

A Lenten Guide for Homeschool Moms

BY MARY ELLEN BARRETT





Dear Friends,

I am always tempted by the pretty prayer journals I see online. They look so promising, their blank pages beckoning to be filled with my thoughts, insights, and prayers.

However, I am a homeschooling mother, short on time for extracurricular thoughts and insights. And my prayers tend to be those muttered over domestic catastrophes or child nonsense.

If yours is not a pensive lifestyle either, this guide was written for you.

Maybe you have a few minutes in the morning or evening for a Rosary or a page of spiritual reading. Mostly though your day is ensuring everyone learns to read and write and do so in clean clothes.

This guide is not fancy, no need to write anything, unless you want to. It prompts a little reading and a small amount of thinking (which you can do in the shower). That and a daily glance at the included calendar will help keep you focused on Lent and preparing for the Risen Lord.

The Lenten Guide for Homeschool Mothers was written by a homeschool mom who remembers being disappointed for not “doing” Lent correctly. I discovered there is no “perfect” Lent. There are, after all, too many math pages to grade, sandwiches to make, and diapers to change.

In the end, what is needed is a desire to please God and grow closer to him. I hope this guide helps you do that.

Blessings,

Mary Ellen Barrett

AUTHOR

Mary Ellen Barrett

DESIGN & LAYOUT

Robin Hibl

MARKETING DIRECTOR

Jim Shanley

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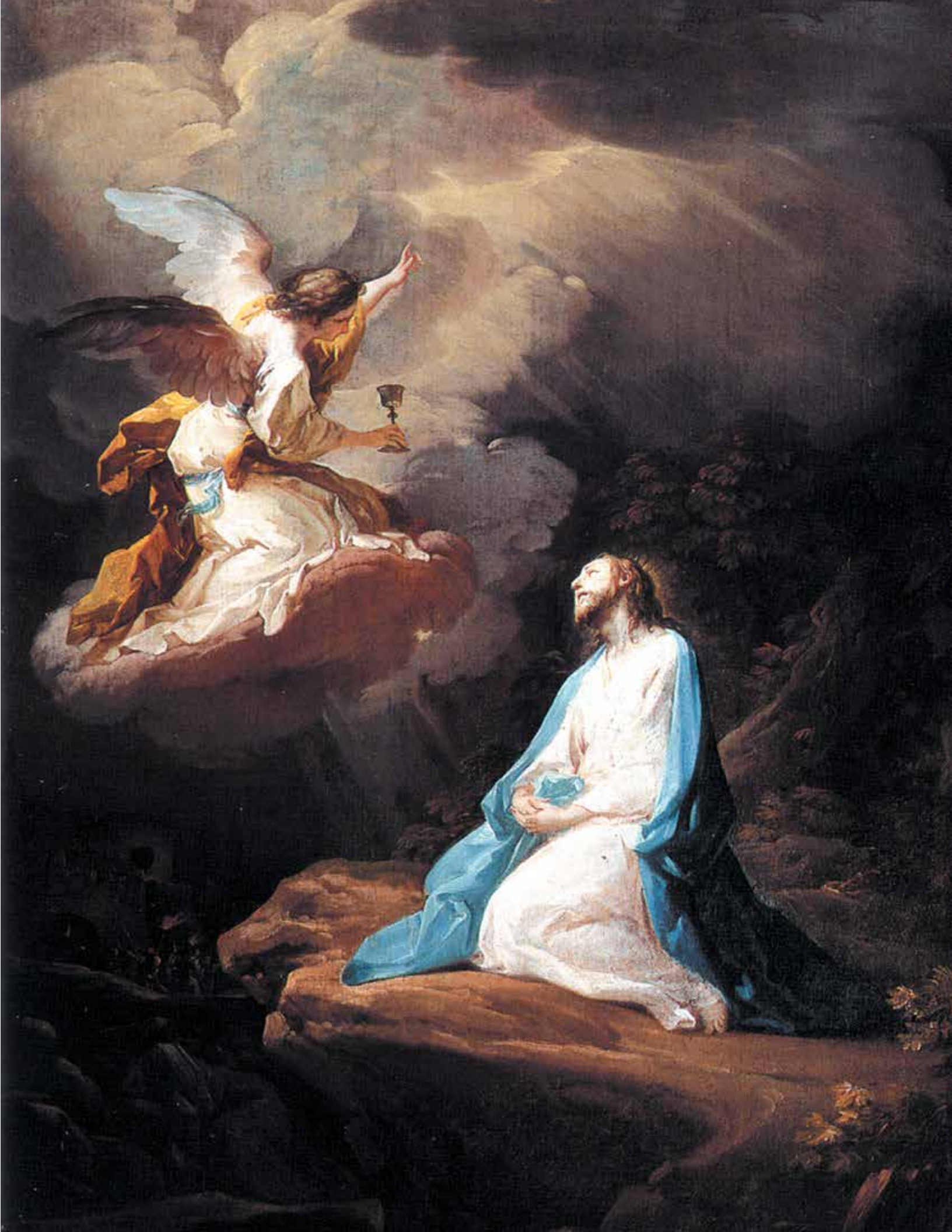
1350 Progress Drive

