

ST. FRANCIS OF ASSISI CATHOLIC SCHOOL

January 27, 2012
Volume 9, Issue 6

www.sfawolves.org



Monsignor Peter P. Buchignani, Pastor
Mrs. Beth York, Principal
Mrs. Vicki Boyd, Assistant Principal
Mrs. Mary Annette Keating, Assistant Principal

Faith. Academics. Service.

Catholic Schools

Catholic Schools Week – January 29th - February 5th

Calendar of Upcoming Events

January

- 29 Mrs. Crone's Choir sings at 8:45am Mass, St. Francis Church
- 31 SFA Variety Show-1:30 pm, school gym

February

- 2 Dinner & Open House – see below for details
- 3 Feast of St. Blaise; All School Mass; 11:30am DISMISSAL
- 14 St. Valentine's Day, Donation Out of Uniform Day
- 16 National Junior Honor Society Inductions following Mass
- 17 11:30am Dismissal – Parent/Teacher Conferences
- 20 NO SCHOOL – Faculty Retreat
- 21 Mardi Gras Parade - 1:30pm
- 22 Ash Wednesday-Mass 9:45am

www.sfawolves.org

Phone: 388-7321

Absentee: 381-2555

EXT.CARE: 381-2595

Sodexo: 381-2551
sandra.cole@sodexo.com

Home and School Association

Save the Date

St Francis Mother/Son Event

Saturday April 14th –
9am-11am at
Incredible Pizza Co.



Grandparents/Special Friend's Dinner & Open House February 2, 2012

Spaghetti Dinner, will be served from 5:00 p.m. - 7:00 p.m.
Visit the **Scholastic Book Fair** and **SFA Spirit Shop** any time
between 5:00 p.m. and 7:30 p.m.

Our teachers welcome your visit to the *classroom* anytime between
6:00 p.m. and 7:30 p.m.

New This Year! "The River City Rice Show" created by SFA students
will be on display in the school gym. Self-guided tours begin any time
between 5:00 p.m. and 7:30 p.m.

Dinner Prices:

Adults and Children 11 yrs. and above - \$8.00
Children 4yrs. to 10 yrs. - \$4.00 Children 3yrs. and under - Free
Tickets will be available at the door for an additional \$1.00 per person

Reservations must be received by January 31st for discount pricing
(<http://www.sfawolves.org/documents/OpenHouseInvitationDinnerReservationform2012.pdf>)

**All Parents, Grandparents, & Special Friends are Welcome
and Encouraged to attend!**

Congratulations to our Christian Witness Award Recipients for the 2nd Quarter:

8th Grade: David Fryt, Fielding Quarles, Luigi Siligato, Emily Chandler, Braxton Powers, and Cheyanne Suddath

7th Grade: Jake Coppedge, Spencer Ridgway, Max Thielemier, Catherine May, Mary Ornosky, and Rachel Sweeney

6th Grade: Ben Montgomery, Kyle Buckingham, Alex Miller, Emily Hiatt, Noelle Ybos, and Somer Smith

5th Grade: Vishnu Vedala, Luke Tolbert, Jesse Komoroski, Jesse Hollingsworth, and Mary Claire Casaccia

4th Grade: Kathleen Bula, Bethany Grantham, Charlie Brannon, Bella Rawlings, and Mela Clorina

3rd Grade: Connor Morgan, Lexie Davis, Jonathan Lepp, Kaley Watkins, and Olivia Walker

2nd Grade: Mia DeFilippo, Carson Young, Ella Lamey, Payton Offerle, and Charlie Donlon

1st Grade: Aurelia Igielinski, Joseph Opferman, and Luke Wilemon

Congratulations to the 2nd Quarter Honor Roll Recipients:

Principal's Honor Roll:

8th Grade: Lindsay Arvin, Kenzie Baird, Harley Chapman, Leah Cluck, Will Dearman, Kate Dudek, David Fryt, Jake Griesmer, Bryant Grove, Katie Hiatt, Emily Houston, Ben Jones, Dominic Keilty, Jackson Lewis, Monika Millczek, Dale Pitawanakwat, Carter Pruett, Lance Sanderson, Luigi Siligato, Daniel Smith, Gregory Sun, Sarah Turner, Lawson Tyrone, and Allison Weske.

