

2020
March
Lent


TAKE OUT

Family Faith on the Go



Simple Lenten Meals

Easy meals can be a way to introduce kids to both Lenten sacrifice and food preparation



5 Types of Prayer

Expand your vocabulary with these ways to pray

KIDS QUESTION

St. Joseph

Who is St. Joseph and how is he a model for us this Lenten season?

ALSO: Diary of a Catholic Mom, Page 6



From the Editor

Joseph and Lent

In one of the many back-seat-of-the-car question sessions from my kids, I got this one: “Who is Jesus’ dad?” My 4-year-old quickly chimed in, “God, duh.” (If only understanding the Trinity was that easy for everyone!) Indeed, God is the father, and Jesus is God. But it’s so important to also understand who Joseph was — an earthly example of loyalty and love for all people to follow. The kids question on this issue’s back page explains who Joseph was and how we can try to be like him this Lent.

And don’t miss Gretchen R. Crowe’s column on incorporating the saints into your Lenten journey. Start with St. Joseph! Does your family have a special connection to another saint? If not, check out <http://bit.ly/TCKSaints> to find one.

How is your prayer and fasting coming along? Check out Page 3 for explanations of the five types of Catholic prayer and see our poster for tips on cooking simple Lenten meals.

Lindsey

Join our online community!



Sign-up for our email list at <http://bit.ly/TCKprayer> to receive great emails with resources and downloads from Teaching Catholic Kids AND a free prayer flow chart!

Follow **teachingcatholickids** for a positive Catholic online community sharing inspiration and information.



Celebrate!

March

March 7 – Sts. Perpetua and Felicity

These friends and young mothers were put to death during the Roman persecutions of the third century. Felicity gave birth while in prison and Perpetua had a baby she was still nursing when thrown in prison. Pray for their intercession for expectant mothers.

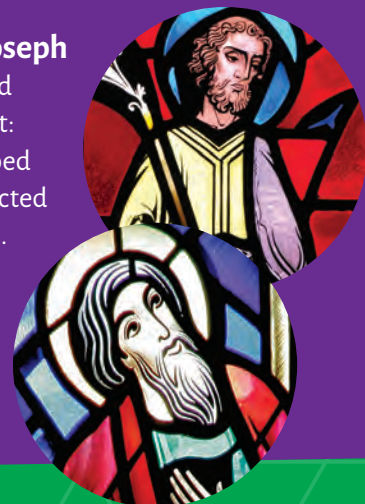
March 8 – Daylight Savings Time begins at 2 a.m.

March 17 – St. Patrick

The United States loves St. Patrick’s Day. If you do something fun today, like attend a parade or pinch somebody for not wearing green, add on doing something nice for someone who needs it.

March 18-19 – St. Joseph and St. Joseph

At the beginning of Jesus’ life and the end were two different Josephs. Joseph (feast: March 19), the foster father of Jesus, helped Mary during the birth of Jesus and protected the Holy Family during the rest of his life. Joseph of Arimathea (feast: March 18) provided the tomb for Jesus and helped bury his crucified body. The witness and actions of these two men testify to the humanity of Our Lord.



The Crosiers, Shutterstock

March 22 – Laetare Sunday

On the Fourth Sunday of Lent, Lent is celebrated as halfway complete. After Mass today, tell your family what you’ve done this Lent while sharing a meal, perhaps with one menu item that you traditionally eat on Easter.

March 25 – Annunciation of the Lord

The angel Gabriel came to Mary to tell her of the Lord’s coming birth. Are you open to hearing what angels, especially your guardian angel, might be saying to you?

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Adoration

Prayers of adoration, like those seen in the Scriptures with the visit of the shepherds and wise men to the infant Jesus, teach us to worship. Worship is a fitting response to believing in Jesus as our Lord and Savior. We adore Jesus in word, song, silence and even action, especially in the Mass.

Praise

Praise is a movement of the heart that lauds God for who he is and not for what he does for us. God, by his very nature, is always worthy of our praise. Prayers of praise are an excellent remedy to a grumpy mood, as it shares in the blessed happiness of God. We can praise by simply lifting our eyes toward heaven and smiling at how truly good God is.