Front Royal, VA 22630

Phone: (540) 636-9990

Fax: (540) 636-1602

For more information visit us at www.setonmagazine.com





The Pietà.....Michalangelo

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“*Teach me, God,
to do thy will.***”**



INTRODUCTION

Lent or Quadragesima (forty days) is the liturgical season beginning on Ash Wednesday and ending with the Vigil of the Resurrection of Our Lord Jesus Christ (Holy Saturday), excluding Sundays. In the Bible forty days was the traditional number of days of preparation.

Moses stayed on the Mountain of God for forty days (Exodus 24:18 and 34:28), Elijah traveled forty days before he reached the cave where he had his vision (1 Kings 19:8).

There are many other examples but the most important is that, prior to undertaking his public ministry, Jesus spent forty days in the wilderness praying and fasting (Matthew 4:2). This makes it appropriate that we, the faithful, spend an equal amount of time preparing for the Passion, Death, and Resurrection of Our Lord.

By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.” (CCC 540)

MY REFLECTIONS

How do I want to improve my relationship with God for Easter Sunday?

We are called upon to pray, fast and abstain in Lent. This draws us closer to Christ and helps us to shed some of the attachments we have to the world. These attachments are inhibiting our spiritual growth.

We are obligated to fast on Ash Wednesday and Good Friday as well as to abstain from meat on each Friday in Lent.

We, the faithful, are encouraged to make sacrifices in addition to these but those are considered, by canon law, to be free will sacrifices and not obligations.

For busy moms, all of this can be a lot to keep track of, so in this guide you will find a few suggestions for sacrifices, some prayers that you may try to learn, and some scripture and wisdom from the saints.

Throughout the guide you will find encouragement to accompany you on your mission to live Lent.





INTRODUCTION

Before Lent begins it is helpful to ask yourself a few questions.

How do I want to improve my relationship with God for Easter Sunday?

What do I want to have accomplished spiritually when these forty days have finished? Calmer, more loving? One who lives the Gospel rather than one who only hears the Gospel? More prayerful and disciplined?

Consider...

1. What keeps me from fully loving God as I should? Is there an idolatry that interferes (screens, fear, character flaws...)
2. Am I using my time wisely? That is, does my daily routine encourage a relationship with God and the people he blessed me with as family? Do I spend time mindlessly watching a phone or television, or make other things a priority over God and family?
3. Is there anyone with whom I need to reconcile? Do I need to seek forgiveness and repent of wrongdoing?

After answering these questions and being completely honest with ourselves, let us move on to how we can fully embrace Lent within our vocations as homeschooling mothers.

MY REFLECTIONS

What attachments are inhibiting my spiritual growth?