7th Grade: Caroline Allen, Sam Banks, Baylor Bearden, Sydney Bloodworth, Ricky Carrasco, Stella Cea, Lexie Fletcher, Abby Grantham, Avery Graziosi, Lauren Michele Harrell, Sam Incardona, Hayden Jones, Yuzuka Karube, Elie Kiameh, James McGregor, Nick Morris, Jessica Morrison, Megan Morrison, Caroline O'Looney, Anna Schuman, Connor Sheeks, Allsion Sorette, Andrew Sweatt, Sarah Webster, Brianna Williams, Jacob Williamson, and Zachary Yancy.

6th Grade: Andrew Barczak, Mark Brouwer, Allison Carr, Catherine Crowe, Mia Lawson, Rayanne Lelis, Madeline Matheson, Joseph Orgeron, Johnathan Radcliff, Maude Renshaw, Sophia Scoggins, and Michelle Shah.

5th Grade: Laruen Capocaccia, Quincy Card, Adam Cummings, Garret Grove, Evan Kubick, Adrian Pabalate, JC Pratt, Mason Rojas, Zachary Ryan, Mary Wilson Screws, Abby Simpson, Emma Sorette, Mathew Starinshak, Owen Tyrone, Vishnu Vedala, Abigail Williams, and Joey Walsh.

First Honor Roll:

8th Grade: Matthew Barczak, Sophie Bougeois, Ashley Buckingham, Maggie Callahan, Blake Criswell, Tyler Griffis, Mary Elizabeth Hagan, Will Hecht, Amanda Magusiak, Sarah McMahon, Fielding Quarles, Caroline Raulston, Margaret Sell, Meghan Weiss and Erin Yoser.

7th Grade: Nick Ashker, Fischer Clarke, Jake Coppedge, Kara Drago, Rebecca Elliott, Anikka Ferro, Isabella Giddens, Raphael Guimera, Olivia Hall, Matthew Hammond, Trace Jenkins, Lauren King, Rachel King, Lauren Neuhoff, Erin O'Brien, Spencer Ridgway, Emily Sosnowski, Grace Sweat, Camille Trice, Meghan Tuttle, Nick Vaught, Egan Webster, Rebecca Williams, and Austin Wise.

6th Grade: Lee Arnold, Erin Bargiachi, Ellie Barrow, Cara Bascom, Jamie Brannon, Jack Brannon, Kyle Buckingham, Lorenz Cabe, Indie Caldwell, Patrick Callahan, Emily Cea, Camille Cipriano, Mac Clark, Conner Cremerius, Caleb Criswell, Jo Dearman, Sean Dolan, Katerine Farler, Carlo Guinocor, Parker Heavener, Ashley Herbers, Emily Hiatt, Juliette Hirsch, McKinley Hollis, Sarah Hovanec, Will Huber, John Iovinelli, Celia Kaplan, Andrew Lewis, Kiko Martinez, Caroline McClure, Emily McCulley, Alex Miller, Ben Montgomery, Hayden Moyes, Patrick O'Looney, Tyler Richards, Ruth Simon, Margo Valadie, A.J. Von Bergen, Andrew Williams and Noelle Ybos

Honor Roll (Continued)

First Honor Roll:

5th Grade: Chandler Alexander, Tori Cappadona, Halle Childers, Matthew Covington, Lauren DeVine, Gabriel Douba, Hannah Dugan, Jacob Dunham, Wyatt Ellis, Connor Evano, Hunter Filsinger, Robert Griggs, Nathan Hoang, Jesse Hollingsworth, Nathan King, Jordan Kleber, Gabrielle Lomasney, Ashely Magusiak, Jayden Marzolf, Parker Massa, Madison Mayhall, Evan Pham, Christopher Price, Grayson Raulston, Elio Rodriguez, Bryan Seaman, Alex Sejas, Olivia Siligato, Maggie Smith, Alex Turner, Annie Wadovick, Matthew Watkins, Ashley Watters and Katie Weske.

Second Honor Roll:

8th Grade: John David Aeschliman, Bryana Clancy, Matthew Crowe, Raymond Guasco, Rebecca Saunders, Brian Shaffrey, John Truitt, Patrick Vassallo, and McKenna Wharton.