Contrition

Contrition means to be sorry for things we did or failed to do that have hurt our relationship with God. If you have ever had someone offer you a sincere apology for hurting you, the power of this type of prayer probably hits home. Acknowledging you have made a poor or wrong choice takes courage and, therefore, very much pleases Jesus. Forgiveness is the heart of Jesus' teaching, making this a very special prayer for us to offer.

Jesus is the greatest example of living a faithful life dedicated to God.

He learned to pray at home from his parents, particularly from his mother, Mary. She prayerfully listened and pondered in her heart every encounter, teaching and lesson of her faith. We learn to pray in our families, through religious education and at Mass.

Although there are many ways to pray, traditionally, Catholic prayer includes praise, adoration, contrition, thanksgiving and supplication.

Ways to Pray

By Allison Gingras

Thanksgiving

Blessed Solanus Casey, a humble Capuchin priest, used to advise people to "thank God ahead of time," whatever their prayer might be. He knew that God would answer every prayer, even if God's answer was different than the one for which the person had prayed for. Blessed Solanus understood God's great love for us, especially as our Father, and how thankful we should be at the excellent care he provides each of us. How often do we remember to thank God for not only the special blessings we receive but also for the daily care he provides.

Supplication

Another way of understanding supplication is that it is simply asking. This type of prayer compels a person to put aside their desires and trust in the goodness of the Lord. There are many things we probably wish God would give or do for our families, or ourselves, because God loves us; he allows us to come to him and ask, to petition in prayer these requests. Supplication requires humility, which means that, no matter what we are asking, we remember the answer is always up to God, who is all-knowing and will assure we get what is best for us.

Allison Gingras lives out her Catholic faith via a grace trifecta of prayer, sacrament, and Scripture.



Simple meals allow kids to help prepare. Whether the simplicity comes from including only a few ingredients, a lack of complexity or little preparation, children of all ages can participate in these types of meals, which is a perfect way to enter the Lenten season.

These meals take little stress to plan and come together quickly — also perfect for last-minute dinner guests or emergency needs. When life is hectic, this approach allows you to focus on more important things.

They also tend to be low cost, hence good stewardship of resources. They allow us to experience solidarity with people who have to eat simple meals every day.

Finally, kids love them! Whether it's a grilled cheese sandwich, chicken noodle soup or peanut butter and jelly, the lack of complex flavors makes it more likely children will eat them.

Practical, Simple Lenten Meals

Try these classic meals during Lent so you're not eating the same meatless meal all the time.



Cheese Quesadillas: With as little as two ingredients, you can have a meal that your kids will be sure to love. You can even make them in the microwave! Add a mixture of varying cheeses or include tomato soup. Tortillas can remind us of the Eucharist.



Bean Soup: All you really need is some vegetable broth or tomato soup and two or three kinds of beans. Add some celery and onions for a little extra flavor. Kids can enjoy dumping everything into the pot and stirring. You can talk about sharing what we have while you make this meal.



Fish Stick Tacos: If you're sick of fish sticks, try zesting it up by making tacos — add taco seasoning; include lettuce, shredded cheese and some sour cream; wrap everything in tortillas. It's simple, fast and enjoyed by every child.

Tips for Preparing Food with Your Kids

Follow these three easy tips when cooking with your kids to keep it an enjoyable experience for everyone:

Know their abilities. Age, personality and interests all determine what a particular child can or will do in the kitchen. Are they able to handle chopping, peeling and adding spices, or should they be restricted to adding ingredients and stirring?

Guided independence. This will be a learning experience. Let them make a mess (and clean it up later). Teach them to be safe, but let them do tasks without hovering. You will form a bond, and they will learn.

Have a conversation. Cooking together is almost as important as eating together. While preparing the meal, use the time as an opportunity to talk about your day and your faith.

Talking about Sacrifice

How we talk to our kids about sacrifice should vary depending on their ages.

For kids younger than 5, it's enough to say we sacrifice and fast because Jesus did it. For children ages 6 to 12, explain that fasting is like practicing saying no to temptations. It strengthens our spiritual connection to God. Teenagers can learn about atonement — that is, offering up our suffering along with our prayer and almsgiving to purify our soul and prepare us for the Resurrection.

