

LENT WITH

CELEBRATE
HOME



WAYS TO CONNECT

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.

All resource links are clickable within this document.

You will notice that we have ideas for things you can do as individuals, or with your whole family. You could also connect with other CELEBRATORS and families online, or face to face, to discuss the theme or something you have watched or read, or have fun on a Wonder Walk together!

Don't forget to tell us what you enjoyed doing together on our social media channels!

Praying for you this Lent,

Claire Fernandes
Children and Family Lead.

Welcome to CELEBRATE@Home. We invite you to join CELEBRATE families from around the country as we journey through Lent. Like the loving Father in the parable of the Prodigal Son, God longs for us to return to him with our whole hearts. The scriptures teach us that 'In God alone is my soul at rest' (Psalms 62:1). So let's choose to draw close to God this Lent with our families.

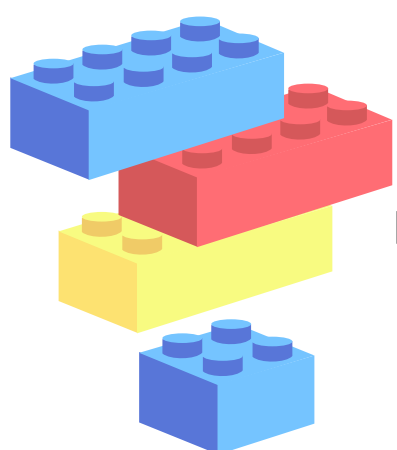
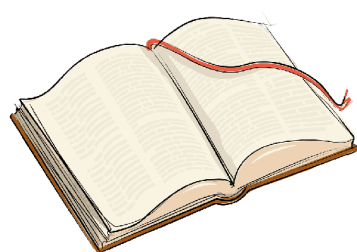
Before Lent starts, you might like to watch this three minute reminder of what Lent is all about. Busted Halo explains the significance of this season of prayer, fasting, and giving, and how you can make the most of this time of repentance and renewal.



A Family Prayer Space

It can be helpful to create a prayer space in your home with a little table and chair or cushions nearby to sit on. At this time of year you might like to use:

- Purple tablecloth for Lent
- Bible
- Candle
- Sensory objects, for example:
 - Tray of sand to touch as you talk about how Jesus went out into the desert to pray.
 - Rosary beads to handle
 - Cross (such as a holding cross).
 - Palms to wave on Palm Sunday (collect yours from your Parish)



Holy Week Lego

Do your children like Lego? Check out this amazing recreation of the events of Holy Week!

The Examen prayer

Encourage your children and young people to pray an examen at the end of each day. Check this resource for how to adapt to the different age groups in your family.

CAFOD
Catholic Agency for
Overseas Development

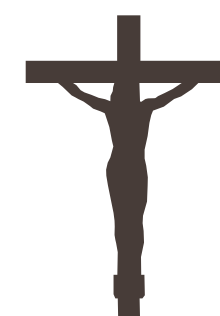
CAFOD Family prayer activity cards and Lent Calendar

Download these fun family prayer activity cards for each week of Lent from CAFOD - featuring ideas such as the doughnut challenge, five finger prayer, scripture and conversation starters, gardening, storytelling, prayer with your sand tray and more! Keep your eyes peeled for the new Family Lent Calendar - arriving soon!

Lent-stagram devotional and calendar for teens and young adults

How about introducing this devotional or calendar to teens and young adults in your family? The 47 observational reflections in the devotional booklet take a tip from the popular photo-sharing app in guiding the way through the sights, sounds and sensations of the holy season.

Through Bible verses, brief spiritual reflections and simple calls to action, the calendar helps young adults express their faith in beautiful, sharable ways.

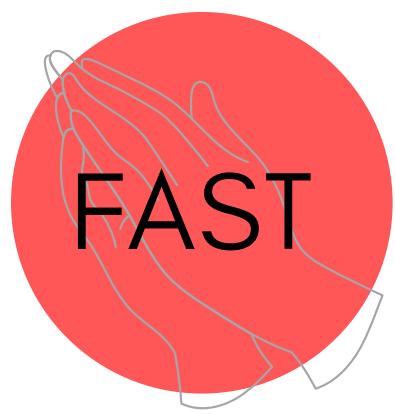


Stations of the Cross

As a family, why not journey through the stations of the Cross on Fridays?

We have a great resource that has been produced by CELEBRATE in partnership with Andrea McCarthy.





