

# LENT

## Second Week of Lent—2017



### Lenten Practices

(stjosephgv.nyc/season-of-lent-fast-facts)

Lent is a time of reflection and prayer. It is a time of voluntary penance, choosing to join in the suffering of Jesus and bringing us closer to Him.

Some traditional Lenten practices and suggestions:

- \* **Fasting and abstinence:** donate the money you save to a food pantry
- \* **Self-denial:** use some of your time to help someone
- \* **Good deeds and almsgiving:** give to a charity or volunteer
- \* **Prayer and reflection:** pray the Rosary or the daily mass readings
- \* **Church services:** attend daily mass or attend Stations of the Cross services
- \* **Reading the Bible:** read a gospel from beginning to end



### Why is there no Gloria or Alleluia sung at Mass?

(stjosephgv.nyc/season-of-lent-fast-facts)

The Church teaches by absence as well as by presence, and Lent is a time of great loss. Eating is diminished and some foods forbidden as a fast of the body. Music is scaled back, bells are silenced and the Gloria and Alleluia are dropped from the liturgy a fast of hearing. Statues are veiled and flowers and decorations disappear as a fast of sight. Depriving the senses helps the faithful maintain focus on the internal condition of the soul rather than on externals.



### Family Activity - Weight of the Cross

(A Treasure Chest of Traditions For Catholic Families, Monica McConkey)

Collect stones and rocks of different sizes and shapes from the size of a grape to the size of an apple. Encourage everyone in your family to regularly reflect on their sins. On each stone, you could record sins either by using a pencil or taping a message to it.

Throughout Lent, these stones are added to a box (with a cross drawn on it). Have everyone in your family hold the box before and after the stones are added, to feel the increasing weight.

On Easter Sunday, remove the stones and wrap the box like a present. Let everyone in your family hold the now-empty box, feeling Jesus' gift to us as he takes away our sins through His Life, Death and Resurrection.

(\*You might want to allow family members to remove a tiny pebble each time they do a good deed. Make sure the larger rocks remain within the box, to maintain the effect of Jesus' "weightless" Gift on Easter Sunday.)



\* Spend time reading and sharing the impact of Scripture with your family.

\*For the readings of the day visit, [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings)

### 1 Corinthians 2: 9-10

"What eye has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love him."

### John 14:16

I am the way and the truth and the life, says the Lord; no one comes to the Father except through me.

### Psalms 29:3

The voice of the LORD is over the waters, the LORD, over vast waters.  
The voice of the LORD is mighty; the voice of the LORD is majestic.