Why We Fast

There are many reasons we fast during Lent. Jesus showed us why to fast. He went into the desert and fasted to prepare himself for his ministry. To remember that, we fast and sacrifice as well.

We also fast and sacrifice to form good habits. If we're able to say no to food or pleasure, we're more capable of saying no to temptation.

Finally, fasting is penitential. We can pray for forgiveness for ourselves and others while we fast.

Ryan Langr is a full-time freelancer, editor, stay-at-home dad to one preschool daughter and husband.



The Saints and Your Lenten Journey

By Gretchen R. Crowe

At Mass a few weeks ago, our priest led us in saying, as we do every week, the Prayer to St. Michael the Archangel. My parents were in town, visiting for a few weeks, helping us manage kids, work, household — in general, life. During the recitation of this prayer, my mom misspoke. I'm not sure what she said, but I do know that Joseph, our precocious not-yet-3-year-old, looked sternly at Grama and corrected, loudly and repetitively: "Do *THOU*."

Now that we have mastered the words of our prayers, we will be shifting to a full-court press on gentility.

That Joseph has been able to recite the St. Michael prayer since he was 20 months old is due to one thing: We try to pray it together with him and his sister every single night. We aren't perfect about it. We're not always all together, and some nights it's more rushed than others, but whoever is doing bedtime with the toddler knows and follows the routine. If not, you can be sure he will remind you (yes, precocious).

St. Michael isn't the only saint our son knows. He can point out St. John Paul II, St. Thérèse of Lisieux, St. John Henry Newman and his favorite, Mother Teresa, among others. This isn't just because he sees them when we go to Mass and in books (which he does), but because they have a very visible presence in our home.

I credit this mostly to my wonderful and thoughtful husband, whose love of sacred art, beautiful statues and iconography provides us with a nice

little collection to curate throughout our home as the liturgical seasons come and go. Having these holy people in such close, regular proximity reminds us that our goal should always be heaven, even if our actions all too often say otherwise.

In addition to being reminders to practice virtuous living, the images and statuary of the saints gives us cause to talk to our children about holy men and women of faith, why we revere them, and how we should both model our lives after them and pray to them. In each of our kids' rooms are small statues of each of their patron saints (Sts. Joseph, Gerard, Anne and Thérèse) to watch over them as they sleep. And my almost 3-year-old has a "special box" of holy cards that he keeps under his bed to look at, talk to or, most adorably, kiss. (We also have prints from Rebecca Pohlmeier's adorable "Glory Be Saints" in the kids' rooms. So perfect for little ones.)

If you've not incorporated the saints into your home, don't worry: The season of Lent can be a terrific opportunity to start. Pick a patron saint for your family and get an image or a statue to put in a special place. Pray in front of it together every week after Mass (or more!). Ask for the saint's intercession for the protection of your family and for your growth in holiness throughout the season.

The saints are our holy models. This Lent let's help our families be inspired by their witness.

Gretchen Crowe is editorial director of periodicals for OSV.



Sunday Specials

Fighting Temptation

Fasting, praying and almsgiving (helping others) may seem difficult during Lent, but each are ways to fight temptation, just as Jesus had to do in the desert (read the Gospel for the First Sunday of Lent).

When you or your family fast, pray or help others this Lent, remind one another how Jesus did the same thing, setting the example that you are following. Using these methods to do good and fight temptation will get you closer to Jesus and life in heaven.

Reflecting on the Gospels with

Sister Janet

MARCH 1 | FIRST SUNDAY OF LENT

Matthew 4:1-11: As Jesus begins to prepare his ministry, he goes to the desert to pray and fast. When Jesus is tempted three times, he refuses to be tricked by false promises of power and glory. | **Jesus prepared for his ministry with a time of fasting, prayer and strengthening himself against temptation. What will you do this Lent to grow more like Jesus?**

MARCH 8 | SECOND SUNDAY OF LENT

Matthew 17:1-9: In today's Gospel, the apostles Peter, James and John get a glimpse of Jesus as he will be after his passion, death and resurrection. Jesus is the Son of God and the Messiah, in whom we experience God's presence and in whose image we will be transfigured. | **When the disciples saw Jesus in his glory, they heard, "Listen to him." How will you listen to him this week?**

