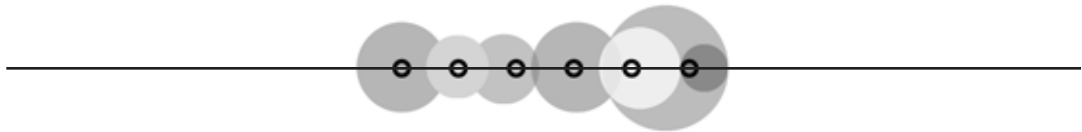


**Leader's Guide for**

# **Journey of Faith**

for Lent



Creating a Sense of Belonging  
Between Young People and the Church

**Mary Shrader**

Saint Mary's Press®



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# Introduction

## THE SEASON OF LENT

Ash Wednesday does not usually stir memories of joy or celebration. Dark colors, burned palms, and solemn music mark Ash Wednesday, and Lent in general, as a time of thirst, searching, aloneness, sacrifice, and even sadness and death. The forty days of Lent can seem like an eternity, which is why the term *forty days* is appropriately used to signify a “very long time” in the Scriptures.

Because Lent is a season that does not rely on the joy of color or song or uplifting Scriptures, it has the danger of becoming a forgotten season each year. Who wouldn’t want to forget about focusing on death and searching and loneliness? However, Lent is a significant time and a time of joy because of what we are preparing for. Lent has great purpose on our journey of faith. Lent is a season of effort.

As anyone who has ever worked hard to accomplish something knows: hard work pays off. Accomplishments can include learning to tie your shoes, passing a difficult test in school, waking up in a good mood, contracting a big-name client, overcoming an illness, learning a hobby, and many other ordinary and extraordinary life challenges. We know that at the end of Lent, we will celebrate the incredible accomplished life of Jesus. We will dance in the joy that he lived and died to show us how much we are unconditionally loved by God.

So, if Jesus already died for us and our sins, and we are already saved, why do we have to try so hard?

Ask your young people and their parents that question. See what they come up with.

Remember, while we have been given by God the gift of grace, we have also been given free will.

Thankfully, this cyclical season of effort comes around every year. Year after year it continues to return to remind us of that free will, to remind us that we have likely fallen short of basking in the gift of grace, and to remind us that we, once again, have the opportunity to examine our lives, seek the guidance of Jesus, and try to do and be better.

Challenge yourself, the young people in your parish, and their families to believe in the intimate relationship that grace and sacrifice have with each other. Work together to make the season of Lent a season of faithful effort and experience.

## Lent Colors

Liturgical colors are not merely decoration. They are visual aids that point to reasons and rhythms in the liturgical calendar. Whenever possible, use the seasonal colors of Lent. As we journey through the liturgical calendar, the color of purple is used to symbolize two different significant seasons: Advent and Lent. This purple signifies a season of preparation and focus for both seasons. During Lent purple reminds us to prepare for the Resurrection of Christ. The tone of Lent is solemn, sorrowful, and grave. Therefore, variations on the color of purple, such as lavender or purple-gray, are often used. If appropriate to the space and local tradition, the church area can be stripped of most of its ornamental or extra decoration. The bareness of the season can be reflected in the bareness of the liturgical space.

## Stations of the Cross

During Lent, Catholics take time to concentrate on Jesus's journey of suffering and death. This is called the Passion of Christ. The Passion of Christ is demonstrated in a series of scenes, prayers, and rituals called the stations of the cross. The fourteen stations are recited once a week throughout Lent. The concentration on these stations are intended to help us be fully aware of Christ's sacrifice for all people, to help us recognize our sinfulness, and to pray for the strength to follow Christ's example of sacrifice in our own lives.

Consider a variety of ways that young people can be engaged in the recitation of the stations of the cross. Some ways to include the stations in the Lenten season are as follows:

- Schedule weekly recitations of the stations. A traditional time to recite weekly stations is on Fridays. Be sure to schedule stations at times that will work for your parishioners. For young people, schedule after-school or after-work stations so that parents can attend with their children without feeling pulled away from the family's natural schedule.
- Provide take-home stations so that people can recite stations on their own or with neighbors, family, and friends.
- Ask several small community parish groups (including the youth) to host an evening of leading stations for any interested parishioners. Consider having a simple Lenten meal after the stations.

Listen to young people to learn about their concerns and questions about the practice of reciting stations. A person who does not fully understand the stations may view them as depressing or morbid.