Within this guide there are journal pages that include habit trackers which can help you make a visual record of how you are doing with your chosen Lenten observances.

Included is a calendar with suggestions of short devotions to make on certain days. This is intended to help you should you feel stuck and overwhelmed by the whole thing.

It is important to remember that there is no such thing as a failure at Lent. Should you falter or get off track, it is a reminder that we often try too hard to rely on our powers rather than on the grace of God.

United with Christ

Getting off track in Lent is a reminder to be humble and accept that there was only one perfect sacrifice and our setbacks are a way to look up at the Cross and humbly unite ourselves with the suffering therein.

God loves you and knows your heart as well as knowing your workload, so be charitable with yourself as you would be to someone else.





TELL ME ABOUT PRAYER

Lent is a perfect time to incorporate new devotions into your prayer life and create a habit of prayer that your busy life may be lacking. Try beginning in a simple way, by offering up your work of the day to the glory of God. This is something you can do the minute your feet hit the floor in the morning. You can set a reminder to your device that coincides with your alarm.

Other small ways to incorporate prayer include saying a sentence of prayer in your tasks each day. Folding laundry? Thank God for a washer and dryer or thank Him for the person who will wear the clothes. Cooking? Thank God for food, a stove, the bellies you need to fill, etc. Soon it becomes habit to be grateful to He who blessed us with all we have.

Is there a devotion that you always wanted to make yours but have had trouble with? Focus on it this Lent. We complain about these devices, and how they consume our lives, but they can be useful when trying to create good habits. The **Hallow** app (which is one for which you pay) and another called **Pray** (free) can remind you to pray each day. It makes completing a novena or listening to the Word much easier each day.

I also take a photo of a particular prayer (novena, a new prayer to learn) and I make it my screen saver on my phone. That makes saying the prayer several times a day much easier because I am reminded when I use my phone and it's right there. No stopping to look it up or find a prayer book.

A daily devotional can be a wonderful way to begin a new prayer habit in Lent. Many parishes give away prayer books specific to Lent but there are many devotionals out there so try to find one that suits your needs right now. A page a day type might be doable while rocking a baby.

“Lord help me to have
a good Lent!”



A wonderful devotion to begin for Lent is the Ignatian Examen. The Examen is a prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. It is an ancient practice in the Church described by St. Ignatius in his *Spiritual Exercises*. A brief overview:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look forward to tomorrow.

Another habit you may want to begin is daily Bible reading. There are many apps and study guides available for this (I use the *Hallow* app and the *Great Adventure Bible Study*) but you can always just pick a place and begin. The Gospels are always a good place to start (I am partial to Matthew), as are Genesis and Exodus for Lent.

Daily, private devotions are extremely important to moms and that they are short is fine; they are what you can do in your life and God knows that. However, it is important to also include your children in prayer to help them develop the habit of daily prayer. Making this part of your school day will feel effortless as time goes on.

Begin with a daily rosary or morning offering. If that does not work, the Angelus before lunch is a beautiful prayer. Closing prayers when your school day ends may work better for you. Timing does not matter; that it is part of your day is what matters.

MY REFLECTIONS

What do I want to have accomplished spiritually when these forty days have finished?

Is there a devotion that I always wanted to make mine but have had trouble with?

[illegible]

“Heart of Jesus, burning with love of us, enflame our heart with love of thee.”

WHAT ABOUT FASTING AND ABSTINENCE?

In the Latin Rite of the Church, according to the code of canon law, the norms on fasting are obligatory from age eighteen until age fifty-nine. You are not bound by those ages and parents can certainly impose appropriate fasts and abstinences on their children.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Church from the age of fourteen onwards.

If possible, the Good Friday fast is to be continued until the Easter Vigil as a paschal fast to honor the Passion and Death of Jesus. Please remember that should someone be in need of food for medical reasons, it is not only unwise to fast, it could be considered scrupulosity.