FAST

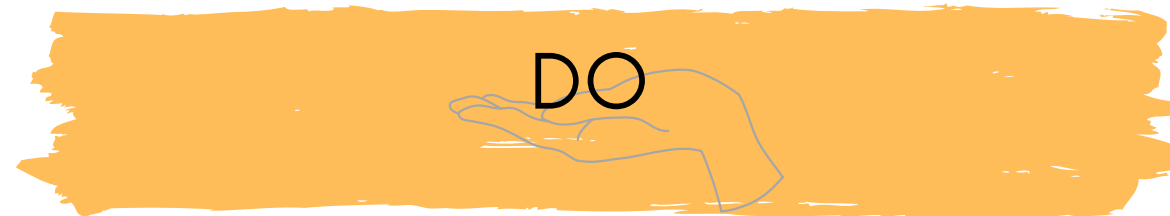
Children under 14 are not encouraged to fast from food, but you can decide to fast from whatever works for your family- treats, time on technology or watching tv - whatever works for your situation.

You might like to use the time saved for family games, going for walks or doing one of the prayer activities in this resource. You can find lots of delicious meat free recipes on the internet for those over 14's that are abstaining from meat on Fridays - why not make it a family cooking night? All hands on deck!



GIVE

Save money that you would have spent on treats or meat on Fridays and use it to bring hope to families living in poor countries. How about supporting **CAFOD's Family Fast Day on March 11th?**



DO



Wonder walks from the Scottish Bible Society!

On each map you will find something to read from the Gospel of Mark, questions to think about, games to play, and ideas to pray about this Lent and Easter. You don't need to prepare anything in advance, just download your map, pull on your wellies and head off for your weekly Wonder Walk!



Build your own Easter Garden

Get all the family involved in building this Easter Garden in Holy Week!



Do you have any young adults in your family? Invite them to go to Joel's Bar this Lent. Joel's Bar is a Catholic Charismatic Retreat, running from the 3rd - 8th April 2022 at St. Mary's Ascot, from Year 12+. Joel's Bar gives young adults an opportunity to encounter Christ, live in the power of the Holy Spirit and make great friends and have fun!

[Click here for more information and to book on!](#)

Discounted tickets end 28th Feb.



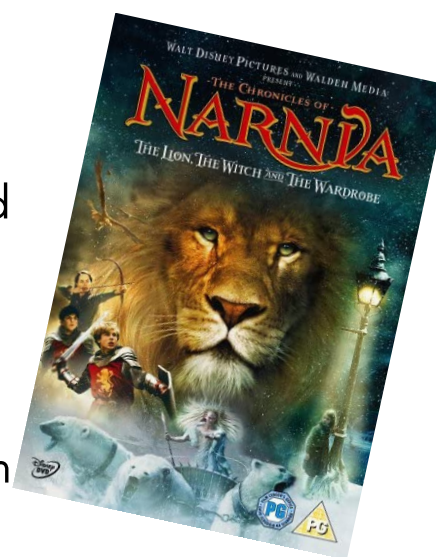
The Mark 10 Mission

There will be a brand new episode of The Mark 10 Mission each Friday in Lent. Their videos are a great way to listen to the WORD OF GOD, PRAY and WORSHIP as a family! Visit their website here.



The Lion, the Witch and the Wardrobe.

Travel with the Pevensey children as they enter the world of Narnia, meet Aslan and encounter excitement and danger in CS Lewis' representation of Christ's death and resurrection.



Ben Hur

A new and thrilling remake, Ben Hur is an astonishing tale of one man's long and moving road from vengeance to forgiveness.



Palm Sunday, 10th April

Why not celebrate Palm Sunday by putting a branch on the door of your house or in the window, as a sign of your faith to anyone that passes by.

WHAT IS CELEBRATE?



CELEBRATE is a Catholic ministry, that provides events, resources and other activities for the formation and teaching of an intergenerational audience whose main focus is family.

CELEBRATE aims to inspire, equip and connect people of all ages to live an authentic Christian life in the power of the Holy Spirit, in support of the family, to encourage local community and the sharing of faith with others.

You can find more information and resources like this on our website www.celebratetrust.org. If you would like to donate for towards the work that has gone in to producing this CELEBRATEhome activity pack we would be very grateful. [Donate by clicking here.](#)

We'd love to hear from you! Join the CELEBRATE community and [sign up to our mailing list](#), or get in touch via email: info@celebratetrust.org