MARCH 15 | THIRD SUNDAY OF LENT

John 4:5-42: In this story from John's Gospel, Jesus gives the Samaritan woman at the well "living water." She, a foreigner, is hospitable to Jesus and honest with him. Jesus reveals to her the truth of who he is. The woman rushes to tell everyone that the Messiah has come; she is so convincing that the Samaritans come to believe in Jesus because of her word. | **If you were at the well with Jesus, what question would you have asked him?**

The Lord's Prayer

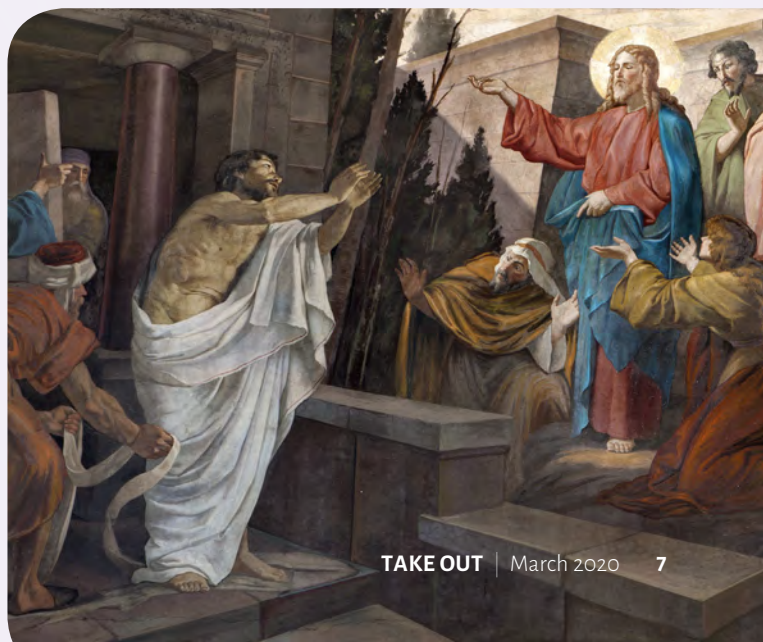
Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

MARCH 22 | FOURTH SUNDAY OF LENT

John 9:1-41: In today's Gospel, Jesus heals the physical blindness for which the man was not responsible. Then Jesus challenged some religious leaders to face their spiritual blindness for which they were responsible. | **Are there some important things that I am too busy to see?**

MARCH 29 | FIFTH SUNDAY OF LENT

John 11:1-45: When Mary and Martha's brother, Lazarus, died, Jesus came to be with them. He cried with them and prayed with them. He then gave them a message of hope: "I am the resurrection and the life" and brought Lazarus back to life. | **Do you know someone who is lonely because a loved one has died? Call them and invite them to be with your family.**





KIDS QUESTION

If God Is the Father of Jesus, Who Is Joseph?

St. Joseph is Jesus' foster father on Earth. All babies need someone to care for them, so God chose Joseph to help Mary raise Jesus. After all, Jesus came into this world a baby and needed fed and changed and loved just like any other baby! Joseph served God by serving Mary and Jesus.

St. Joseph had a very special role and because of this he is looked upon today with reverence and respect. Joseph said yes to God without hesitation. Are you brave enough to follow God whichever way he leads you?

St. Joseph and Lent

During Lent we are encouraged to say yes to God. Through our prayers, fasting and almsgiving we are doing as God asks us. We can look to the saints, like St. Joseph, as examples of how to live life as holy people.

St. Joseph took care of Mary and Jesus.

How can you take care of someone in your family?



St. Joseph obeyed God by marrying a pregnant Mary.

What is one way you can obey God this Lent?

St. Joseph worked hard to give Mary and Jesus the things they needed.

What chore can you do this Lent to help your family? How do you feel when you accomplish a task that is hard?



“St. Joseph was ‘a just man,’ a tireless worker, the upright guardian of those entrusted to his care. May he always guard, protect and enlighten families.”

~ Pope St. John Paul II