Pregnant women, people with medical conditions, small children, and elderly people are always exempt from fasting.

Fasting and abstinence are disciplines, a training of the will. By denying ourselves something that gives us pleasure, we discipline the will so that we do not become slaves to our pleasures. This prepares us for situations that demand sacrifice, like getting up with a baby ten times in a night or listening to bickering all day, placing those sacrifices at the foot of the cross.

Flexing this spiritual muscle also helps us endure hardships such as family members questioning our decision to homeschool, a parish that does not quite meet our spiritual needs, or loved ones who have fallen away from the faith. Fasting for these specific intentions is a powerful intercession.

“He was there with the Lord forty days and forty nights; he neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the ten commandments.”

Exodus 34:28

***There are many Biblical references about fasting.
Daniel 10:2, Matthew 4:2-4, 11, Mark 9:17-29, Acts 13:1-3***

My Lenten Way: Daily Readings

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MY REFLECTIONS

What can I do to become calmer, more loving?

CREATIVE WAYS TO OFFER SACRIFICE

What are you giving up for Lent? It is the annual question, and one about which we should think seriously. Sometimes Lenten sacrifices can become routine and it can be necessary to re-think how we are approaching the sacrificial nature of Lent.

Here is a list of some of the more creative sacrifices you could make. Warning, some of these are really difficult so make sure you are in the right season of life to do something before committing.

IDEAS FOR LENTEN SACRIFICES...

1. Beverages other than water
2. Your sleeping pillow
3. Using a debit or credit card
4. Meat and/or dairy
5. Social Media
6. Streaming services (Netflix, Hulu, Prime, etc.)
7. Sweets
8. Alcohol
9. Favorite item of clothing
10. Favorite beauty product
11. Sleeping in (get up one hour earlier than normal)
12. Sarcasm
13. Eating out/ordering in
14. Favorite podcast or YouTube channel
15. Car radio
16. Hot showers (use tepid or cool water)
17. The snooze button
18. Needless consumerism (no more wandering around Target)
19. Your exercise playlist (switch to sacred music or the rosary)

My Lenten Way: *Pray the Rosary*

[illegible]



CREATIVE WAYS TO OFFER SACRIFICE

20. Nagging
21. Laziness
22. Manicures/pedicures
23. Walking around with your phone. Leave it docked until you absolutely need it.
24. Phone apps that are distracting (delete, delete, delete)
25. Condiments
26. Telling everyone what you gave up for Lent!



*“O Sacred Heart of Jesus,
I place my Trust in Thee!”*

[illegible]

is there anyone that I need to recognize?

I need to seek for forgiveness and repent of my wrongdoing.

How can I live the Gospel rather than just hear it?

How have I been more charitable to others than myself?

“Sweet Heart of Jesus,
be my salvation.”

