

LENT 2026

I hope that many of you were able to attend Ash Wednesday Mass this past week. If you couldn't, it's okay! We are only approaching the first Sunday of Lent, so there's plenty of time left to observe Lent and grow closer to God as Easter approaches. Here are some practical ways to observe Lent as a family. Take some time to practice your faith this month:

- We often think of Lent as a time for "Giving Up" something. Don't forget, it's a great time to "add" something to your life as well. Consider things you can do to minimize distractions and make more time for love, kindness, mercy, and Jesus. Here's a great (and reasonable) list from Catholic Icing: [What to give up for Lent](#)
- I recently downloaded the Hallow app and received a 90 day free trial. There's a 40 Day challenge, Daily Readings, Prayers, Meditations, Music, Reflections and more. We even found a section for Kids. It's easy to log on and listen for a few minutes each night.
- Enjoy Meatless Meals on Friday nights together. Our favorites are pizza, pasta with lots of veggies, stir fry, breakfast for dinner (eggs & pancakes or even cereal after a long week), make-your-own salad, charcuterie board, and of course, fish fry!
- Choose a Lenten sacrifice as a family. Is there something that you could "give up" together? Or think of something you could "add in" together - maybe a daily prayer, learn and memorize a prayer, a family service project, volunteer at a Mass as a family, family talk time, time to listen to music or meditate together... What will bring you together and closer to Jesus?
- Use play doh and 40 toothpicks to make a "crown of thorns." Let it dry & have your child(ren) remove a thorn each time they do a good deed during Lent.
- Attend a Stations of the Cross on a Friday. These happen every Friday during Lent in our parish, check the weekly bulletin for details. AND be sure to attend our **Family Stations of the Cross on 3/21 at St. Mary's.**
- Attend a Lenten Soup Supper on a Wednesday evening. Details are in the weekly bulletin.
- Attend Holy Week Masses and events - Palm Sunday, Holy Thursday, Good Friday, Easter Vigil (Saturday), Easter Mass. These Masses depict an important story in our faith, and are a 'real' way for your children to understand how Jesus laid down his life for us.



CLASSES AND EVENTS

MARCH 8

Class in Perkinsville

MARCH 21

2:15 Stations of the Cross & Class
4:00 Family Mass

MARCH 28 or 29

Palm Sunday
Be sure to attend one of the four Masses for a prayerful start to Holy Week

*Refer to the Bulletin to stay up to date with Lenten events



STATIONS OF THE CROSS FOR CHILDREN & FAMILIES

At the suggestion of Father John and the Liturgy Committee, we have created a time for families to pray together. Stations of the Cross are an important prayer practice in our Catholic faith, especially during Lent. We will combine the Stations with some learning activities as well, so this event will take the place of our Sunday March 22 Family Mass and class. Parents, kids, and any other family members should join us at St. Mary's Church at 2:15 on Saturday March 21st. We'll talk about the meaning of the Stations before walking through them together. Father John and/or Deacon Paul will lead us through the Stations as a group and then beginning at 3:00, Father will hear confessions of children and family members. Simultaneously, we'll have some activities for those who aren't going to Confession. At 4:00, we'll have our monthly Family Mass right at St. Mary's. We're looking for children/teens to volunteer as greeters, readers, gift bearers, and collections at this Mass. Please click the link and sign your child/family up for any jobs they're willing to help with!

[Family Mass Volunteer Schedule](#)