

LEN

Renewing Faith, Hope and Love

Diocese of Syracuse

FAMILY ACTIVITIES

Start with a party - the night before Ash Wednesday!

As the word Alleluia is neither said nor sung during Lent, "bury" the Alleluia – Sing Alleluia songs, clap, dance, make a big deal, then bury an Alleluia sign or put it in a box (leave it there until Easter, not saying it anymore) AND celebrate Fat Tuesday with sweet treats!



Make a crown by twisting or braiding material and sticking thorns in.

- Examples:**
- An existing wreath with small sticks
 - Purple fleece and toothpicks
 - Clay/play dough and toothpicks

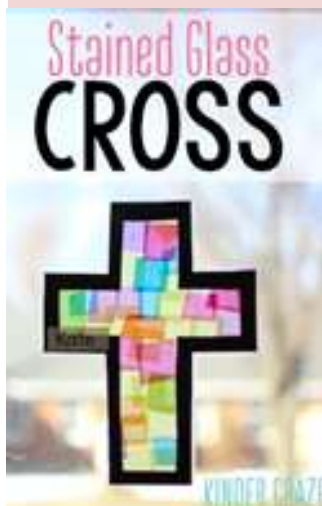
Each time a family member performs a good deed or sacrifice, they remove a thorn. On Easter morning, transform the crown into something beautiful! Fill it with flowers, eggs, white fabric, or candy.

OR - MAKE A SACRIFICE JAR! Fill a jar with large dry beans. Each time a sacrifice is made, move a bean into a different jar. On Easter, replace the dry beans with jelly beans for a sweet treat!



Other Lenten Activities:

- **Lenten map:** catholicsprouts.com or catholicicing.com
- **Almsgiving box** for collecting money for the poor
- **Count to forty** before meals!
- Do weekly **soup and stations** on Friday nights
- Use purple items, along with burlap, rocks, crosses, etc. to create a **prayer corner or home altar**



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