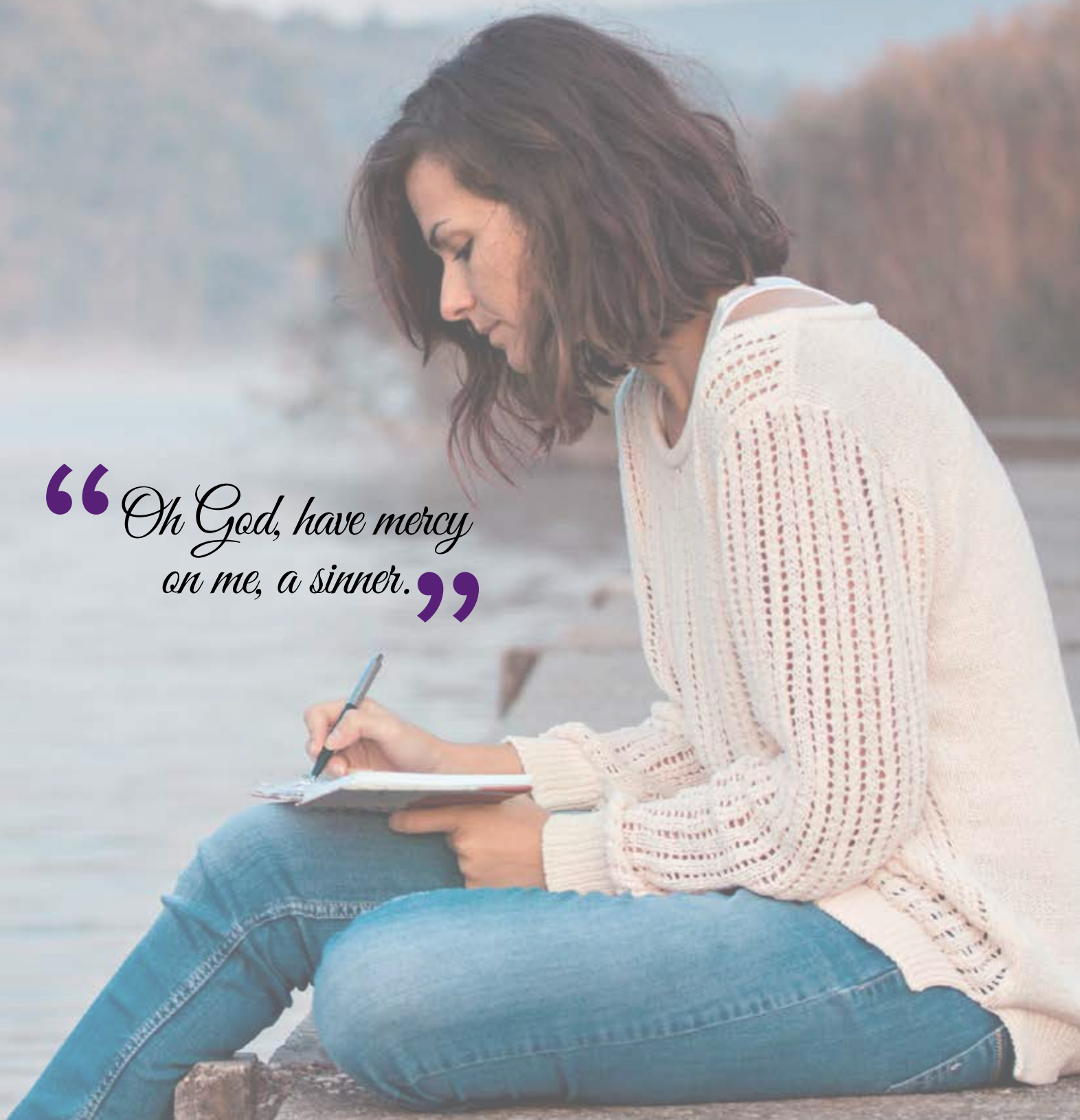
Here are a few ideas.

- ## MY REFLECTIONS

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WAYS I CAN MOVE CLOSER TO GOD

“Oh God, have mercy
on me, a sinner.”



WAYS I CAN MOVE CLOSER TO GOD

5. Go to one weekday Mass each week (more if you can manage it)
6. Do some spiritual reading (there is a list in the Appendix)
7. Create some menus with more meatless meals than usual.
8. Volunteer for something at your parish or community. Commit to feeding the hungry or clothing the naked.
9. Memorize one passage of Scripture or one prayer over the course of Lent. There are some suggestions in the Appendix.
10. Do something with your children that they enjoy that you do not (board games, camping, get in the pool, toss a ball around). This is a great act of charity.
11. Declutter one closet or cabinet per week. Donate what you no longer use.
12. Almsgiving does not always mean money. Make a meal for someone who is ill, pregnant, overwhelmed or just plain busy. Deliver it with a smile and include a note saying you will pray for them.
13. Listen to sacred music. Lent at Ephesus by the Benedictines of Mary, Queen of the Apostles is extraordinary and widely available on music sites.