Create a variety of ways for people to encounter and reflect on the significance of Christ's Passion in their own lives. Create a session that focuses on the stations of the cross. Or ask parish members to help create a living, walking stations of the cross. Move from room to room or, weather permitting, travel to different designated areas outdoors.

## Fasting

Fasting can mean not eating at all, not eating particular foods during Lent, or not eating particular foods for a designated time. Sometimes the rules about when and what to eat can seem confusing or meaningless to a young person. As a guideline, Catholics who are over the age of fourteen should abstain (not eat meat) on particular days in Lent. In addition, adults between the ages of eighteen and sixty should fast (eat one full meal, two smaller meals, and no snacks) on particular days in Lent. The rules on age exist so as not to deprive growing children of necessary nutrition. Therefore, most of the young people that you are working with in grades six through eight are not required to follow the rules regarding fasting and abstinence. However, young people can benefit from the practice of fasting and abstinence by learning about its purpose and adjusting their behavior likewise. Help the young people consider ways they can participate in a form of fasting by giving up an item or practice during Lent. In its place, encourage young people to commit to adding or participating in something that will help improve their relationship with God or with others. Remind them that it may be a difficult practice, but, after all, Lent is a season of effort. Talk about the possible ways their efforts will strengthen their faith lives.

## Six Weeks

Lent consists of nearly six full weeks and includes six Sundays. Consider suggesting to the liturgical committee a prayerful discerning of six words or phrases to focus on each time the community gathers for Sunday liturgy. The words would coincide with that week's message from the readings. Possible words are *prepare, repent, believe, fast, listen, reconcile, renew, turn, give, sacrifice, and passion*. The six words could be woven into activities, prayer services, lessons, and homilies for all ages, thus creating a common thread with every parishioner. Or instead of words, decide on six symbols, such as the cross, ashes, palms, a crown, thorns, sand (desert), a snake (for serpent or Satan), an empty cup or bowl (representing an absence of water), nails, a stone, and a hammer. Offer families the opportunity to enter into Lent in meaningful and simple ways while challenging them to move deeper into this season of effort.

## JOURNEY OF FAITH FOR LENT: AN OVERVIEW

We experience and express our faith in various ways. One way is through the use of the *Lectionary* at Mass. The readings tell the story of the Christian community's faith journey and highlight the teachings that are the core of who we are as Christian people. The activities in this manual will help the young people explore various Sunday readings and meet a variety of scriptural people. The young people will also explore some of the symbols of our sacramental tradition, such as light. By drawing from the Scriptures of the liturgical seasons and of our sacramental tradition, the participants will dig more deeply into their own faith and explore aspects of the community's faith tradition during these important seasons.

Each activity highlights core ideas, themes, images, symbols, and meanings of the season. Essentially, each activity provides the structure, content, and context for continuing the Scripture reflection often begun at Sunday Eucharist. This format offers young people insight into and connection to what is happening in the parish community during the Church's celebration of the Lenten season. The young people will also have the opportunity to meet and learn from adult parishioners through intergenerational activities that are blended with the seasonal activities in the parish. Each activity encourages and challenges young adolescents to uncover what it means to be Jesus's disciple, how to act on the call to discipleship within their parish or school community, and how God works in and through their lives. The young adolescent will discover potential mentors from the parish community as well as learn about the ways many people choose to live out their Christian faith.

## HOW TO USE THIS MANUAL

You may present the materials in this manual in their entirety, or you may choose activities that will work best for the young people with whom you work. Each chapter begins with a brief overview. The next element is a suggested schedule—a starting point that can be modified according to your circumstances. Each activity begins with a checklist of required materials and preparation, followed by a complete description of the activity procedure.

The activities in the Journey of Faith series follow a Study It! Live It! Pray It! format. The Study It! component comprises a 45- to 60-minute session. In this component, the participants explore the theme in-depth through the Scriptures, activities, and discussion. Ministry leaders present additional background and information to periodically augment the participants' work. The student workbook is frequently used as a tool in these activities.

Live It! Longer activities allow you to extend a session to 90 minutes or longer. These activities connect what the participants have read, seen, written, and heard to their own lives.

Each activity includes opportunities and suggestions for prayer that are focused on the theme. Prayer forms include guided meditation, shared prayer, music, silence, prayers by young people, reflective reading, and experiences created by the participants. The Pray It! component gives the young people an opportunity to bring their insights and concerns to God in prayer. Prayer experiences range from 5 to 20 minutes.

