

10 Activities for Catholic Families During Lent and Holy Week

Attend Mass on Ash Wednesday

Wear your ashes out into the world as a witness of our faith

Attend Some of the Holy Week Masses and Activities at Your Parish

Make at least one of your meatless Friday meal together as a family.

This can be a great testimonial for younger children as you remember, together, one of the unique features of our Faith.

Commit to reading the Bible (even if it's a Children's version) every day together as a family.

On Holy Thursday, do a foot washing with your family members.

Have a pancake dinner the night before Ash Wednesday or Make a King Cake

This day is known as Mardi Gras as well as Shrove Tuesday. Pancakes were a traditional dish for this day to use up things that weren't allowed during Lent. Here is a recipe for a King cake:

<http://bit.ly/XWq78G>

Use this printable Lenten calendar to track the season:

catholicicing.com/printable-lenten-calendar-for-children/



Attend Stations of the Cross (especially one for children, if you have small children)

Make cards of encouragement to those in your parish's RCIA program - After a lot of study and prayer, most of them will be received into the Church at the end Lent.

Choose a Lenten Sacrifice to Do As a Family.

Is there something your family can sacrifice that might help another family in need? Consider donating what you might spend on a meal out to a food pantry instead.