

# CELEBRATING LENT AND HOLY WEEK



The Church's liturgical year continues with the celebration of Lent and Holy Week, the time during which Catholics throughout the world honor the Lenten disciplines of prayer, fasting, and the giving of alms.

The Church will celebrate two solemnities during the season of Lent. They are the Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary, March 19 and the Solemnity of the Annunciation of the Lord, March 25.

## BURYING THE ALLELUIA

1. Have your family create one large banner or a scroll with the word "Alleluia" on it. This works best with younger children, but all family members can participate.
2. Gather necessary materials—paper or fabric, crayons or markers or paints, and other joyful, "Alleluia-type" materials that could be added to the banner (stickers, colorful paper scraps, streamers, etc.).
3. As they are making the banner/scroll, remind them that Ash Wednesday is coming, and that it begins the season of Lent.
  - a. Invite them to share what they know and remember about the season of Lent. Highlight the fact that because Alleluia is a song and word of joy and praise, the Church does not sing it during the quieter, simpler season of Lent. The Church, in essence, puts the Alleluia away until it is time to celebrate the joyful season of Easter.
4. Choose a suitable container for the banner(s) or scroll(s)—a box, a treasure chest, etc.
5. If you have the luxury of doing so, choose a "tomb" for your container. This could be a locked cupboard, a corner of a closet, or a hole in the ground. If such a space/place is not available, plan to make the container a part of your Lent prayer table environment.
6. Gather bells, rhythm instruments, spoons, and anything that would make a "joyful noise"! Distribute the rhythm instruments.
7. Have your family form a line for procession to the "tomb".
8. Process, using the following or similar words of invitation: Let us go forth to say farewell to the Alleluia. As we go, let us sing our great song of praise and joy.
9. As the procession moves to the place of "burial," sing several Alleluias and use the instruments to make a joyful noise.
10. Once at the place of "burial," give a signal for all to be silent.
11. Quietly place the banner/scroll in the container you have chosen. Close or seal the container and place it in its "tomb," or on the prayer table.
12. Conclude with prayer, using the following or similar words:
  - † Loving God, as Lent nears, we bury the Alleluia, our song of joy.
  - † In the forty days of Lent to come, we will sing quieter songs and think about what we can do to follow you more closely.
  - † Bless our Lenten days and, when they are done, bring us here again to sing our song of Easter joy.
  - † We ask this through Christ our Lord. Amen.
13. On Easter Sunday, go to the "tomb", unbury it, and process around the house/yard holding the banner/scroll singing several Alleluias and using the instruments again to make a joyful noise.

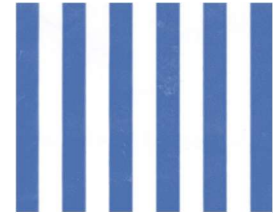


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## I WILL

### SUPPLIES NEEDED

strips of light purple paper, approximately 1.5 x 8 inches, at least one per family member, on which are written the words "I Will"  
crayons or markers (if you choose to have the children draw)  
pencils (if you choose to have the children write)  
basket to hold the paper strips



1. Prior to the celebration of this prayer, place the strips of paper in a basket on a prayer table or directly on the table.
2. Gather your family around the prayer table.
3. Remind them that Lent is a time to prepare for Easter by thinking about our Baptism, and by choosing ways that we can better live as children of God.
4. Invite family members to say aloud their ideas of ways we can do so (by helping our parents, loving our brothers and sisters, doing our best at school, praying, paying attention at Mass, etc.).
5. After listening to the suggestions, invite each person to come forward and take a purple strip of paper from the basket.
6. Invite everyone to quietly write or draw one way they can prepare for Easter during Lent. Encourage them to choose one of the ideas shared aloud or an idea of their own.
7. When all have finished, invite each person to place his or her purple strip in the basket. Encourage those who wish to name aloud what they have written or drawn as they place their strip in the basket.
8. After all have placed their slips of paper in the basket, lead the following prayer:
  - ✠ Loving God, Lent is the beginning!
  - ✠ Every one of its forty days, with your help, we will grow in your love! AMEN.
9. Leave the basket of strips on the Lent prayer table as a visual reminder of the Lenten promises the you have made.



