St. Joseph's Day (March 19), and The Annunciation (March 25).

To mark off the days, cut purple cardstock into 2 ½" x 2" pieces, and glue these pieces onto the calendar on each day passed. This idea was found at "Shower of Roses" blog:

<https://www.showerofrosesblog.com/2011/02/preparing-for-lent-our-lenten-journey.html>

Shrove Tuesday (February 16)

To shrove is to impose a penance and grant absolution to a penitent (shrove is the past tense). This day is often marked by going to confession. We are called to "Repent and believe in the gospel" and going to confession is a great way to live our Lenten journey of repentance.

Regular confession times are Saturdays 3:30-4:15 in the family room in the back of the church.

Ash Wednesday (February 17)

Mass will be offered at 8am, 9:30am (also livestreamed), and 7pm. Please register.

Nota bene: Ashes will be sprinkled over each person's head rather than applied to the forehead.

Prayer

Plan out your prayer for the forty days. Here is a list of activities that either are prayer or lead to prayer and are great for kids and adults (found at www.reallifeathome.com):

http://www.reallifeathome.com/wp-content/uploads/2016/01/40LenActivitiesCath_Full.pdf

Lenten reflections for adults:

daily reflections:

<https://bookstore.magnificat.net/lenten-companion.html>

during this time of worry:

<https://www.avemariapress.com/products/give-up-worry-for-lent>

video series from Formed (St. Luke has a free account; email Debrar@stlukecp.org for information)

<https://watch.formed.org/lenten-reflections>

This retreat, patterned on the Spiritual Exercises of St. Ignatius of Loyola, is meant to help strengthen and deepen a Christian's commitment to anti-racism. This is not a daily reflection but can be used for your Lenten prayer time.

<https://thejesuitpost.org/2021/02/re-release-of-know-justice-know-peace-a-jesuit-antiracism-retreat/>

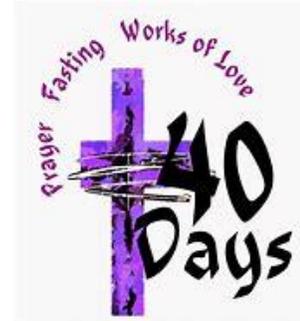
Lenten reflections for teens (Amy Nash is using this for small groups)

<https://www.avemariapress.com/products/lent>

Lenten reflections for kids ages 7+

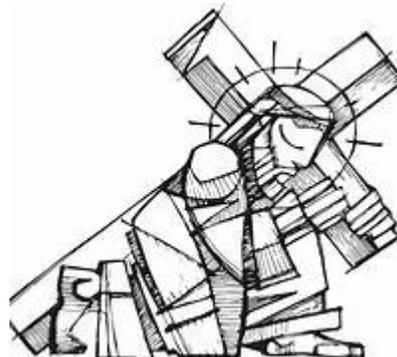
<https://bookstore.magnificat.net/daily-lenten-journey.html>

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lenten-activities-for-children/>



Stations of the Cross

This meditation is a powerful prayer, reminding us of Jesus' suffering, death, and resurrection as well as our own. Please consider attending the Stations at St. Luke, either virtually or in-person. Fridays at 7pm.



Fasting

Fasting, abstinence, and sacrifice are all included under this title. Fasting can be done many ways. The traditional way is to eat one full meal and two smaller meals that do not equal a full meal together. The Catholic Church requires fasting only two days of the year, Ash Wednesday and Good Friday. Those ages 18-59 are obliged to fast unless there are health concerns. Abstinence is refraining from eating meat. This is required on Ash Wednesday, Good Friday, and all Fridays of Lent and is expected from ages 14+. Sacrifices are habits or activities we give up during Lent because we want to give more time and attention to the Lord.

Ember Days (February 24, 26, & 27)

These days of fasting and thanksgiving occur four times a year, following the agricultural seasons of the year. The purpose is to thank God for the gifts of nature, to teach people to make use of them in moderation, and to assist the needy. God made humans stewards of the bounties of the earth and so we are called to use them in moderation to preserve them for future generations and the health of the planet. When we do this, we in turn assist the needy by not taking more than we truly need and thereby freeing resources for others. Pope Francis exhorts us to move from a “culture of waste” to a “culture of encounter” by living simply so that others may simply live. Read more here:

<https://www.americamagazine.org/faith/2019/09/20/pope-francis-promotes-integral-ecology-combat-culture-waste>

In this season, the fasting days are the Wednesday, Friday, and Saturday after Ash Wednesday. Take these days to cut down on consumption – food, technology, fuel, information. Slow down and dedicate this time to God in ways appropriate and good for your family and your relationship with God.



