



Family

ALMSGIVING

project planner

Adopt a family project to help those in need. Consider using the steps below, one for each of the six weeks of Lent.

Week 1: Identify the need

- Local outreach allows kids to see the direct impact of their efforts, but supporting those in need from a distance is valuable as well.
- Find inspiration from sources like the local newspaper, a social worker, a Catholic Charities employee, or the Church's Social Justice Teachings.
- Discuss the concept of marginalization—who in our community faces it, and why?
- As a family, which human need resonates most deeply with us?

Week 2: Learn about it

Learn more about the group we want to support and their specific needs. Explore books and online resources, visit their community, engage in conversations with them and connect with those already dedicated to serving them.



“How beautiful it would be if the poor could occupy in our hearts the place they have in the heart of God!”- Pope Francis

3. Brainstorm and action plan

How do our family's talents and resources align with the needs of the people we want to help? What actions will we take, and what steps are required? Will this be a one-time event, like a neighborhood food drive, or an ongoing commitment, such as serving a monthly meal at a shelter?

Consider the details:

- Who is involved?
- What needs to be done?
- When will it happen?
- Who should we contact?
- Who else can we invite to join?
- What supplies do we need to gather or prepare?

Let's map out the plan in weeks 4-5 and add it to our calendar!

Weeks 4-5: Ready.Set.LOVE!

here are the steps of our action plan:

Week 6: Unpack the experience

What did we learn about or from the people we helped? Can we relate to their experiences? How do you think Jesus sees them, and how might our act of kindness have impacted them? What makes you believe that?

How did this experience affect us personally? What might Jesus want to tell us about our efforts?

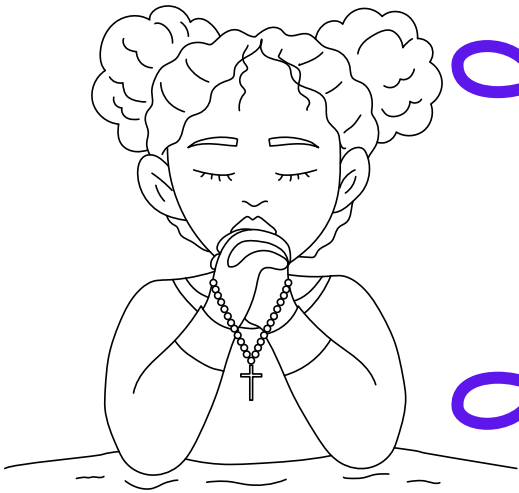
Looking ahead, how will this shape the way we think, speak, act, or connect with others? Giving and serving aren't just for Lent—how can we make this a lasting part of our family's way of life?

Lenten Sacrifice

Lenten Season: Wednesday, March 5 - Thursday, April 17



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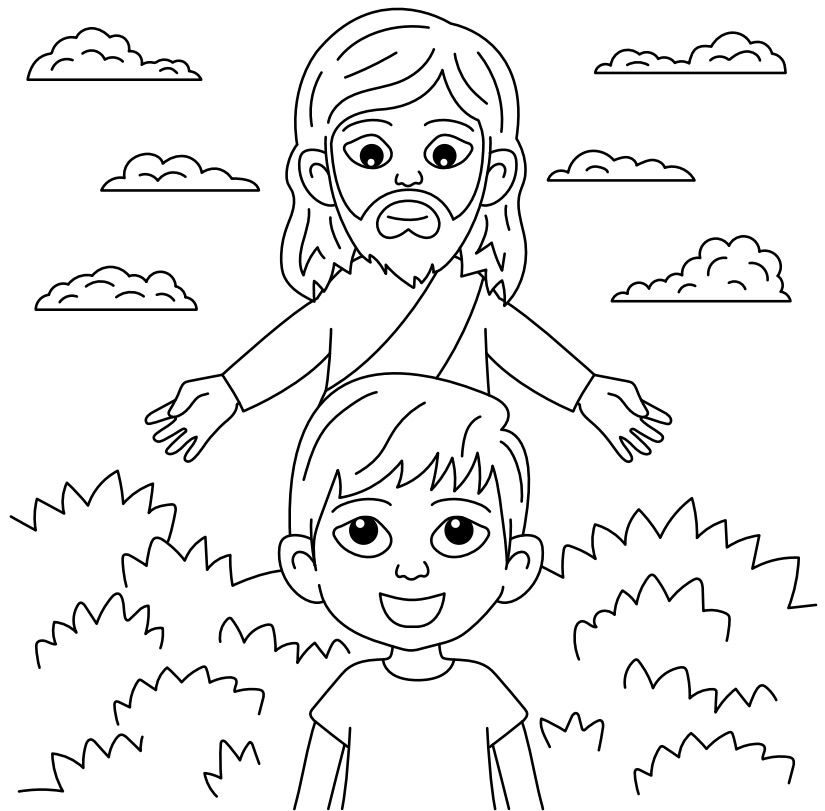


What will you give up during Lent this year?

During Lent I will give up...

Write your own prayer
for Lent below:

My Prayer



Journey to Jesus:
Your Lenten adventure for the Holy Year of Jubilee



My Lenten PLAN

Fasting

Reflecting on your plan:

TAKE SOME ALONE TIME WITH GOD.

