

Feeding the Hungry

in Southern Missouri

CATECHETICAL RESOURCES FOR FAMILIES, PARISHES, AND SCHOOLS



PRAYER

STATIONS OF THE CROSS MINIBOOK FOR CHILDREN



Use this small booklet to help families & children visualize the

Stations of the Cross. The paid version will include reflections.

<https://www.reallifeathome.com/printable-stations-of-the-cross-for-children/>

PEOPLE PRAYER CHAIN



Create a paper chain of people to

pray for during Lent. Use these people patterns to get you started.

<https://catholicinspired.design/2012/02/22/our-lenten-prayer-list-a-chain-of-people/>



FASTING

QUIET IT DOWN



Monks practice silence to better hear God. Consider

turning off Air pods and YouTube videos. Practice 30

seconds of silence. More ideas: <https://www.teachingcatholickids.com/fasting/>

LENT FAMILY CALENDAR

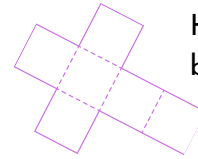
Honor the season of Lent with simple practices that your family can do together.

<https://www.loyolapress.com/catholic-resources/liturgical-year/len/activities-and-resources/len-family-calendar/>



ALMSGIVING

LIVING OUT CUBES



Help children to brainstorm on what they can do to make Lent a time

simple living and to focus on the needs of others.

<https://go.sadlier.com/religion/len-t-printable-activity>

GIVE ALMS CROSS

A craft activity to help your family to connect almsgiving with prayer, as well as count down the days of Lent.

<https://www.catholicicing.com/alms-giving-activity-for-children/>

"I invite all of you, especially the youth of our diocese, to join me in this Lenten Youth Project of prayer and sacrifice to feed the hungry of southern Missouri!"

Bishop Edward M. Rice

