

St. Ignatius Catholic School

Faith for Families

Lent 2024

An outreach of the School Board's Catholic Identity Committee



Happy (almost) Lent!

“What are you giving up for Lent?”

Whether you grew up Catholic and this is a common phrase for you this time of year, or you did not grow up Catholic and have kind of always wondered what this phenomenon is about, Lent is a great season to dive into the WHY of our Lenten sacrifices.

Lent is more than just giving up chocolate because that's what we're supposed to do.

The entire purpose of our Lenten sacrifices is to draw us closer to the heart of God. They are supposed to be daily reminders to let go of things we like but don't need (chocolate) and hold tight to God, whom we love and really do need.

However, sometimes choosing (and helping our children to choose) a Lenten sacrifice isn't easy, as they should look different for every person. Maybe you don't like chocolate so giving that up is “easy,” while gossiping, envy or anger would be a much more difficult choice that could also bring you closer to God. Oftentimes, the things that we think we can't give up are exactly the things that we need to do. No matter what you choose though, it's important that it's specific, measurable, and attainable. Also, it can be helpful to put a positive choice in place of the thing that is sacrificed

- Fast from music in the car on the way to school and pray a rosary instead
- Fast from coffee and give the money to charity instead

The other thing about Lent is to choose something that you can sustain for 40 days. If you break your commitment, begin again. The habit of choosing the good thing over the easy thing is what it's all about!

For some great ideas and things to think about, check out this [The Ultimate Guide to Lent](#) from Fr. Mike Schmitz

**Remember, you are dust,
and to dust you shall return**

Parish Events

Friday, March 1

- Fish Fry, 5pm
- Stations of the Cross, 7pm

Saturday, March 2

- First Saturday Mass, 8:45am

Friday, March 9

- Stations of the Cross, 7pm

Thursday, March 14

- Adoration with music featuring the sung Passion of the Lord, 7pm

Friday, March 15

- Fish Fry, 5pm
- Stations of the Cross, 7pm

Sunday, March 17

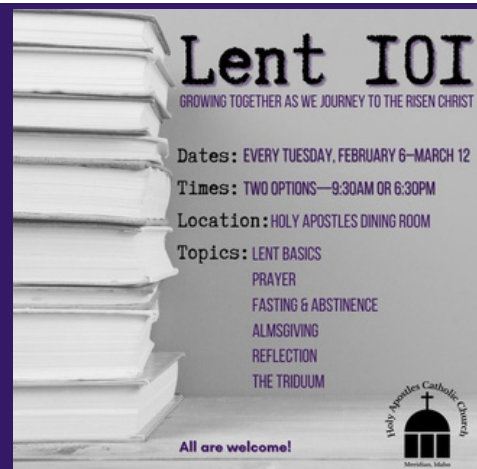
- St. Patrick's Day celebration featuring Kavanagh Porter Irish Dancers, immediately following the 11am Mass

Tuesday, March 19

- Communal Penitential Service, 6:30pm

Friday, March 22

- Fish Fry, 5pm
- Stations of the Cross, 7pm



Lenten generosity for life!

During this Lenten season, you will most likely start hearing more about your student's "Faith in Action" projects. Younger students complete these as a class and then older students choose a project or cause and do individual or small group projects. These projects are foundational for our school in their efforts to instill the values of service and social justice. However, these are best exemplified when we practice service and care for others in our homes as well. Often the most impactful and meaningful gifts are not monetary, but the gifts of our time and talents. Maybe this Lent, rather than only giving things up, incorporate generosity and giving. Here are some resources that might help start the conversation!

- [TED Talk: 6 ways to give that aren't about money](#)
- [Why Giving Matters by Arthur Brooks](#)
- [Give Your Money. Give Your Time. Don't Tell Anyone. by Arthur Brooks](#)

What is LENT?

The 40 days of Lent take place prior to the celebration of Jesus' resurrection on Easter. The 40 days recall His temptation in the desert and rejection of sin. It is used as a time to reflect, renew, and reach out.

3 Themes of Lent



Prayer

While we should always be active in our prayer life, Lent serves as a great time to recommit to good habits we may have let lapse. The renewal concept reminds us to do better in areas where we have been weak.



Fasting

The reflective practice of Lent involves simplifying our lives to focus on what is critical. We fast from and give up material things to show sorrow for our mistakes and to think of God when we miss what was sacrificed.



Alms Giving

Loving God through serving others is a critical Catholic ideal. Observing Lent serves to renew that commitment. Matthew 25:31-46 reminds us to help the needy through time, talent, and treasure.

Family Lent Activities

- [How to create a family plan](#)
- [Lenten Activities For Children](#) from Catholic Icing
- [How To Teach Your Kids About Fasting And Abstinence During Lent](#)
- [40 Faith-Building Lenten Activities](#)
- [Lent: Ideas for 40 Days](#) from Look to Him and be Radiant
- [What's the Purpose of Lent?](#) by Fr. Mike Schmitz
- [Preparing for Lent](#) by Fr. Mike Schmitz
- [Picking a Thing For Lent](#) by Fr. Mike Schmitz

Resources from Loyola Press

- [Resources for your Lenten Journey](#)
- [Lenten Family Calendar](#)
- [Lent at Home](#)
- [Lent Enough](#)

Ash Wednesday

WHAT'S WITH THE ASHES?

The ashes recall the shortness of our time on earth to do God's work. They symbolize a repentant mindset of turning away from sin and towards God.

"All came from the dust and all return to the dust." Ecclesiastes 3:20

DID YOU KNOW?
Often palms from the previous year's Palm Sunday liturgy are burnt and then used for Ash Wednesday.



Reconciliation

The Sacrament of Reconciliation is a major focus of Lent. While we should always participate in the sacrament, seeking God's forgiveness for our failings better prepares us for celebrating Christ's resurrection on Easter.

Holy Week

DID YOU KNOW?
Technically, Lent ends at the Holy Thursday liturgical service but often people continue their Lenten sacrifices through Holy Saturday.

Holy Week often refers to the week before the Easter celebration. The Easter Triduum includes Holy Thursday, Good Friday, Holy Saturday, and Easter. While these days recall Jesus' suffering and death, the Triduum is supposed to be a joyful season because the resurrection of our Lord brings the avenue of our salvation.

Embracing Quiet

Another opportunity that can be deeply beneficial this Lent is becoming more comfortable with silence. The world and our lives are full of noise. Perhaps this Lent could be a time to introduce intentional quiet time into our lives and our minds. This doesn't need to be for huge chunks of time, but just a general mindset of choosing times to be quiet and embrace quiet. For example, practice standing in line and not looking at your phone. Ever! 30 seconds, 2 minutes, or 10 minutes. If you are in a line, leave the phone in your pocket and observe the world. It is quiet for the mind and also helps us connect to the world around us while being a great model to our kids. Here are some reading and listening opportunities related to quiet.

- [How to embrace doing nothing](#) by Arthur Brooks
- [Word on Fire Podcast: Quiet](#)
- [How to Keep Time Podcast: How to Rest](#)