7th Grade: John Barry Clark, Jack Dyles, Matthew Faasse, Matthew Fehrenbacher, Andrew Holtwick, Michael Minatra, Baker Mitchell, Aubrey Speer, Olivia Stewart, Rachel Sweeney and Alex Wilson.

6th Grade: Samuel Chafin, Ashley Clemente, Drake Holloway, Macey McCoy, Emily Odom and Johnny Walker

5th Grade: MaryClaire Casaccia, Emma Twele, Katherine Wilbanks and Christian Zoccola.

SPORTS NEWS....To the Parents of current 4th graders: If your child plans to play any SFA sports in the 5th grade, please PLAN AHEAD and have their yearly physical scheduled **AFTER June 1st, 2012**. The Parochial Athletic Association (PAA) requires all athletes in the 5th – 8th grade to have a physical. The orange medical form must be on file with the athletic director prior to participation. The orange medical form for the 2012-13 school year will be available in May.

Any questions, contact *Karen Baird at 381-2569*.

Timberwolves Helping Others

†PJ day was a huge success again this year!! A HUGE thank you to all the students and parents! 600 pairs of pajamas and several hundred children's books were delivered to kids in need over the holidays!

†The Sixth Grade would like to thank all who donated books to the Book Drive for the Memphis/Shelby County Juvenile Detention Center. Over 400 books were delivered to greatly expand the reading selections in their library. Also, several hundred preschool and picture books were delivered to the Foster Family Program for distribution to very young readers.

†At their recent retreat, our 8th graders made 53 flannel baby blankets and brought in over 100 baby items for Birthright.

†Mrs. Rivera's 6th grade Math students held a bake sale as part of their fraction project. They presented a check for \$450 to the St. Vincent de Paul Society at St. Francis Church.

2012 Scholastic Book Fair

This Year's Scholastic Book Fair will be an out-of-this world experience! The Book Fair will be held during Catholic Schools Week, January 30th to February 2nd.

Students in kindergarten through fifth grade will shop during their weekly library time. Make plans now to shop with your young reader. On Grandparent's and Special Friends night, Thursday, February

2nd, the Book Fair will be open from 5:00pm to 7:30pm. If you are interested in helping out at the Fair, email

Sharon.pallme@sfaschool.cdom.org.

See you at the Fair!



Thanks to all who have sent in box tops! In December, our school received a check from *Box Tops For Education* for \$2,374.00! Wow! Keep clipping those tops! #

AWARDS & ACHIEVEMENTS

SFA ACADEMIC TEAM

The SFA Middle School Academic Team competed on Tuesday, Dec. 6th in the Fall Knowledge Master Open computer competition against thousands of students on over 545 teams from across the United States and throughout the world. During the competition, students answered 200 tough questions covering a wide variety of content areas to vie for top scores based on the accuracy and speed of their answers.

The results are in and this year's team has had another successful showing. With a total of 1,349 points out of a possible 2,000, our SFA team placed 1st place in West Tennessee/Mid-South Region, 4th in the State of Tennessee, and in the top 25% throughout the USA and the World out of all the teams competing.

Some of the categories that our SFA team answered 100% of the questions correctly included American History, Current Events, Economics/Law, English Grammar, Earth Science, Health/Psychology and "Useless Trivia."

Team members include:

8th graders: *Lawson Tyrone, Harley Chapman, Grant Burks, Sarah Turner, Matthew Crowe, Matthew Barczak, Luigi Siligato, Will Hecht, Leah Cluck, Katie Hieatt, Emily Reber, Rebecca Saunders, Sarah McMahon and Elizabeth Bunch*

7th graders: *Ricky Carrasco, Andrew Sweatt, Stella Cea, Yazuka Karube, Caroline O'Looney and Sam Banks*

6th graders: *Kyle Buckingham, Erin Bargiachi, Celia Kaplan, Patrick O'Looney, and Sean Dolan*

SFA FORENSICS TEAM

Congratulations on a great job in Nashville, January 13th & 14th! It was very stiff competition with 17 area schools and several hundred students competing. We are very proud to announce we won 2nd place in the Sweepstakes! Thanks to all the team members and parents who made the trip and worked very hard to prepare.

