



Journey to Calvary – Lent 2017

Living the Season of Lent for Catholic Families

Lent is like a long 'retreat' during which we can turn back into ourselves and listen to the voice of God, in order to defeat the temptations of the Evil One. It is a period of spiritual 'combat' which we must experience alongside Jesus, not with pride and presumption, but using the arms of faith: prayer, listening to the word of God and penance. In this way we will be able to celebrate Easter in truth, ready to renew the promises of our Baptism."

(Pope Benedict XVI, from his Sunday remarks before praying the Angelus in St. Peter's Square on February 21, 2010)

Living Lent

Lenten Practices Trio

1. Prayer
2. Fasting
3. Good works/sacrifices/almsgiving

Activities

1. Lenten Crown of Thorns
2. Lenten Calendar
3. Lenten Sacrifice Jar
4. Bury the Alleluia
5. Stations of the Cross craft or coloring pages
6. Lenten Bible Study for Children – The Life of Jesus
7. Make a Paschal Candle
8. Cover up all statues, crucifixes, holy images with purple cloth

Family Reading Plan

1. Lenten Devotions
2. Book baskets for all ages

Lent Music and Movies

Feast Days and Solemnities to Celebrate in Lent

1. Saint Joseph
2. Saint Patrick
3. Feast of the Annunciation

In the kitchen

1. Lenten pretzels
2. Simplified meal plan

Lenten Prayer Ideas

1. Daily Mass
2. Weekly Holy Hour
3. Stations of the Cross at church on Friday nights. Alternatively pray the Stations of the Cross at home. Put up print on the wall and walk around the house by candlelight, blowing out all the candles at the 12th Station.
4. Family Morning Prayer – Morning Prayer (Liturgy of the Hours) and Jesus Tree readings from *The New Catholic Picture Bible*.
5. Lenten daily prayer list.
6. Pray the Angelus (6am, Noon and 6pm)
7. Pray the Divine Mercy Chaplet. (3pm)
8. Family Night Prayer – Rosary and Night Prayer (Liturgy of the Hours)
9. Saint Joseph Novena starts on March 10 and ends on March 18.
10. Divine Mercy Novena starts on Good Friday, April 14.
11. Consecration to Mary. Start on February 20 for a Consecration on the Feast of the Annunciation on March 25. Start on April 10 for a Consecration on the feast of Our Lady of Fatima on May 13.

Fasting/Penance/Sacrifices

Some ideas of things to give up:

1. Meat (Fridays and maybe more days a week)
2. Snacking (Ash Wednesday, Good Friday and maybe more days)
3. Alcohol
4. Candy
5. Soda
6. Eating out
7. Social media
8. Movies
9. Unnecessary shopping
10. Books which are not religious
11. Cursing
12. Criticizing
13. Whining
14. Laziness
15. News
16. Gossiping
17. Texting
18. Lying
19. Shouting
20. Nagging
21. Listening to music
22. Negative speech

Almsgiving/good works

1. Pray each day for our Lord to bring needy people to us daily – and for wisdom that we may see them.
2. Donate money saved on groceries and other sacrifices to elderly/homeless/pro-life charities (Little Sisters of the Poor, the Poor Clares, Food for the Poor, Divine Mercy Care, Birthright)
3. Do some family volunteer work – visit nursing homes, help at LINK food pantry
4. Invite lonely neighbors or people at Mass for tea or a meal
5. Help the needy in our own family – elderly grandparents, siblings
6. Make ziploc bags of food and hygiene items and give to those begging/homeless by the side of the road
7. Take a meal to a new mom or someone who is ill
8. Discuss and practice the Spiritual and Corporal Works of Mercy
9. Make rosaries and give them away

Family Lenten Reading Plan

Reading Plan (as defined by Maria Trapp in *Around the Year with the Trapp Family* - <https://www.ewtn.com/library/FAMILY/TRAPP.TXT>)

1. **Something for the mind** – church history, Catechism of the Catholic Church, Papal Encyclicals
2. **Something for the soul** – “spiritual reading of a high order” - writings of the saints e.g. Saint Francis de Sales, Saint Teresa of Avila, Saint Therese of Lisieux
3. **Something for the heart** – saint biographies, books about the Blessed Mother, saintly people