### **The Student Workbook**

The student workbook is an integrated resource for youth who are participating in the activities of the Journey of Faith series. All the activities in the manual are linked to the workbook. Ideally every young participant will have a workbook.

## **Preparing Yourself**

Read each activity before you facilitate it; then use it creatively to meet the needs of the young people in your group. Knowing your audience will help you determine which strategies will work best. Some of the activities require preparation. Allow yourself adequate time to get ready. In addition, think of other ways to include members of the parish community in the activity. Throughout the activities you will find suggestions for involving other parish adults in mentoring young people as they learn to be active participants in the life of the parish.

## **Standard Materials**

To save time, consider gathering frequently used materials into bins and storing those bins in a place accessible to all staff and volunteer leaders. Here are some recommendations for organizing the bins.

### **Supply Bin**

The following items appear frequently in the materials checklists:

- *The Catholic Youth Bible*, at least one for every two participants
- student workbooks, one for each participant
- masking tape
- cellophane tape
- washable and permanent markers (thick-line and thin-line)
- pens or pencils
- self-stick notes
- scissors
- newsprint
- blank paper, scrap paper, and notebook paper
- index cards
- baskets
- candles and matches
- items to create a prayer space (for example, a colored cloth, a cross, a bowl of water, and a vase for flowers)

### **Music Bin**

Young people often find profound meaning in the music and lyrics of songs, both past and present. Also, the right music can set the appropriate mood for a prayer or an activity. Begin with a small collection of tapes or CDs in a music bin, and add to it over time. You might ask the young people to put some of their favorite music in the bin. The bin might include the following styles of music:

- *Prayerful, reflective instrumental music.* This kind of music is available in the adult alternative section of music stores. Labels that specialize in this music include Windham Hill and Narada.
- *Popular songs with powerful messages.* If you are not well-versed in popular music, ask the young people to offer suggestions.
- *The music of contemporary Catholic artists.* Many teens are familiar with the work of Catholic musicians such as Steve Angrisano, Sarah Hart, David W. Kauffman, Michael Mahler, Jesse Manibusan, and Danielle Rose.

Including copies of your parish's chosen hymnal is also a suitable option. You might also check with your liturgy or music director for recordings of parish hymns.

### **SOME CLOSING THOUGHTS**

We hope these sessions will connect the young people to both their faith and their faith community in ways that will kindle the fire within them to better understand what it means to be a disciple of Christ and to act on that call.

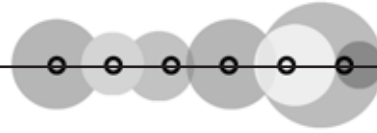
### **YOUR COMMENTS OR SUGGESTIONS**

Saint Mary's Press wants to know your reactions to the materials in the Journey of Faith series. We are open to all kinds of suggestions, including these:

- an alternative way to conduct an activity
- an audiovisual or other media resource that worked well with this material
- a book or an article you found helpful
- an original activity or process
- a prayer experience or service
- a helpful preparation for other leaders
- an observation about the themes or content of this material

If you have a comment or suggestion, please write to us at 702 Terrace Heights, Winona, MN 55987-1318; call us at our toll-free number, 800-533-8095; or e-mail us at [smp@smp.org](mailto:smp@smp.org).





# Chapter 1

## From Fat Tuesday to Ash Wednesday

### Party to Prayer

#### OVERVIEW

Lent is a time to minimize those things that are not essential to our existence. During Lent we have the opportunity to take away many of the things in our lives that distract us from our relationship with God. This time of being minimizing is a form of sacrifice, but it is also a time to be simple, uncluttered, and therefore free of excess. The extremes of excess and minimalism are played out vividly in the two days of Fat Tuesday and Ash Wednesday. Although Fat Tuesday, or Mardi Gras, is not a Church celebration or ritual, it can effectively demonstrate the difference between Ordinary Time and Lent. In this chapter the young people will be led from “party to prayer” in order to usher in the season of Lent with an understanding of the importance of Lent and Lenten practices. In the tradition of Mardi Gras, this activity will begin with a party and end with prayer that marks the movement from the end of Ordinary Time to the beginning of the special time that is Lent.

#### AT A GLANCE

##### LIVE IT! Icebreaker

Welcome to Mardi Gras (25–30 minutes)

*(Note to leader:* Because of the nature of the chapter, the LIVE IT! activity has been combined with the icebreaker.)