Special recognition goes to the following students who placed in their categories:

Humorous Interpretation:

Harley Chapman – 1st place

Audition Monologue:

Sarah Turner – 1st place

Brianna Williams – 2nd place

Prose: **Michelle Shah – 1st place**

Pantomime: **Mary Conroy – 4th Place**

Duet Improv:

Noelle Ybos & Jo Dearman – 1st place

Duo Interpretation: **Sophie Bougeois & Rebecca Saunders – 4th place**

Duet Acting:

Somer Smith & Michelle Shah – 4th place

2012 National Geographic Society Geography Bee was held in our school gym on January 10th.

Congratulations to our winners and finalists:

Winner – **Grant Burks**, 8th grade

2nd place – **Matthew Crowe**, 8th grade

3rd place – **Andrew Sweatt**, 7th grade

4th place – **Matthew Starinshak**, 5th grade

Finalists: **Patrick O'Looney, Sarah McMahon, Dante Carrasco, Dominic Keilty, Katie Hieatt, and Fielding Quarles.**

MODEL UN

Congratulations to our Model UN participants who competed at the city wide gathering December 3rd. The YMCA of Middle Tennessee holds a conference for middle school students offering these kids an introduction to the United Nations General Assembly where they are given the opportunity to draft and debate resolutions. Matthew Crowe & Luigi Siligato reached the final round and had their resolution passed by the general assembly. Matthew Crowe and Robert Campbell also won awards for Outstanding Delegate.

Congratulations to the winners of the 3rd Grade Zaner-Bloser National Handwriting Contest:

In 4th Place: **Lauren Campbell**

In 3rd Place: **Cooper Wilson**

In 2nd Place: **Lauren Logan**

And in 1st Place who will represent St. Francis of Assisi Catholic School both in the State and National Levels is:

Lauren Banks

Results are in from the 2011 Family Choice

Awards sponsored by

Memphis Parent Magazine.

Best Private Schools:

Gold: Woodland Presbyterian

Silver: TIE – ST. FRANCIS & HOLY ROSARY

Bronze: Briarcrest Christian School

February News...from the Extended Care Office:

Hello from Extended Care. January has been busy and now as we go into February, there are several dates to remember.

- **Feb. 2nd** - Grandparent/Special Friends Dinner & Open House
Extended Care will **NOT** use the cafeteria on this day. Extended Care students should be signed out and picked up from the **Multipurpose Room** where morning care is held for 3, 4 and 5 year olds.
- **Feb. 3rd** - Student Appreciation Day - **11:30 Dismissal** - Extended Care **OPEN**
Please send a lunch and drink. Extended Care will provide lunch for a \$2 charge but you must sign up at the sign out table in the cafeteria.
- **Feb. 17th** - Parent / Teacher Conferences - **11:30 Dismissal** - Extended Care **OPEN**
Please send a lunch and drink. Extended Care will provide lunch for a \$2 charge but you must sign up at the sign out table in the cafeteria.
- **Feb. 20th** - Faculty Retreat - **NO SCHOOL** - Extended Care **OPEN** - 7:00am - 6:00pm
Please send a lunch and drink. Extended Care will provide lunch for a \$2 charge but you must sign up at the sign out table in the cafeteria
- **March 12 - 16** - Spring Break - **NO SCHOOL** - Extended Care **CLOSED**

Camp Timberwolf 2012 - "Surfin' Summer Fun" Registration is now **OPEN!!!!**

Summer Camp Facts:

Location: St. Francis School Cafeteria (Drop off and Pick Up)

Dates: May 29th - July 27^h **NO CAMP** the week of July 2nd - July 6th

Time: 7:00a.m. - 6:00p.m. Monday through Friday

Enrollment: SFA students and SFA parishioners only

Grades: Students entering (2012-2012) 3 year old program (PreK) through 8th grade

Final Registration: March 21st & 22nd (MANDATORY)

Location: Multi-Purpose Room

Time: Any time between 3:00 p.m. and 6:00 p.m. (either day)

Agenda: Parents will receive the summer camp registration packet.

ALL remaining paperwork MUST be completed at this time and turned in to place your child/children on the summer camp roster

*Extended Care will provide childcare for the 2 weeks (July 30th through August 10th) before school starts in August. Activities for this summer care will be posted at a later date.