Mom and Dad/Older Teens Lenten Basket

- Soul of the Apostolate – Dom Jean-Baptiste Chautard
- I believe in Love: a personal retreat based on the teachings of Saint Therese of Lisieux – Father Jean d'Elbee
- Fire Within – Father Thomas Dubay
- Happy are You Poor – The Simple Life and Spiritual Freedom – Father Thomas Dubay
- Abandonment to Divine Providence – Father JP de Caussade
- Papal Encyclicals/Letters
- The Catechism of the Catholic Church
- The Fulfillment of All Desire – Ralph Martin
- Searching For and Maintaining Peace – Father Jacques Philippe
- Trustful Surrender to Divine Providence – Father Jean Baptiste Saint Jure
- Ten Days Every Catholic Should Know – Diane Moczar
- Supremacy and Survival – Stephanie Mann
- Story of a Family – Father Stephane Joseph Piat
- Meditations for Lent - Bishop Boussuet
- Anima Christi: Soul of Christ – Mother Mary Francis
- Time for God – Father Jacques Philippe
- Diary: Divine Mercy in my Soul: Sister Faustina Kowalska
- Weight of Glory – CS Lewis
- The Problem of Pain – CS Lewis
- The Great Divorce – CS Lewis
- A Witness to Joy – Chiara Corbella Petrillo
- Straight Answers and Straight Answers 2 – Father William Saunders
- The Hidden Power of Kindness – Father Lovasik
- The Sinner's Guide – Venerable Luis of Granada
- 33 Days to Morning Glory – Father Gaitley
- God or Nothing – Cardinal Sarah
- Heaven Starts Now – Becoming a Saint Day by Day by Father John Riccardo
- Last Testament – In His Own Words by Pope Benedict XVI and Peter Seewald
- Champions of the Rosary – Father Donald Calloway

Family Read Aloud Basket

- The Family that Overtook Christ – M. Raymond
- The Hidden Power of Kindness – Father Lovasik

- Saint Patrick's Summer – A Children's Adventure Catechism – Marigold Hunt
- Amon's Adventure: A Family Story for Easter – Arnold Ytreeide
- An Easy Way to Become a Saint – Father Paul O'Sullivan
- Angel Food for Boys and Girls – Father Gerald Brennan
- Rediscover Jesus – Matthew Kelly
- The Four Signs of a Dynamic Catholic – Matthew Kelly
- Catholics Wake Up: Be a Spiritual Warrior – Jesse Romero
- A Philadelphia Catholic in King James' Court – Martin de Porres Kennedy
- Victory over Vice – Fulton Sheen
- Walk with God – Fulton Sheen
- Resisting Happiness – Matthew Kelley
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Teen Lenten Basket

- The Spear – Louis de Wohl
- What Does God Want – Father Michael Scanlan
- Story of a Family – Father Stephane Joseph Piat
- Fit for Eternal Life – Kevin Vost
- Letters to a Young Catholic – George Weigel
- Church History (Didache)
- John Paul the Great – Jason Evert
- A Priest Forever – Father Groeschl
- All Things Guy – Teresa Tomeo
- Created for Work - Bob Schulz
- Boyhood and Beyond – Bob Schulz
- Boys to Men: the Transforming Power of Virtue – Tim Gray
- Do Hard Things – Alex and Brett Harris
- With God in Russia – Father Walter Ciszek
- Louis de Wohl Saint biographies
- Desiderata: A Teenager's Journey to God – David Eich
- The Screwtape Letters – CS Lewis
- Rome Sweet Home – Scott and Kimberley Hahn
- 40 Dreams of Saint John Bosco
- Welcome Home: Fallen Away Catholics Who Came Back! – edited Terry Barber
- Surprised by Truth – Patrick Madrid
- Story of a Soul – Autobiography of Saint Therese of Lisieux
- The Young Man's Guide – Father Lasance
- The Catholic Girl's Guide – Father Lasance

Elementary Kids Lenten Basket

- Vision Saint Biographies selection
- The Gate – Nancy Carabio Belanger
- Olivia and the Little Way – Nancy Carabio Belanger
- Olivia's Gift – Nancy Carabio Belanger
- Claire's Costly Cookies – Julie Kelly
- The Way of the Cross, A Story of Padre Pio – Claire Jordan Mohan
- The Young Life of Saint Maria Faustina – Claire Jordan Mohan
- Mary Fabyan Windeatt saint biographies
- Encounter the Saints biographies