**STUDY IT!** Why Masks? (15 minutes)

**PRAY IT!** Return to God (15 minutes)

**STUDY IT! Longer** Parish  
Families  
Other Generations  
Celebrate the Season

## LIVE IT! ICEBREAKER

### Welcome to Mardi Gras (25–30 minutes)

#### Materials and Preparation

- Gather the following items:
  - two to four 6- to 8-foot-long tables
  - black half-masks, one per person
  - various glitter, feathers, sequins, beads—enough so that each participant can create a decorative mask
  - glue, one medium-sized bottle for each five to ten participants
  - a tape or CD player
  - fun music tapes or CDs, such as tropical or '50s music
  - healthy snacks for each person
  - a 6- to 8-foot length of 1- to 1½-inch-thick dowel rod, or some other item to use as a limbo stick
  - Mardi Gras beads, one strand for each person
  - tennis or foam balls, three for each small group
  - paper crowns or hats, one for each person

1. Set a 6- to 8-foot-long table near the entrance to the room and place the black half-masks, glitter, feathers, sequins, beads, and glue on the table. This is the mask-making table.

2. Before the activity begins, assign at least one adult or peer leader to the mask-making table and the music station, where you have a tape or CD player and music. Start the music as the young people enter. Play music that is familiar and fun to the group. Choose tropical music, '50s music, or other music appropriate for all age levels. Music is for background entertainment only, so do not choose the latest Top 40 songs, which might distract participants.

3. As the young people enter, greet them at the door. As each group of five to eight people enters, direct the teens to the mask-making table. The leader stationed there then provides the following instructions:

- Each person is to make a mask that symbolizes who he or she is.
- After you have made your mask, you must wear it throughout the party.
- When everyone is done making their masks, we're going to play three games to collect prizes.
- Snacks are available, so feel free to eat and drink as you want throughout the party.

4. Conduct the following games with all the participants. Be generous in awarding prizes, but allow the games to be difficult enough so that the participants can get caught up in the fun.

- *Game 1: Limbo rock.* Each person, one by one, goes under a limbo stick. Everyone who can pass under the limbo stick without knocking the stick out of the hands of those who are holding it receives a Mardi Gras bead necklace.
- *Game 2: Group juggle.* Divide the participants into groups of six. Instruct each group to stand in a circle. Have the first person call out the name of someone in the circle who is not next to her or him, and toss a tennis ball or foam ball to her or him. Continue until each person's name has been called, then repeat, using the original pattern, challenging the group to go faster. For added difficulty, have the participants regroup into groups of

eight, ten, twelve, or more. Or introduce a second or third ball to each group. At the end of the game, the participants receive a paper crown or hat to wear with their mask and beads.

- *Game 3: Conga line.* Divide the participants into groups of six to ten people. Each group must create a dance step that it will use to lead the large group—conga-line style. Tell the groups that they have one minute to decide what their group's step will be. Steps cannot be repeated, so groups will want to have more than one option ready. At the end of the planning minute, start the music. The first group must lead the conga line. When you call time for the next group, the first group members must run to the back of the line and keep the line moving. Continue as time and interest allow. At the end, invite all to sit down and enjoy a snack.

## **STUDY IT!** Why Masks? (15 minutes)

### **Materials and Preparation**

- Gather the following item:
    - ☐ *The Catholic Youth Bible* or another Bible
1. Proclaim Joel 2:12–18.
  2. Present the following information in these or similar words:
    - Why do we wear masks for Mardi Gras? We wear masks to hide from our sinfulness so that on Ash Wednesday we can begin the process of taking off the masks and confronting and looking at our sins.
    - In the past, Mardi Gras was a time to celebrate the joys of life and prepare for the sacrifice, seriousness, and solemn reflection of Jesus's Paschal mystery. Over time, Mardi Gras celebrations have become a secular party. Some other religious celebrations get lost in materialism or commercialism. What are some other seemingly commercial celebrations that have religious beginnings and background? (Saint Patrick's Day, Saint Valentine's Day, Christmas, Halloween)
    - Lent took place during the lean time in agricultural societies, when meat and rich foods were less available. It made sense, then, to fast from these items because they simply were not accessible. It's that much more of a sacrifice for us to give up things during Lent because everything is accessible to us at all times. Unlike early farmers, we do not directly rely on the land for our nourishment or well-being. Almost anything we want or need can easily be purchased at a nearby store.
    - During the time of February through April, we have an increased awareness that the new life of spring is coming and, with it, the start of the new growing season and herds, as mentioned in Joel. From the Christian perspective, Lent points to the new life that will be celebrated at Easter.
    - Ash Wednesday marks the beginning of a solemn, focused, and prayerful season that reminds us that life is fragile and that our lives are marked at times with sin and darkness. Ash Wednesday is a time to stop and take notice. No more partying and playing is allowed. It's time to be serious and reflective.
  3. Tell the participants that they will be changing focus now. They will be leaving their partying time behind and focusing on the value of simplicity during Lent. Ask the participants