*For more information please contact Dena Chavez,
Director of Extended Care / Summer Camp
(901) 381-2595 or dena.chavez@sfaschool.cdom.org*



Thoughtful Moments

Throat blessing

On February 3rd, many parishes all over the country will celebrate the feast of St. Blaise. St. Blaise was reportedly a physician who healed many ailments of the throat. He was martyred for refusing to renounce his Catholic faith and serves as an example for us of kindness and extraordinary courage.

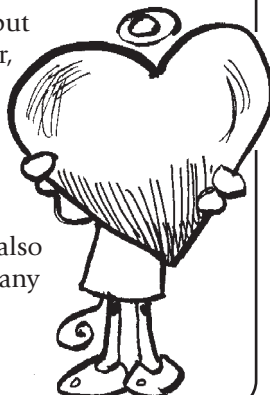


Gratitude aloud

The more grateful we are for what we have, the more likely we are to value and use it. Let your children hear you thank God for your gifts. Encourage them to do the same.

Symbols in the Mass

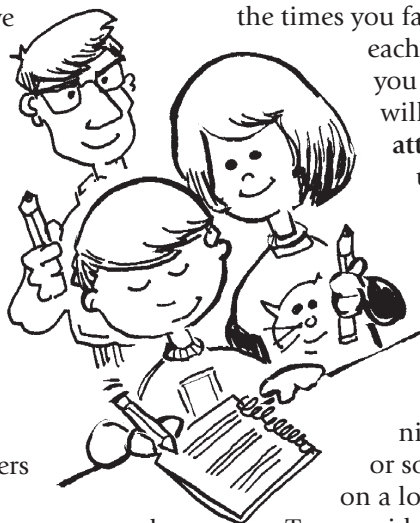
Ever notice how many symbols are used in the Mass? For example, kneeling, shaking hands, the blessing of the water and wine, the elevation of the host. Each is an action in itself but also has another, deeper meaning. They not only help us to reenact Jesus' last supper but also represent the many ways God is present in our lives.



Teach children to balance Lent

Teaching children to give something up during Lent builds a valuable, lifelong penitential habit. But we can become so focused on this Lenten sacrifice that we neglect the other two pillars of Lent: prayer and almsgiving. All three are necessary to experience the blessings of a fruitful Lent. Try these ideas to teach the other two:

Prayer: Demonstrating different methods of prayer during Lent offers children options for putting together their own personal prayer routines. For example, try a **gratitude journal**. At dinnertime or bedtime, take turns writing a line or two in a notebook that talks about



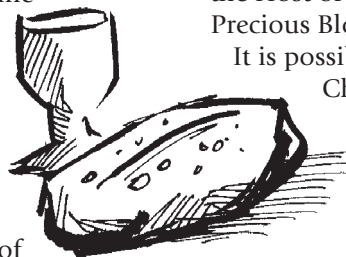
how God blessed each of you that day. Or, demonstrate **P-R-A-Y time**. At least once a day, gather together and Praise God for his goodness, Repent of the times you failed to love him or each other, Ask for what you need, Yield to God's will. Of course, commit to **attending Mass** – the ultimate prayer – on the weekends as a family.

Almsgiving: God wants us to share our gifts, not hoard them. As a family, can you spare a night to work at a shelter or soup kitchen? Look in on a lonely neighbor? Mother Teresa said, "never worry about numbers. Help one person at a time and always start with the person nearest you." Why not start the habit during Lent?

Why Do Catholics Do That ?

Do Catholics believe Christ is in the Precious Blood or the Host?

Once the bread and wine has been consecrated during Mass, Jesus Christ is wholly present under the appearance either of bread or of wine in the Eucharist. In fact, Christ is wholly present in any fragment of



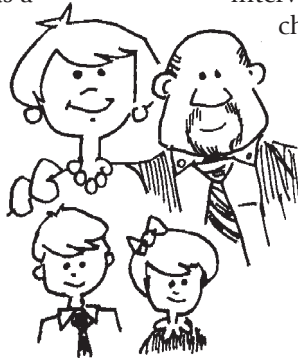
the Host or in any drop of the Precious Blood.

It is possible to receive the whole Christ in just one form or the other. However, it is most fitting to receive Christ in both forms during the celebration of the Eucharist.