Psalm 102: 5-8, 10, 13

Withered and dried up like grass is my heart; I forget to eat my bread.

Because of my insistent sighing I am reduced to skin and bone.

I am like a desert owl; I have become like an owl among the ruins.

I am sleepless, and I moan; I am like a sparrow alone on the housetop.

For I eat ashes like bread and mingle my drink with tears.

But you, O Lord, abide forever, and your name through all generations.

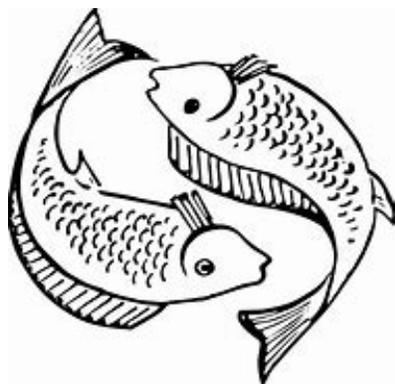
Abstinence

Fridays in Lent are meatless. Eating less meat not only helps us live in solidarity with the poor, it also helps with the health of our planet. CRS Rice Bowl also encourages Meatless Mondays with a contribution of the money saved going to the poor. See this site for recipes:

<https://www.crsricebowl.org/recipe>

Abstinence -- Catholic Cooking

Abstinence is a form of prayer. When we abstain from meat, and we direct our thoughts to Christ's suffering on the cross, then we are putting God before our bodies and our desires. Sometimes it is hard, and sometimes it is not, but let us always make it purposeful. Follow this link for a good reflection on why we abstain: <https://lifeteen.com/blog/why-catholics-abstain-eating-meat-on-fridays-during-lent/>



“Since therefore Christ suffered in the flesh, arm yourselves with the same thought, for whoever has suffered in the flesh has ceased from sin” (1 Peter 4:1).

Tomato cinnamon church soup (submitted by Cathy Goodrich from St. Luke's 2011 Cookbook)

Ingredients

28 oz can tomatoes, diced, crushed or whole
1 onion, chopped
2 large celery stalks with leaves, chopped
2 C bullion (beef or vegetable preferred)
2 tsp red wine vinegar
2 tsp sugar, brown sugar or molasses
½ tsp cinnamon or more, to taste
½ tsp black pepper
½ tsp allspice
Pinch nutmeg or mace

Directions

Stew all ingredients together in a covered saucepan until the vegetables are tender, about 30 minutes. Puree soup using an immersion blender, food processor or blender. Season to taste with salt or pepper. Reduce to thicken or add bouillon or water to thin. Soup tends to be spicy/flavorful. You may want to cut back on spices to begin. Recipe adapted from I Hear America Cooking. Serves 4-6.

Anchovy Pasta (submitted by Amy Gray)

Ingredients

8 oz spaghetti
4-5 anchovy fillets
2-4 cloves of garlic, minced
Olive Oil

Directions

Cook pasta according to package directions. While that's cooking: Add 2 Tbsp olive oil, anchovy fillets and minced garlic to a skillet. Cook, stirring to break up anchovies, over medium heat until fillets disintegrate - about 1-2 minutes. Mix drained spaghetti with skillet contents.

Catholic Cooking continued

Potato and Red Onion Frittata (submitted by Anisa Ralls)

Ingredients

1 red onion chopped
 1/2 tsp minced fresh rosemary
 4 Tbsp butter divided
 1 garlic clove minced
 1/2 lb red potatoes (about 5) thinly sliced
 6 eggs
 1/3 cup milk
 1/2 tsp salt
 1/4 tsp pepper
 1/2 cup shredded Gruyere or Swiss cheese

Directions

In 10-in ovenproof skillet saute onion and rosemary in 1 Tbsp butter until tender. Add garlic and cook 1 min longer. Remove from pan and set aside. In same skillet cook potatoes in 2 Tbsp butter until tender and golden brown. Remove and keep warm.

In large bowl whisk eggs, milk, salt, and pepper. Stir in cheese and onion mixture. Melt remaining butter in the skillet and tilt pan to evenly cook. Add egg mixture. Bake at 350 degrees for 8-10 min or until nearly set.

Top with potatoes and bake for 3-5 min or until eggs are completely set. Let stand for 5 minutes and cut into wedges.