Quiet yourself. Imagine yourself in a beautiful desert. Be conscious that God is with you. Pray something like this: "Lord, thank you for being here with me. Thank you for making me and loving me so unconditionally. You know better than anyone my strengths & weaknesses, my virtues & sins, my desires & fears. Lord, where are we at — you and I? How am I loving... you, myself, others? Please fill my heart with your Spirit and show me what you want from me and for me this Lent."

REFLECT ON YOUR RELATIONSHIP WITH GOD.

Am I aware of your presence throughout my day, Lord? Do I set aside time to give you all my attention? How would you like me to connect with you? When can I make this work in my week/day? Do I have a prayer-practice in need of refreshing (reading about it, living it with renewed attention)?

Prayer

REFLECT ON HOW YOU CAN GIVE YOURSELF.

Do I depend too much on anything or find myself acting, speaking or thinking in a way that isn't like you, Jesus? What shall I give up that will open me up to you changing my heart? (Fasting) How do you want to grow my heart through seeing and responding to the needs of others? Who are the marginalized people around me?... In my own heart? (Almsgiving) What do you want of me, Lord? How shall I give this Lent?

WRITE ONE THING YOU'LL DO IN EACH CATEGORY.

What, when, how? Do I need to order a book, research? "Lord, I offer my Lenten plan to you. Help me, and work your own plan in me that I may share in your dying & rising."

Almsgiving

Is there someone/an intention I'd like to offer my Lenten efforts for? Write it here:

Is there a verse/phrase/short prayer that inspires me or reminds me of how God is calling my heart this Lent? Write it here:

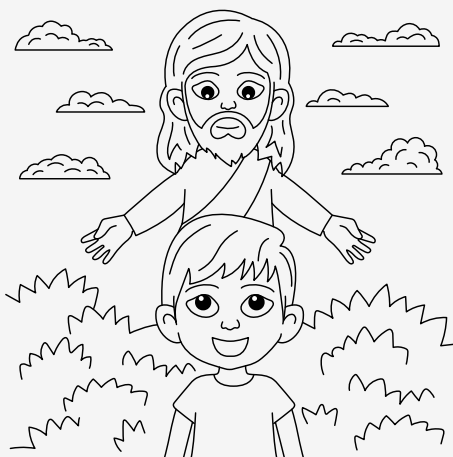
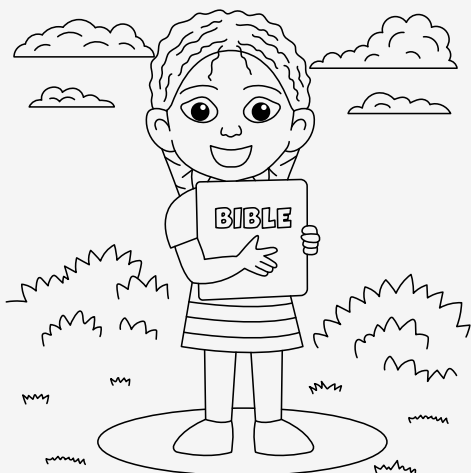
Keep it simple. Review and start fresh daily.





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How can I grow with Jesus this Lent:



**I will spend time
being with Jesus, by:**

**I will love like Jesus
even when it's hard:**

**I will help others like
Jesus did, by:**

NOTE TO PARENTS:

Explain that Lent is a special quiet time of preparing for the great celebration of Jesus' dying and rising. For kids under 7, this is enough. (Parents may tell about their own Lenten practices.) For kids around age 7, you may invite them to make a simple Lenten plan, but keeping it primarily in the positive.

We get our hearts ready for Easter by:

- Being with Jesus in prayer and getting to know him better.
- Trying to love like Jesus even when it's hardest and hurts (depicted here by the thorns on Jesus' Sacred Heart).
- Trying to help others like Jesus did, especially those who don't have what they need.

Help your child come up with one way, for each category, that they'll prepare their hearts. Here are some ideas:

- Talk to Jesus when I wake up or before I go to bed.
- Pray grace before meals with special attention and thanks.
- Look at a Bible book and think about Jesus.
- Obey Mom and Dad especially when _____
(child's more challenging moments)
- Be kind to my brother/sister especially when _____.
- Help a family member especially when _____.
- Do extra chores to earn money to buy food for people who don't have enough.

Our Family Lenten PLAN

Prayer & Faith Talk

- How can we make Sunday Mass more central in our week?
- How can we pray together as a family this Lent?
- When will we schedule it?
- Is there a special intention we'd like to offer our Lenten prayers for?
- When/how will we learn about our faith or have conversations about it?
- Is there a resource we'll use to help us?

Fasting

- Is there something we do too much of as a family that's not particularly good or healthy?
- What can we give up together?
- What is something good we should be doing that we're not, or that is hard/not fun?
- What could we do that would help us get in touch with how poor people live or those treated unequally?

Almsgiving

- How can we learn more about what our faith teaches about social justice and the corporal works of mercy?
- Who is in need, and what are their specific needs?
- What research do we need to do?
- How might we make a difference for these people?
- What project shall we adopt to help others this Lent?

(The whole process can be part of your almsgiving throughout Lent—learn/research in the first half, act in the second half. Keep it simple.)