Give your family the gift of "Little Easter"

Every Sunday is a "Little Easter," with Mass as a celebration of Christ's victory over death and sin. For that reason, Sunday Mass is an obligation for all Catholics. Many Catholic families find that developing Sunday habits bring them closer together and closer to God. Try these ideas:

Family forgiveness: On Friday or Saturday night, gather together and ask each other for forgiveness for offenses committed against one another. Then go to Confession as a family weekly, monthly, or at some other



interval, as often as you can. (Parents may need to help children with their examinations of conscience.)

Mass preparations: Before leaving for Church, go over the readings you will hear at Mass so you can answer questions ahead of time. Or, some families find that driving to Mass in silence leaves time for prayer and reflection.

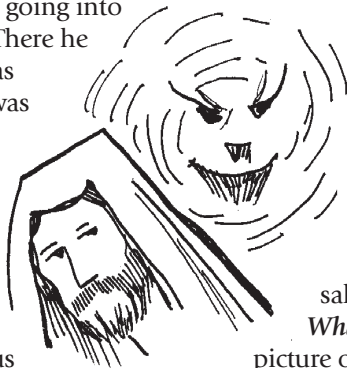
Mass intentions: Ask each person to pick someone for whom the family can pray at Mass. Write each name on a list and offer a family prayer for these intentions after Communion.

Scripture LESSON

Mark 1:12-15, The Path to Easter

This Gospel describes Jesus actions after his baptism by John. He prepared for his public ministry by going into the desert for forty days. There he was tempted by Satan, was among wild beasts, and was ministered to by angels.

We can use the lessons of this Gospel to help us prepare not only for Easter, but for the rest of our lives. Temptations surround us. Satan is constantly trying to tear us away from God. The wild beasts represent every kind of danger and evil. But the angels provide God's protection

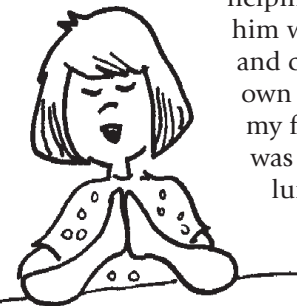


for us. We can rely on them to help us if we ask for God's help.

We can use Lent to fulfill Jesus' proclamation, "Repent, and believe in the gospel." For our part we can take a realistic look at ourselves. We can do penance and accept the Gospel, that God's salvation is available to us. **What can a parent do?** The picture of Satan tempting us can be frightening to children. Reassure youngsters that God sends his angels to watch over and protect us.

Parent TALK

I had stopped praying. My father had a heart attack last summer and I was helping Mom care for him while working and caring for my own family. Then my father-in-law was diagnosed with lung cancer and needed care. Finally, Ken lost his job for the



second time in three years and we had used up our savings the first time. Obviously God wasn't listening. A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening. Amen." Then she went to sleep. Standing outside her room, I realized Teresa didn't tell God what to do. She asked for help, trusted that it would come, and left it to God. I prayed for the first time in weeks and ended with, "Thanks for listening. Amen." I realized God is always listening. I was the one who had stopped talking.

Feasts & Celebrations

February 11 – Our Lady of Lourdes (1858). A heavenly lady appeared to St. Bernadette Soubirous, a poor and sickly girl from a small village in France. Soon after the first vision, a spring with miraculous healing waters emerged from a nearby cave. The lady revealed herself as the "Immaculate Conception" – the Blessed Virgin Mary. Pilgrims still flock to Lourdes today.

February 14 – St. Cyril (869). Along with his brother Methodius, St. Cyril was a missionary, teacher, and patron of the Slavic people. He invented an alphabet still used in some Eastern liturgies, and preached the Gospel in a

more easily understood manner.

February 22 – Ash Wednesday. The first day of the Season of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the forehead as a sign of penance.

February 22 – St. Peter's Chair. Marking St. Peter's establishment of the Holy See, on this festival we thank God for his Church and pray for its holy preservation.



Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
Publishers of Growing in Faith™ and Partners in Faith™
(540)662-7844 (540)662-7847 fax
<http://www.growinginfaith.com>
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

© Copyright 2012 Success Publishing & Media, LLC

Partners in FAITH™



Helping our children grow in their Catholic faith.

