



MARCH 2017

TO TEACH AS JESUS DID

Sacred Space



Jesus, you place on my forehead
the sign of my sister Death:
"Remember you are dust,
and to dust you shall return."

How not hear her wise advice?
One day my life on earth will end;
the limits on my years are set,
though I know not the day or hour.

Shall I be ready to go to meet you?

Let this holy season be a time of grace
for me and all this world.

"Teach us to number our days aright,
that we may gain wisdom of heart."

O Jesus, you place on my forehead
the sign of your saving Cross:

"Turn from sin and be faithful to the gospel."

How can I turn from sin unless I turn to you?

You speak, you raise your hand,
you touch my mind and call my name,

"Turn to the Lord your God again."

These days of your favor leave a blessing as you pass
on me and all your people.

Turn to us, Lord God, and we shall turn to you.

<http://www.catholic.org/prayers/prayer.php?p=3079>

From the Resource Center: Growing in Virtue during Lent

From the Education Resource Center (ERC)

Lent: A Time to Grow in Virtue

Lent is not just about giving up things, but also about growing in virtue. These resources are just a sampling of media to help your students grow in virtue. Contact the ERC

(dbqcm1@dbq.arch.org or 563-556-2580 x214) for more options and further assistance.

BK #200605 (P,I) Seven Lonely Places, Seven Warm Places: The Vices and Virtues for Children



GM #04070 (I,J) Virtues and Values Bingo Game

BK #200144 (EC) Growing in Love: Virtues for Little Ones



CELEBRATING LENT AND HOLY WEEK: RESOURCES FROM RCL BENZIGER



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. Through a variety of suggestions and resources, RCL Benziger is pleased to partner with FFLs and CSAs in leading children, youth, and families to a prayerful, meaningful experience of the Lenten journey.

Benziger recommends using the Lenten lesson plans usually found in the back of every text and helping students find inspiration in the lives of saints whose memorials are celebrated during Lent. There are both prayers offered for primary and middle and high schoolers. There are many age- and grade-appropriate classroom activities to highlight the Lenten disciplines of prayer, fasting, and almsgiving. Please share with your teachers and catechists.

http://rclbenziger.com/wp-content/uploads/2017/02/Lent2017_CoverLetter.pdf

For Catholic Teens:

102 Things You Should Give Up for Lent

Here is a great article to discuss and share in high school or even middle school classes. Why do Catholics give things up during Lent? The intent is not a 6-week project that ends on Easter; rather giving things up is a way to make a life change for the better. After six weeks, a bad habit could be gone completely. Lent can be a life changing experience. Life Teen offers this list of creative and sometimes difficult changes that can be made. Note sometimes it is not the thing one gives up but the action or habit or mindset that one adopts.

Here are a few:

Snacking between meals. Cracking your knuckles. Being a backseat driver. Texting and driving. Using emojis to avoid talking about your true feelings. Talking about true feelings through text instead of in person. Rolling your eyes at your parents. Spitting out your gum on the street, parking lot, or sidewalk. Wishing for someone else's life, relationship, or possessions. Only talking to Jesus when you "feel" like it. Wearing clothes that are too tight and draw attention only to your body.

And the list goes on: <http://lifeteen.com/blog/102-things-really-give-lent/>



Activities for Lent

There are so many ideas for Lent on the web. Please use discernment when finding the right ideas for your school or FF Program. Here are a few I recommend:

Lent Project and Lesson Plan Ideas

<http://www.thereligionteacher.com/lent-project-and-lesson-plan-ideas/>

Lenten Activities for Children <http://catholicmom.com/kids/lenten-activities-for-children/>

40 Ideas for 40 Days of Lent <http://catechistsjourney.loyolapress.com/?s=ideas+for+Lent>

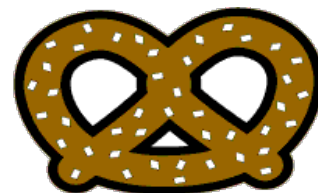
Lenten Activities for Children <http://www.catholicicing.com/lenten-activities-for-children/>

Ash Wednesday Prayer Service for High School

<https://www.avemariapress.com/engagingfaith/2011/03/ash-wednesday-prayer-service-high-school/>

Engaging Parents in Catechesis: Making Lenten Pretzels

(Back by popular demand is the recipe for pretzels! Send this home in a newsletter as a family activity.) When early Christians would pray, they would cross their arms and touch each shoulder with the opposite hand. They also fasted very strictly during lent, making their bread with only water, flour, and salt. A monk shaped this in the form of praying arms for children, and the pretzel was born.



Soft Pretzel Recipe~ What you need:

- 1 package yeast
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 tablespoon salt
- 4 cups flour
- 1 egg

Mix yeast, water, sugar, and salt in a large bowl. Stir in the flour, and knead until the dough is smooth. Shape into the form of arms crossed in prayer and place it on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish. Sprinkle the top with salt, and bake in an oven preheated to 425 degrees for 15 minutes.

<http://www.catholicicing.com/pretzels-for-lent/>

Saint of the Month

St. Maria Josefa Sancho de Guerra (Maria Josefa of the Heart of Jesus, September 7, 1842 - March 20, 1912) was a Spanish nun, founder of the Institute of the Servants of Jesus charity and declared a saint by the Catholic Church in 2000. Born in 1842 in the city of Vitoria (Basque Country, Spain). With 7 years bereft of father and lived for some years in the home of relatives in Madrid. At 18 he felt a religious vocation and finally became a nun at the Institute of the Servants of Mary, taking the religious name of Maria Josefa of the Heart of Mary. Founded in Bilbao in 1871, along with other colleagues who had left the Institute of the Servants of Mary, the

Institute of the Servants of Jesus, which would be higher during the 41 years.

This new institution was intended to aid the sick in hospitals and in their homes, the elderly, children and the homeless. The institution has grown since its first open house in Bilbao in 1871, so that when Maria Josefa died in 1912 were 43 houses and a thousand founded the Sisters of the institution. Today is extended to 16 countries and has nearly 100 homes.



http://www.catholic.org/saints/saint.php?saint_id=7443