- Life of Our Lord for Children – Marigold Hunt
- The First Christians – Marigold Hunt
- Lenten virtues/Bible/Catechism - Lenten Garden of Virtues (with copywork and memorization)
- Catholic Stories for Boys and Girls I and II – Caryll Houselander
- The Young life of Pope John Paul II – Claire Jordan Mohan
- Golden Children’s Bible

Picture book and Preschool Lent Basket

- Their Hearts are His Garden – Sister Mary Marguerite
- Making Music Praying Twice – Lent
- The New Catholic Picture Bible
- Benjamin’s Box: The Story of the Resurrection Eggs – Melody Carlson
- The Tale of Three Trees – Angela Elwell Hunt
- Song of the Swallows – Leo Politi (Feast of Saint Joseph)
- Patrick, Patron Saint of Ireland – Tomie de Paola
- Children’s Stations of the Cross – Brindle/Bell/Lademan
- Follow Me – A Stations of the Cross Book: Christine Haapala
- The Very First Easter – Paul Maier
- Holy Heroes Lenten Adventure and daily activity pages
- Petook , and Easter Story – Caryll Houselander
- Lolek: the boy who became John Paul II – Mary Hoffman
- The Monk Who Grew Prayer – Claire Brandenburg
- Take It to the Queen: a tale of Hope – Josephine Nobisso
- *Celebrate Lent – Father Winkler*

Lenten Bible Study for Children – The Life of Jesus

Day	Event in Jesus' Life	Bible Readings	New Catholic Picture Bible
1	The Presentation	Lk 2:22-38	The Presentation of Jesus in the Temple Page 103
2	Jesus in the Temple/Hidden Life	Lk 2:41-52	Jesus is Found in the Temple; The Hidden Life of Jesus Pages 108-111
3	The Baptism of Jesus	Mt 3:11-17, Mk 1:6-11, Lk 3:21-22	The Baptism of Jesus 112-113
4	Jesus Tempted in the Desert	Mt 4:1-11, Mk 1:12-13, Lk 4:1-13	The Temptation of Jesus in the Desert 114-115
5	Jesus' Miracle at Cana	Jn 2:1-11	The Marriage at Cana 116-117
6	Jesus Cleanses the Temple	Jn 2:13-17, Mt 21:12-13	The Sellers in the Temple Pages 118-119
7	Sermon on the Mount	Mt 5:1-16, 43-48, Lk 6:20-26	The Sermon on the Mount, Jesus teaches Charity Pages 130-133
8	Martha and Mary	Lk 10:38-42	Jesus with Martha and Mary Pages 172-173
9	Great Catch of Fish/Disciples	Lk 5:1-11, Mt 4:18-22, Mk 1:16-20	The Great Catch of Fish Pages 124-125; The Mission of the Apostles Pages 168-169
10	Jesus Blesses the Children	19:13-15, Mk 10:13-16; Lk 18:15-17	Jesus and Little Children Pages 164-165
11	The Transfiguration	Mt 17:1-8, Mk 9:2-8; Lk 9:28-36	The Transfiguration Pages 160-161
12	Curing of Ten Lepers	Lk 17:12-19	The Ten Lepers Pages 126-127
13	Jesus Quiets a Storm	Mt 8:23-27, Mk 4:35-40, Lk 8:22-25	Jesus Calms the Storm Pages 146-147
14	The Good Samaritan	Lk 10:25-37	The Good Samaritan Pages 170-171
15	Jesus Walks on Water	Mt 14:22-33, Mk 6:45-52, Jn 6:16-21	Jesus Walks on the Water Page 154
16	Promise of the Eucharist	Jn 6:22-59	Promise of the Holy Eucharist Pages 156-157
17	The Lost Sheep and The Good Shepherd	Lk 15:1-7	The Good Shepherd Page 183
18	Jesus Feeds 5000	Mt 14:13-21, Mk 6:31-44, Jn 6:1-15	The Miracle of the Loaves and Fishes Pages 152-153
19	Samaritan Woman at the Well	Jn 4:4-42	The Samaritan Woman Pages 122-123
20	The Cripple at the Pool	Jn 5:1-15	The Cripple at the Pool Pages 128-129
21	Nicodemus Comes to Jesus	Jn 3:1-15	Nicodemus Comes to Jesus Pages 120-121
22	Return of the Prodigal Son	Lk 15:11-32	The Prodigal Son Page 177
23	The Rich Man and Lazarus	Lk 16:19-31	The Rich Man and Lazarus Pages 138-139
24	The Call of Matthew	Mt 9:9-13, Mk 2:13-17; Lk 5:27-32	The Call of Matthew Pages 136-137
25	The Blind Man	Jn 9:1-41; Mt 20:29-34; Lk 18:35-43	The Blind Man Page 181
26	The Man with the Withered Hand	Mt 12:9-13; Mk 3:1-5; Lk 6:6-10	The Man with the Withered Hand Pages 144-145
27	The Centurion's Servant	Mt 8:5-13	The Centurion's Servant Page 134-135
28	Zacchaeus the Publican	Lk 19: 1-10	Zacchaeus the Publican Page 186-187
29	Peter Receives the Keys to Heaven	Mt 16:13-20; Mk 8:27-30; Lk 9:18-21	Peter, The Head of the Church Pages 158-159
30	Widows' Son Back to Life	Lk 7:11-17	The Widow's Son Page 142
31	A Coin for Caesar	Mt 22:15-22; Mk 12:13-17; Lk 21:1-4	The Temple Dues Pages 162-163
32	Lazarus Raised from the Dead	Jn 11:1-44	Jesus raises Lazarus Page 179
33	The Adulteress	Jn 8:1-11	The Adulteress Pages 174-175
34	The Widow's Mite	Mk 12:41-44, Lk 21:1-4	
35	Woman Anoints Jesus' Feet	Lk 7:36-50	The Penitent Woman Pages 140-141
36	The Rich Young Man	Mt 19:16-26, Mk 10:17-	The Rich Young Man Page 182

