

LENT 2024



Children of all ages can use their artistic abilities to encounter God and grow in faith.



Tim Gray, a Biblical scholar, dives deeper into scripture to make their relevance meaningful.
www.FORMED.org



The videos listed above and many more resources for family members of all ages can be found on FORMED.ORG

Daily reflections can also be found on the parish website:

www.saintbernadette.net and the

Archdiocesan website

<https://archseattle.org/lent>



Lenten Fasting & Abstinence for Catholics

WHEN:

Ash Wednesday & Good Friday =
Fasting & Abstinence
Every Friday = Abstinence

WHO:

Catholics 14+ practice abstinence
Catholics 18-59 practice fasting

WHAT IS FASTING?

One full meal & two smaller meals ≠ full meal

WHAT IS ABSTINENCE?

No meat

ARCHDIOCESE OF SEATTLE

More suggestions for Living Lent

CHOOSE ACTIVITIES THAT FAMILY MEMBERS CAN DO SEPARATELY AND TOGETHER:

- Attend morning Mass–maybe even daily.
- Come home to the God who loves you!
- Read a chapter of the Bible each day. You can get through all 4 Gospels if you read 2 chapters a day and don't skip Sundays.
- Spend 10 minutes in meditation daily
- Pray the Chaplet of Divine Mercy
- Dedicate 20 minutes to spiritual reading each day
- Pray the Rosary–a decade or even a whole Rosary each day
- Go to the Stations of the Cross every Friday - 7:00 pm.
- Pray the Liturgy of the Hours at least once a day.
- Wear a crucifix.
- Support the Catholic Home Mission collection Feb 24 & 25 <https://archseattle.org/give-serve/catholic-home-missions-collection/>
- Take the time to look through your clothes for the Clothing Drive Feb 24 & 25
- Trade screen time for reading the lives of the Saints or watching documentaries on their lives
- Go to confession– even it's been 30 years since your last Confession. The Parish Lenten Reconciliation Service is on March 18th at 7:00 pm in the Church.
- Get up early to pray
- Utilize some of the resources available through the Archdiocese and FORMED.
- Support Prepares Collection in February <https://www.preparesforlife.org/openyourheart>
- List 5 things you're grateful for every day
- Pick a virtue to strive for each day
- Dine for free with family and friends at the Lenten Soup Suppers: Feb 23 & March 15, 5:30-7:00pm in the Parish Hall
- Spend 10 minutes each night talking to the Lord about your day–thanking God for the good and the bad, apologizing for how you fell short, asking for the grace to be better the next day.
- Listen to Christian music while you drive.
- Almsgiving isn't always as easy as giving money to the poor. Figure out how you need to love the people around you.
- Spend the time you would have spent watching TV or on social media with your family.
- Step up your tithing and stewardship.
- Participate in Operation Rice Bowl.
- Give someone a compliment every day.
- Fast from aggression, indifference, grudges, superiority, and self-indulgences.
- Perform an act of charity every day–do the dishes when it's not your turn, take your kids to that awful playground they love so much, talk to your parents in multiple-word sentences, pick up litter.

Plan on attending Mass and Services each day of Holy Week: March 24-31, 2024.