

BAPTISM

March message in the Year of Strong Catholic Parents

START HERE

How will you explain the Season of Lent to your children?

The Lent-in-2-minutes video can help...

<http://www.youtube.com/watch?v=m3L3c23MfC0#t=51>

PONDER – Why do we fast in Lent?

Before Jesus began his public ministry, he fasted in the desert for 40 days (Matt 4:1-2). “Through fasting, Catholics learn to practice self-denial, to lead a life of moderation that deepens our compassion for people in need, and to develop a deeper hunger and thirst for God...The minimum that the Catholic Church expects is for us to fast on Ash Wednesday and Good Friday.” ***Practice Makes Catholic*** by Joe Paprocki

<http://www.loyolapress.com/practice-makes-catholic.htm>



CONNECTIONS – APPS for Lent

Make Lent meaningful by choosing an area of focus for every day until Easter. The simple reminder below is modified from one on CatholicCulture.org

A = Almsgiving – connect to the poor

P = Prayer – connect to God

P = Penance – connect with others

S = Sacrifices – clear away excess and connect to ourselves

Where will you put your efforts this Lent? Choose one a day, one a week, or all 4 for 40 days.



ACTION – The one thing most Americans are LEAST likely to give up for Lent is their smart-phones. Use your phone this Lent to pray daily or read scripture. By downloading a Catholic App you’ll raise your awareness of the season and the likelihood that Lent will have a positive impact on you.

<http://catholicapps.wordpress.com/>

LINKS

For Fr. Barron’s daily Lenten reflections right to your inbox click **HERE**

<http://www.lentreflections.com/>

Busted Halo has a Lenten calendar to keep you focused: fast, pray, give **HERE**

<http://bustedhalo.com/features/fast-pray-give-2014>