		27, Lk 18:18-27	
37	The Mother of James and John	Mk 10:35-45	Mother of James and John Pages 184-185
38	Jesus' Entry into Jerusalem	Mt 21:1-16, Mk 11:1-11, Lk 19:29-44	Entry into Jerusalem Pages 188-189
39	Judas Takes 30 Silver Pieces	Mt 26:14-16, Mk 14:10-11, Lk 22:1-6	Judas Betrays Jesus Page 197
40	Jesus Washes Disciples' Feet	Jn 13:1-20	Washing of the Feet at the Last Supper Pages 190-191
41	The Last Supper/ Eucharist	Mt 26:19-29, Mk 14:17-25, Lk 22:14-16	The Institution of the Holy Eucharist at the Last Supper Pages 192-193 and The High-Priestly Prayer of Jesus at the Last Supper Pages 194-195
42	Agony in the Garden/Betrayal	Mt 26:30-56, Mk 14:32-52, Jn 18:1-12	The Agony in the Garden Page 196; Judas Betrays Jesus Page 197; and Jesus Before Caiaphas Page 198
43	Peter Denies Jesus	Mt 26:69-75, Mk 14:66-72, Jn 18:14-27	Peter Denies Jesus Page 199
44	Pilate Presents Jesus to the People	Mt 27:24-25, Jn 19:4-15	Jesus Before Pilate Pages 200-201; Jesus is Scourged Page 202; and Behold the Man Page 203
45	Jesus is Crucified	Mt 27:33-56, Mk 15:22-41, Jn 19:17-30	the Road to Calvary Pages 204-207; Jesus Dies on the Cross Pages 208-209
46	The Burial of Jesus	Mt 27:57-66, Mk 23:50-56, Jn 19:38-42	The Burial Pages 210-211
47	The Resurrection / Tomb		The Resurrection of Jesus Pages 212-213

Lenten Music and Movies

Lent Music

- Stabat Mater
- O Sacred Heart Surrounded
- Parce Domine
- Were you there when they crucified my Lord?
- Soul of my Savior
- Pange Lingua
- Passion of Saint Matthew (Bach)
- Mass in B Minor (Bach)
- Jesus Christ is Risen Today
- Online resource <http://romaaeterna.jp/index3.html>
- Lent at Ephesus – Benedictines of Mary Queen of Apostles