2012 Special Lent Edition

St. Francis of Assisi Parish



Thoughtful Moments

Why Lent?

"If we say, 'We are without sin,' we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing" (1 John 1:8-9).

Lent is the Church's gift to us to help us overcome the tendency to sin and to be "cleansed from every wrongdoing." It's our chance to perform community penance and personal acts of self-denial.

What to do with palms?

Some families twist palms around crucifixes or sacred pictures. Or, you can offer a palm to anyone you may have offended as a gesture of reconciliation.

The Family Poor Box

To make giving to the poor a family project, decorate a shoe box, cut a hole in the top and put it where everyone can see it. Ask each person to contribute to it every week. Then put the contents in your parish poor box on Sunday.

Lay the foundation

Don't hesitate to talk to your children about topics that may seem beyond their understanding. While they may not get the Holy Trinity or the Real Presence now, more will be revealed as they grow older. Others will remain mysteries for them as they do for us.

What are your children giving up for Lent?

This month Catholic children all over the country will ask each other, "What did you give up for Lent?" Giving something up — abstaining from a favorite food or activity — is a good way to observe the season of Lent.

But when this abstinence is too hard to maintain for the whole season, children get a dim view of Lent. Here are some suggestions for helping youngsters sacrifice during Lent.

Encourage your child to give up something he really values — a favorite dessert or a cherished past-time. When he starts to miss it, tell him to think of it as giving Jesus a "thank you gift" for

his sacrifice on the cross.

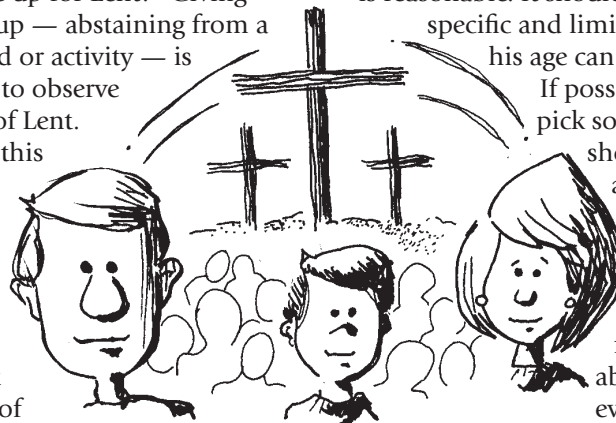
Make sure what your child gives up is reasonable. It should be something specific and limited so that a child

his age can see it through.

If possible, help him pick something he shouldn't have anyway. Sweets, soft drinks, or too much television make healthy choices for Lenten abstinence. He may even decide he can

do without it after Lent is over.

Once you've helped him choose wisely, encourage him to give what was saved to God. For example, money not spent on sweets can go in the Rice Bowl or the Poor Box. It will send the message that there's more to Lent than just "giving something up."



Why Do Catholics Do That ?

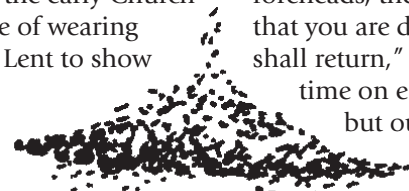
Why do Catholics wear ashes on our foreheads on Ash Wednesday?

To ancient Jews, wearing sackcloth and sitting in ashes showed repentance and humility, and acted as a penance. Thus, the early Church adopted the practice of wearing ashes at the start of Lent to show repentance, too.

The ashes on our foreheads are

an outward sign of our desire to repair our relationship with God during Lent. As he places the ashes on our foreheads, the priest says, "Remember that you are dust and unto dust you shall return," to remind us that our

time on earth will pass away but our life in Heaven lasts forever.



Help children have a fruitful Lent

Like eating green vegetables, good Lenten practices aren't always pleasant to children but they always help us to grow up healthy. Try these ideas to help children have a fruitful Lent:

Penance. Even young children understand that if we make a mess, we need to clean it up and try not to do it again. That's the basic idea behind Lenten penance. When we disobey God, we need to apologize to him, fix things if we can and try not to do it again.

Prayer. Children with good prayer habits often become adults who pray. Refresh your family prayer habits and encourage children to start and end their day in prayer. Together pick a morning and evening offering and say it together during Lent.