to help clean up all the glitter, candy, and balls. Put away the craft items, food, limbo stick, music, and any other items and decorations that were used for the Mardi Gras party.

4. Divide the participants into groups of five or six people. Relay the following information to them in these or similar words:
  - Sin occurs anytime we say or do something that causes a break in our relationship with God. Sinning does not always mean that we intentionally hurt someone. Sometimes we sin when we consciously ignore someone or his or her needs.
  - It's common and normal for people to sin, but that does not mean that it's right. God gave us free will to make choices, and hopes that we will always try to make choices that are loving and good. But God knows that we sometimes miss the target.
  - God is always calling us toward him. Even though we might know this, sometimes it's just easier to pretend that we didn't do anything wrong, or to not ask for forgiveness from others when we have hurt them.
  
5. Ask the participants to discuss the following questions in their group (refer them to page 7 in their workbooks):
  - Do you think God always expects us to do what is right? Why or why not?
  - Why is it important for us to take time to think about when we sin?
  - What do we stand to gain from "taking off our masks" of sinfulness and facing our shortcomings?
  - How can you figure out a moral or good way to do something?
  - Who or what do you turn to when you want to try to follow a Christian lifestyle? Who or what is your example?
  
6. In the large group, ask for some samples of who or what people turn to in living a Catholic Christian lifestyle. Conclude by reminding participants that we are called to live faithful lives every day, but during Lent, we are given six whole weeks to concentrate our efforts on examining our lives. Luckily, this exam will not be graded! But it does have great rewards. During Lent we just might learn something about ourselves, our faith, or one of our family members or friends. During Lent we just might find a deeper way to be in contact with God. During Lent we just might discover a deeper value of prayer. During Lent we just might take the time to reach out to someone who desperately needs our help or prayer, or someone might find us in need of her or his help or prayer.

## PRAY IT!

### Return to God (15 minutes)

#### Materials and Preparation

- Gather the following items:
  - The Catholic Youth Bible* or another Bible
  - purple cloth
  - a previously burned candle, which will remain unlit during prayer
  - a cross
  - a bowl of ashes or dried palms
  - Lenten* workbooks
  - an appropriate music selection, such as "Return to God" or another song familiar to your group that speaks of the tone of Lent

1. Gather the young people together in the prayer space and draw their attention to the symbols placed there:

- *Purple.* The color of Lent. Note that purple is also the color of Advent. Both Advent and Lent are times of reflection and focus. Advent focuses on waiting and peace. Lent focuses on sinfulness and forgiveness.
- *A Bible.* The Scriptures offer us many insightful words about focusing ourselves on drawing closer to God. Today we hear solemn words from Joel.
- *An unlit burned candle.* God is *always* with us. But during Lent we reflect on what it's like to be without light, to be in darkness, and to be searching for guidance.
- *A cross.* The ultimate symbol of our faith is the cross that Jesus died on for us. He literally gave up his life. This is a sad event. Thankfully, we know that there is more to the story: we know that Jesus overcame death. We know that after Lent, Easter will celebrate Jesus's Resurrection.
- *Dried palms or ashes.* On Ash Wednesday we are marked with ashes. This is a sign to both ourselves and others that we are not perfect and that we seek to be healed, to be forgiven, and to forgive. The ashes that we use are collected from burned palms—the same palms that were used to greet Jesus last year on Palm Sunday. It's ironic that the symbol that signals the joy of Jesus's arrival (palms) and the symbol that signals our sinfulness (ashes) are the same.

2. Continue with the following prayer:

- Let us pray together this evening that these symbols will point us to a greater relationship with God and one another this Lent. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Father in heaven,  
 The light of your truth bestows sight  
 to the darkness of sinful eyes.  
 May this season of repentance  
 bring us the blessing of your forgiveness  
 and the gift of your light.  
 Grant this through Christ our Lord.