# CELEBRATING LENT AND HOLY WEEK

## MAKE A BOOK

### SUPPLIES NEEDED:

11 small index cards per family member  
hole punch  
crayons or markers

scissors  
yarn, twine, or metal rings  
pencils or pens

This activity is an excellent way to invite children and youth to be faithful to the three disciplines of Lent, prayer, fasting, and almsgiving. It also offers them an opportunity to keep track of their progress through the forty days of Lent. Begin each day by inviting the children to open their books to a particular card and ask them to concentrate on that one action for the day or week ahead. Be sure to rotate your choices throughout the season of Lent.

During Lent we pray more often. We do more to help those in need. We try to love God more. Make a flip book with this page. Your book will have ideas for 10 Lenten activities. Practice each idea four times during Lent.

To make your book, do the following:

1. Draw a cross on an index card. Print your name on it.
  2. Print one of the activities on an index card. Add any of your own activities if you want.
  3. You can decorate it too if you want.
  4. Punch a hole in the top left-hand corner of each card.
  5. Attach the cards by pulling yarn through each hole and tying it or using a metal ring.
- Now your flip book is ready.

Suggested activities to print on the cards:

FORGIVE SOMEONE WHO HURT YOU  
PRAY THE OUR FATHER  
GIVE UP ONE TV SHOW  
GIVE UP CANDY AND GUM  
SAY A PRAYER OF THANKS

HELP MOM OR DAD WITH A CHORE  
WRITE A NOTE TO SOMEONE WHO MAY BE LONELY  
DONATE FOOD TO THOSE IN NEED  
GIVE MONEY TO THE POOR  
READ A BIBLE STORY



# CELEBRATING LENT AND HOLY WEEK

## TAKE UP YOUR CROSS



### SUPPLIES NEEDED:

Two small twigs or pieces of wood for each family member      String/twine/yarn

*Begin by inviting each family member to choose two small twigs or pieces of wood. Have them tie these together to form a simple cross. Gather around your prayer table and invite each family member to place his or her cross on the table.*

*Pray together the Sign of the Cross.*

Leader: During Lent we walk with Jesus. We hope to share in the Resurrection of Easter. God's Word guides us on our journey.

Reader: (Proclaim Mark 10: 35-45)

Leader: Jesus looked ahead to the cross he would bear. Are you willing to take up your crosses this Lent?

**All: WE ARE!**

Leader: Let us pause and take time to consider one thing we know we need to do to be more like Jesus.

*(Pause for silent reflection.)*

Leader: (Name), will you take up your Lenten cross and follow Jesus?

**Family member: I WILL!**

*Invite the family member to take a wooden cross from the prayer table. It does not need to be the cross that he or she made. After each person has taken a cross conclude the prayer as follows.*

Leader: Please respond, "Lord, help us follow you." As we take up our Lenten crosses and begin our Lenten journey, we pray –

**All: LORD, HELP US FOLLOW YOU.**

Leader: As we walk with each other, answering your call to love God and neighbor, we pray –

**All: LORD, HELP US FOLLOW YOU.**

Leader: At home, at school, at church, and when with friends, we pray –

**All: LORD, HELP US FOLLOW YOU.**

Leader: As we walk in faith toward the joy of Easter, we pray –

**All: LORD, HELP US FOLLOW YOU.**

Leader: Loving God, you alone are our source of strength and faith. Help us support one another as we take up our crosses, signs of our love for Jesus, who carried his Cross because of his great love for each of us. We ask this through Christ our Lord. **All: AMEN.**

# CELEBRATING LENT AND HOLY WEEK

## GIVE US THIS DAY OUR DAILY BREAD



**Feeding the  
Community**

During the season of Lent we are particularly aware of the poor. The St. Vincent de Paul Food Pantry at Immaculate Heart of Mary will be reopening March 1, 2021.

Have your family start a basket or box to collect food each day during Lent. Every day of Lent add a canned good or non-perishable food item. The pantry specifically needs peanut butter, jelly, tuna, mac & cheese, and soups.

## FORGIVENESS CARD

1. Decorate the forgiveness heart.
2. Cut out the heart.
3. Fold a piece of construction paper in half like a greeting card.
4. Glue your heart to the outside of the construction paper.
5. Give this card to someone in your family to ask for forgiveness.

PLEASE  
FORGIVE  
ME