Am I using my time wisely? That is, does my daily routine encourage a relationship with God

and the people He blessed me with as family?

Do I spend time mindlessly watching a phone or television, or make other things a priority over

God and family?

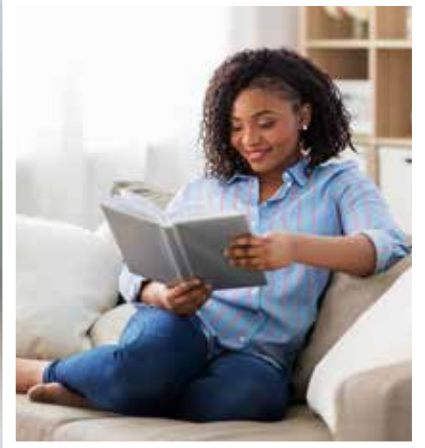


MY REFLECTIONS

What can I do to become more disciplined? _____

“Blessed Be God!”

WAYS I CAN MOVE CLOSER TO GOD



14. Add in some beauty. Go to an art museum (if possible) or view some beautiful art online. Look through the Seton art books for ideas on artists to learn more about. Check out some books from the library.
15. Gratitude journaling.
16. Call someone you tend to neglect.
17. Give each person in your home a compliment each day. Find ways to praise.
18. Read a work of classic literature.
19. Listen to a Catholic podcast, not a comic one but something spiritually beneficial.
20. Pray each day for someone you disagree with on something significant (faith, politics, lifestyle..)

Scripture to Memorize (pick two)

Deuteronomy 9:9, Psalm 51, Psalm 138, Isaiah 40:3-5, Isaiah 58:6-9, Matthew 4:1-4, Matthew 5:1-16, Matthew 6:16-18, John 12:23-26, 1 Corinthians 7:5, Philippians 3:10-11, Revelations 12:10-12



Holy Week in the City

While city living can be stressful, and goodness knows expensive, it offers tremendous resources. This is especially true during Holy Week with hundreds of churches offering Masses and devotions.

On Spy Wednesday, we remember that one of the apostles, Judas Iscariot, betrayed Our Blessed Lord for thirty pieces of silver. Our family attends Tenebrae, a dramatic and moving devotion where Matins and Lauds are sung.

One by one, candles are extinguished in the church, leaving all in total darkness. The darkness is only broken by the harsh clatter of the strepitus, reminding us of the earthquake that occurred when Christ commended His Spirit to the Father.

Our family often prays private Stations of the Cross on Good Friday at a local church. Later in the day, we participate in Veneration of the Crucifix services. Each person approaches the crucifix to venerate the crucified Christ.

“Vigil Mass is rich in readings and devotions.”

When our children were little, we attended Easter Sunday Mass, but as they all reached school age, we switched to the Easter Vigil Mass on Holy Saturday evening. It is a long Mass but rich in readings and devotions—the perfect place for our homeschooled children to perfect their understanding of all that the Resurrection implies.

No question, many of these devotions were easier to access living in the city. One blessing of the Internet is that we can now watch them from home no matter where we live.

Virginia Seuffert, Illinois



Spiritual Traditions

As engaging as crafts and stories are, it is so important to participate in the spiritual traditions of the week. The celebration of Palm Sunday with the waving of palm branches to welcome Jesus into Jerusalem starts the week. Attend Mass and teach your kids about the excitement the people felt welcoming their King!

This is followed by a beautiful Mass on Holy Thursday where you can teach your kids about the humility shown by our Lord when He washed the feet of His Apostles and how the Last Supper was the first Mass when Jesus instituted the Eucharist.

Participate in a Eucharistic procession after Mass followed by Adoration. This is an incredible opportunity for your family to unite their time in Adoration with Jesus’ Agony in the Garden where He bore the weight of all our sins before His arrest.

“This is an incredible opportunity.”