Lent Family Movie Basket (Saints and Inspiration)

- Jesus of Nazareth
- Of Gods and Men
- Padre Pio
- Saint Thérèse
- Saint John Bosco
- Father Solanus Casey
- Saint Bernadette
- For Greater Glory
- Courageous
- Fireproof
- Facing the Giants
- Flywheel
- Amazing Grace
- War Room
- Bella
- Champions of Faith
- Ben Hur
- The Keys of the Kingdom
- The 13th Day
- Chariots of Fire
- Into the Great Silence
- Maximilian Saint of Aushwitz
- Edith Stein
- The Scarlet and the Black
- Fishers of Men
- Completely Christ's
- Brother Francis
- Little Boy
- God's Not Dead I and II

Online Lent Resources

Online Devotions/Prayers

Best Lent Ever <http://dynamiccatholic.com/bestlentever/>

Praying Lent <http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

Laudate app for Divine Office, daily readings etc.

Liturgy of the hours <http://universalis.com/>

Daily Mass Readings <http://www.usccb.org/bible/readings/020517.cfm>

Free Printable Calendars, Journals, Prints (check for updates for 2017)

1. Michele Quigley <http://michelequigley.com/category/lent/>
2. Jenn Miller <http://familyfeastandferia.com/lityear/lent-and-easter/>
3. Pondered in my Heart
http://ponderedinmyheart.typepad.com/pondered_in_my_heart/2016/02/lent-calendar-2016.html.
4. Stations of the Cross images <http://ukbookworm.blogspot.com/2008/02/stations-of-cross-three-part-cards.html>
5. Loyola Press Calendar of Crosses <http://catechistsjourney.loyolapress.com/wp-content/uploads/2016/12/2017-40-crosses-english.pdf>
6. Stations of the Cross Coloring Pages <http://www.sjtb.org/releducolor.html>

Online Lenten Adventure for Children

Holy Heroes Lenten Adventure <http://www.holyheroes.com/Holy-Heroes-Lenten-Adventure-s/37.htm>

Resources to purchase

1. Paschal Candle Kit <http://www.sacredheartbooksandgifts.com/index.php?m=4&s=0&mc=0&sc=0&pd=II-645>
2. Stations of the Cross kit <http://www.sacredheartbooksandgifts.com/index.php?m=4&s=0&mc=0&sc=0&pd=II54>
3. Lent at Ephesus CD – Benedictines of Mary Queen of Apostles
<https://music.benedictinesofmary.org/products/cds>

Marilyn Wilkinson, Lent 2017

Our Lenten Pretzels



Ingredients:

1 ½ cup warm water, 1 ¼ teaspoon active dry yeast, 2 tablespoons brown sugar, 1 ¼ teaspoon salt, 4 cups white wholewheat flour, 2 cups warm water, 2 tablespoons baking soda, ½ cup butter melted, brown sugar, cinnamon, kosher salt

Directions:

Sprinkle yeast on lukewarm water in mixing bowl; stir to dissolve. Stir in sugar and salt; add flour and knead dough until smooth and elastic. Let rise at least 1/2 hour. While dough is rising, prepare a baking soda water bath with 2 cups warm water and 2 Tbsp baking soda.. After the dough has risen, pinch off bits of dough and roll into a rope and shape. Dip pretzel in baking soda solution and place on greased baking sheet. Allow pretzels to rise again. Bake in 450 degree oven for about 10 minutes or until golden. Brush with melted butter and roll in cinnamon sugar or kosher salt and enjoy!

PRAYER

We beg you, O Lord, to bless these breads which are to remind us that Lent is a sacred season of penance and prayer. For this very reason, the early Christians started the custom of making these breads in the form of arms crossed in prayer. Thus they kept the holy purpose of Lent alive in their hearts from day to day, and increased in their souls the love of Christ, even unto death, if necessary.

Grant us, we pray, that we too, may be reminded by the daily sight of these pretzels to observe the holy season of Lent with true devotion and great spiritual fruit. We ask this through Christ our Lord. Amen.

Pretzels for God by Unknown, Pretzels for God, St. Francis Xavier Church, 4715 N. Central, Phoenix, AZ 85012