Black Beans and Rice (submitted by Tanya Higgins)

Ingredients

1/2 c chopped onion
 1 red pepper, diced
 3 cloves garlic, minced (optional)
 8 oz tomato sauce
 1/2 tsp adobo seasoning
 1/2 tsp dried oregano
 1 packet of Goya Sazon seasoning
 Salt and pepper to taste
 3-4 cans of black beans, rinsed
 Water

Directions

In pot on medium heat, saute onion, pepper, and garlic until soft, 3-5 minutes. Add seasoning and cook for 30 seconds and then add tomato sauce. Cook for 2 minutes then add beans and enough water to just barely cover beans. Cook for at least a half hour on low. Serve over rice.

Almsgiving

Rice Bowls – St. Luke is giving out Rice Bowls. These are a great way to focus on the needy and to sacrifice for them. The CRS Rice Bowl gives 75% of the money collected to Catholic Relief Services to fight hunger around the world and 25% to fight hunger and poverty within the boundaries of the Seattle Archdiocese. It also comes with a Lenten calendar with reflections and giving activities.

Pick up your CRS Rice Bowls in the church at Mass or during the week from 12-2pm. At the end of Lent, count up the money you have put into the box and a) write a check to St. Luke with "CRS Rice Bowl" in the memo, or b) donate online at <https://www.csricebowl.org/>





The Almsgiving Jar

The Lenten discipline of almsgiving – helping those in need – is not just a generous thing to do; it is a practical way to improve your community. Other valuable contributions include donating your time and expertise to a local charity.

Decorate a jar.

Attach the “Lenten Almsgiving” image on the next page to the jar,

Modge podge pictures of charities you would like to give to, or

Have your kids paint the jar.

Decide as a family how to fill the jar. Here are some suggestions that you can adapt to your family:

Put in 50 cents** whenever someone does something kind for you or your family

Put in 50 cents every time you have dessert

Put in 50 cents for every movie or show you watch

Put in 25 cents every time a child finds a peaceful solution to a conflict with siblings

Add money earned by doing extra chores

Discuss as a family how the money will be spent at the end of Lent. Will you give it to the parish Rice Bowl (CRS)? To a charity? If so, which one and why?

Place the jar in your prayer space to help you with almsgiving this Lent and beyond.

Almsgiving – Not just money

It is also considered “almsgiving” to give time and goods to those in need; for example, donating time to a soup kitchen, giving clothes to charity, visiting people who are shut-in, or driving those without transportation. In COVID times, this can be difficult, but keep your eyes and heart open for opportunities like these.

**** Nota bene:** rather than filling the jar with money, cut squares of paper with amounts of money written on them. Use these pieces of paper to fill the jar. When the time comes to donate money, count up the amount and write a check or donate with your credit card.

LENTEN ALMSGIVING

"Yes, my dear children, everything is good and precious in God's sight when we act from the motives of religion and of charity because Jesus Christ tells us that a glass of water would not go unrewarded. You see, therefore, my children, that although we may be quite poor, we can still easily give alms."

St. Jean Marie Baptiste Vianney, the Cure of Ars

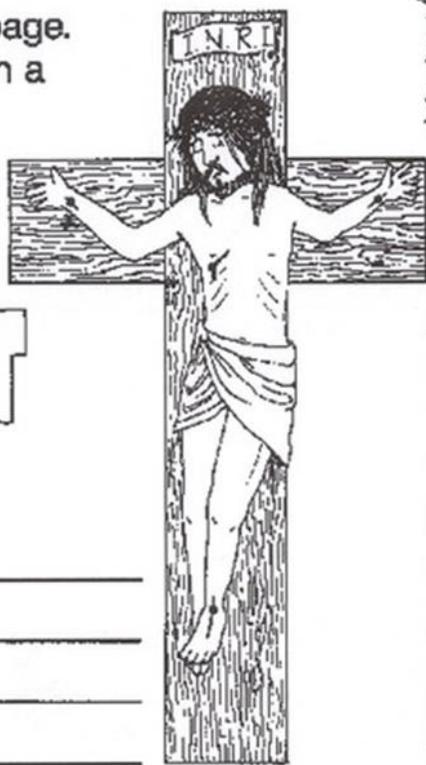
Use the following clip art for the header of your homemade Lenten calendar:

LENT
Pray + Fast + Give



WE PREPARE FOR EASTER

Write your prayer. Color the page.
Tear out the page and put it in a
special place.



MY PRAYER FOR LENT

Dear Jesus,
During Lent, help me to

I will pray for _____

and for all those preparing for Baptism.

Love,

(put your name)