On Good Friday, remember the suffering of the Passion and the hours between noon and three when Jesus hung on the cross by praying the Sorrowful Mysteries of the Rosary, the Divine Mercy Chaplet, or reflecting on the Stations of the Cross either at home or at your church. Those hours should be solemn and activities during that time should be reverent.

Holy Saturday, the day Jesus laid in the tomb, can be the day we prepare for celebrating the Resurrection by coloring eggs and baking. The anticipation of the Resurrection has been building, and our spiritual preparations all week will make us ready to celebrate Christ’s triumph over death!

Mary Beth Balint, Virginia

Ask the Experts...

"How Do You Observe Holy Week in Your Homeschool?"

*Four Veteran Homeschooling Moms
Speak to a New Mom's Concern*



Symbols are Meaningful

Holy Week begins with Palm Sunday Mass as a family. If we have not been recently, we make sure to go to confession this week as well.

Things are then pretty quiet until Spy Wednesday. In honor of the day Our Lord was betrayed for 30 pieces of silver, I hide 30 quarters all over the house. The kids have a great time finding the coins, and they put it in the poor box when we go to church Good Friday.

On Holy Thursday we watch the wonderful film *The Prince of Egypt*, and attend Mass in the evening to remember holy events transpiring. Good Friday we alternate years, attending either the Franciscan Monastery of the Holy Land in D.C. or Stations of the Cross and/or Good Friday service at our parish.

"Good Friday lunch is a special meal."

But my kids' favorite part is our Good Friday lunch. I prepare a special meal, and every item symbolizes something from Our Lord's Passion.

A hard-boiled egg reminds us of the cock crowing, a sword-shaped toothpick with cheese cubes reminds us of Peter cutting off the servant's ear, etc. Every item has a meaning and we eat them one at a time and take turns reading aloud the relevant parts of Scripture.

Holy Saturday is solemn and quiet, dyeing eggs and patiently waiting. Easter Sunday we greet each other with "He is Risen, Alleluia!" and the day is spent at Mass, with feasting and eggs, candy, fellowship, and lots of fun.

Kristin Brown, Virginia



We Patiently Await Easter

Holy Week is one of my favorite times in the year because it offers the family ample opportunity to become immersed in the faith.

We maintain our daily schedule of classwork since the goal is to journey patiently through Holy Week.

Though Good Friday is an abbreviated day of homeschooling work, we avoid slipping into spring break mode before Easter actually happens. To short-change the penitential season of Lent by skipping ahead to Easter. Staying the course with schooling helps us to stave off the temptations.

"Attending all of the Triduum liturgies is well worth the sacrifice."

We make a point to attend all the Triduum liturgies at our parish. There's something deeply moving about the Church during Holy Week. The changes in the sanctuary, with covered statues and a stripped altar, lead the senses into deeper contemplation of the mystery of the Passion.

To this end, we normally don't schedule anything other than homeschooling lessons and Masses for this week.

Attending all of the Triduum liturgies can provide a challenge for some families, especially when you have little ones, but it is well worth the sacrifice.

The glory of Easter is all the greater after having fully experienced the mystery of Holy Thursday, the sorrow of Good Friday, and the silence of Holy Saturday.

Tara Brelin, North Carolina



Prayer of Saint Francis

*Lord, make me a channel
of thy peace,
that where there is hatred,
I may bring love;
that where there is wrong,
I may bring the spirit of forgiveness;
that where there is discord,
I may bring harmony;
that where there is error,
I may bring truth;
that where there is doubt,
I may bring faith;
that where there is despair,
I may bring hope;
that where there are shadows,
I may bring light;
that where there is sadness,
I may bring joy.*

*Lord, grant that I may seek rather to
comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.*

*For it is by self-forgetting
that one finds.*

It is by forgiving that one is forgiven.