(*Sacramentary*, Alternate Opening Prayer, Ash Wednesday, p. 76)

3. Proclaim Joel 2:12–18.

4. Invite the young people to turn to Eucharistic Prayer for Masses of Reconciliation I, on page 9 of their workbooks, and pray in call-and-response manner, as follows:

**Leader:** Father, all powerful and ever-living God,

**All:** We do well always and everywhere to give you thanks and praise.

**Leader:** You never cease to call us  
 to a new and more abundant life.

**All:** God of love and mercy,  
 you are always ready to forgive;

**Leader:** We are sinners,  
 and you invite us  
 to trust in your mercy.

**All:** Time and time again  
we broke your covenant,  
but you did not abandon us.

**Leader:** Instead, through your Son, Jesus our Lord,  
you bound yourself even more closely to the human family  
by a bond that can never be broken.

**All:** Now is the time for your people to turn back to you

**Leader:** And to be renewed in Christ your Son,  
a time of grace and reconciliation.

**All:** You invite us to serve the family of mankind

**Leader:** By opening our hearts to the fullness of your Holy Spirit.

**All:** In wonder and gratitude,  
we join our voices with the choirs of heaven

**Leader:** To proclaim the power of your love  
and to sing of our salvation in Christ:

**All:** Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

*(Sacramentary, pp. 1,122–1,123)*

5. While the song is being sung or played, ask the participants to come forward and lay their masks at the foot of the cross, prayer table, or other space as appropriate. Tell the participants that it is important that they symbolically, as well as actually, take off their masks for God and enter into the reflection time of Lent with open and pure hearts. Sing “Return to God” or a similar song.

6. Assure the participants of your prayers for them during Lent and ask them to pray for you. Tell them that everyone should leave quietly after the closing prayer.

7. Invite the participants to turn to the closing prayer on page 9 of their workbooks and pray the following prayer out loud together:

Lord, you know everything about me.  
You know what I think, what I do.  
You know what I hope for and what I need.  
You know what makes me happy; you know when I am hurting.  
Lord, since you know everything about me,  
Help me.  
Help me to do better.  
Help me to turn to you for guidance.  
Help me to believe in your mercy.  
Help me to forgive others, and to forgive myself.  
Remind me of your sacrifices,  
And remind me of your loving, open arms.  
Prepare me for the great news of Easter, when we will once again be full.  
Amen.

**STUDY IT!  
LONGER****Parish**

Have a parishwide Mardi Gras party on the evening before Ash Wednesday. Prepare a festival-style activity with games, food, and prizes. Ask different groups or small communities to be responsible for different aspects of the evening. Allow this to also be a kickoff for Lent. Prepare to have sign-ups for Lenten services in the community, and calendars or take-home reflections for the season of Lent.

**Families**

Prepare a Mardi Gras party at home. Let each family member choose one or two favorite foods, and allow everyone to eat whatever they want. Plan skits or games in which the whole family can participate. Before going to bed, or on the morning of Ash Wednesday, gather as a family to talk about what you want to sacrifice or reflect on during Lent. Have each person write his or her sacrifice or reflection on a piece of paper or choose something to symbolize it. Display these items on the family prayer table or in another prominent place. Talk about what it takes to take off your mask and be open to God.

**Other Generations**

Have a group of young adults or high schoolers prepare the Mardi Gras games and party for the middle school youth.

Invite the youth to go to a nursing home or retirement complex and throw a Mardi Gras party for the residents. If a religious retirement community is in your area, have the middle school youth prepare a party with mask making. Invite the youth and older adults to talk about reflection, forgiveness, or almsgiving.

**Celebrate the Season**

Invite the young people to consider the following ideas for continuing to live out the season of Lent:

- Celebrate Mardi Gras on Tuesday before Ash Wednesday with your family and friends at home. Have everyone bring their favorite food. Make masks and play music. Ask everyone to help clean up at the end of the party in order to prepare for Ash Wednesday the next day. Or plan a Mardi Gras party for your younger siblings.
- Think about something you will sacrifice during Lent. Remember that giving something up is not about feeling deprived. Giving something up is about thinking of other things (besides what you gave up) that help you be a better person and become closer to God.

# Acknowledgments

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The prayer on page 88 is by Saint Francis of Assisi (1181–1226), at [www.catholic-forum.com/saints/pray0027.htm](http://www.catholic-forum.com/saints/pray0027.htm), accessed June 3, 2005.

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