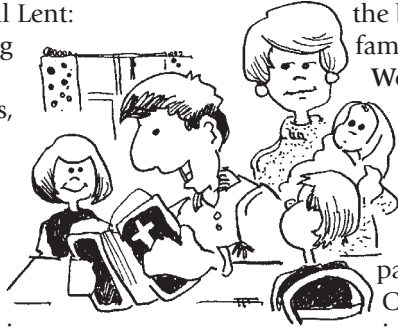
Acts of kindness. Our sins affect others, so offering kindness to others is a good way to compensate. Some good Lenten acts for children include shoveling a neighbor's walk, doing an extra chore without being asked, or showing kindness to another child at school.

Sacrificial sharing. Help children sort through their toys and put the excess into a box, even toys they like but don't play with much. Take the box to a needy family or family shelter.

Works of Mercy Mobile. The Spiritual Works of Mercy include instructing, advising, consoling, comforting, forgiving, and patiently forbearing.

Corporal works of mercy include feeding the hungry, clothing the naked, visiting the sick and imprisoned, sheltering the homeless, and burying the dead. Choose a set of Works and draw or cut out pictures to illustrate each one. Attach them to a hanger with string and hang it up to remind you to do these good works during Lent.

A Lenten Wreath. Press seven purple candles and one yellow candle into a Styrofoam ring. Decorate it with silk flowers or fresh greens. Light a candle on Ash Wednesday and the rest of the week. The second Wednesday, light two, and so on. Light the yellow candle on Easter and celebrate our new life in Jesus!



family FUN

Pretzels for Lent

Early Christians observed a strict fast during Lent, avoiding butter, cheese, eggs, meat, milk, or cream. So they created a bread shaped like a person's arms crossed in prayer (a popular prayer posture at the time) to remind them that Lent was a time of prayer and penance. Sprinkled with salt, this bread was eventually called "pretzels."



Recipe: Dissolve a package of dry yeast into 1 ½ cups of warm water. Add one teaspoon of salt, and one teaspoon of sugar. Blend in two cups of whole wheat flour and two cups of enriched flour.

Knead the dough until smooth and cut into small pieces. Roll the pieces into ropes and twist into a pretzel shape. Place on a lightly greased cookie sheet, brush with a beaten egg and sprinkle with sea salt. Bake at 425° for 12-15 minutes.

Joyful Jelly Beans

Last year, I found a way to make Lent fun. I started with jelly beans – our favorite Easter candy – and separated them by color into baggies. Then I taped a bean of each color to an index card and wrote what it represented.

Red meant sacrifice. Green was good deeds. Yellow was acts of kindness. Blue was stewardship (doing chores, turning out lights, etc.). Purple meant asking for forgiveness and pink meant offering it. White stood for God's grace which isn't earned.

Every time we performed a "jelly bean act," we put the colored bean into a jar with our name on it.

On Easter, I added white jelly beans to fill the jars to the top to show the gift of God's grace where we are lacking. On Easter, we were so proud of our full jars, nobody wanted to eat the jelly beans.

Celebrate the traditions of Lent

Mardi Gras: Translated as "Fat Tuesday," Mardi Gras is a final celebration before Lent. It began as an attempt to use up rich foods forbidden during Lent and people feasted on such items as pancakes, sausages, and sweets. Have a Mardi Gras party and pancake supper with your family the night before Ash Wednesday.

Meatless Friday: Abstaining from meat on Fridays during Lent is a sacrifice as penance for sin. It is also a sign of solidarity with the hungry all over the world. If your children are too young to abstain from meat

on Fridays (all over the age of 14 are required), suggest they abstain from something they enjoy like sweets or dessert.

Stations of the Cross: This is a way to reflect on the events of Jesus' journey to Calvary. Many churches display images before which families can pray while performing this devotion.

Confession: Jesus created the Sacrament of Reconciliation to help us remember God's unlimited mercy. Take your family to Confession so you can all know God's forgiveness and make a new start on Easter.

Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
Publishers of *Growing in Faith* and *Partners in Faith*
(540)662-7844 (540) 662-7847 fax

www.partnersinfaith.com
(Unless noted, Bible quotes and references are from the Revised Standard Version and New American Bible.)