*It is by dying that one awakens
to Eternal Life.*

A Lenten Prayer

*Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model of humility.
He fulfilled Your Will by becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example of suffering
And make us worthy to share in His Resurrection.
We ask this through our Lord Jesus Christ, Your Son.
Amen.*

St. Gertrude Prayer

(said to release 1000 souls from purgatory)

*Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in
union with the masses said throughout the world today, for all the holy souls in
purgatory, for sinners everywhere, for sinners in the universal church, those in my
own home and within my family. **Amen.***

MY REFLECTIONS

What can I do to become more prayerful?



Anima Christi

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. **Amen.***

My Lenten Way: Daily Mass

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Penitential Prayer of Saint Augustine

*O Lord,
The house of my
soul is narrow;
enlarge it that
you may enter in.
It is ruinous, O repair it!
It displeases Your sight.
I confess it, I know.
But who shall cleanse it,
to whom shall I cry
but to you?
Cleanse me from
my secret faults, O Lord,
and spare Your servant
from strange sins.*



SPIRITUAL READING

For the Family

Bringing Lent Home with Mother Teresa by Donna-Marie Cooper O'Boyle

Busy Parent's Guide to a Meaningful Lent by Maria Morrow

For Mom

Walk Humbly With Your God by Fr. Andrew Apostoli, CFR

Small Steps for Catholic Moms: Your Daily Call to Think, Pray and Act by Danielle Bean and Elizabeth Foss

A Devotional into the Easter Mystery by Christopher Carstens

Living Memento Mori My Journey Through The Stations of the Cross by Emily M. D'Ardo

The Virtue Driven Life by Fr. Benedict Groeschel, CFR

Rediscover Lent by Matthew Kelly

The Imitation of Christ by Thomas à Kempis

"Remember Your Death (Memento Mori): A Lenten Devotional" by Sr. Theresa Aletheia Noble

Little Sins Mean A Lot: Kicking Our Bad Habits Before They Kick Us by Elizabeth Scalia

A Witness to Hope: The Biography of Pope John Paul II by George Weigel

MY PRAYER LIST



My Lenten Journey Begins...

NOTES:	SUNDAY	MONDAY	TUESDAY
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>			
For the Kids: Choose one or more of the Lenten activities located in the Kid Zone. You'll find the more of these you do, the greater your Easter experience!			
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	21 <i>First Sunday of Lent</i> Rest with your loved ones.	22 <i>Chair of Saint Peter</i> Take a virtual tour of St. Peter's Basilica. (See St. Peter's Chair)	23 <i>St. Polycarp of Smyrna</i> No snacking today.
For the Kids:	Ask to light a candle after Mass and pray for our country.	Listen to religious music while doing your chores.	Ask your mom what task you can do for her today.
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	28 <i>Second Sunday of Lent</i> Rest with your loved ones.	1 MARCH <i>Monday of the Second Week of Lent</i> Give up one meal today.	2 MARCH <i>Tuesday of the Second Week of Lent</i> Text or call someone to check on them.
For the Kids:	Ask to light a candle in church and pray for those preparing for First Holy Communion.	Do something creative that glorifies God (paint a picture, make a craft...).	Sit quietly with God for five minutes.

NOTES:

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 FEBRUARY <i>Ash Wednesday</i>	18 <i>Thursday after Ash Wednesday</i>	19 <i>Friday after Ash Wednesday</i>	20 <i>Saturday after Ash Wednesday</i>
<i>Fast from food. One meal and two small snacks.</i>	<i>Give up social media for today.</i>	<i>Abstain from meat. Pray for the Souls in Purgatory.</i>	<i>Pray the Rosary for the Pope and his intentions</i>
<i>Attend Mass, memorize, “For dust thou art, and to dust thou shalt return.”</i>	<i>Make an almsgiving box and use it to collect change during Lent to donate to a pro-life charity.</i>	<i>Give up eating anything between meals today.</i>	<i>Clean your closet and donate what you do not use anymore.</i>
24 <i>Wednesday of the First Week of Lent</i>	25 <i>Thursday of the First Week of Lent</i>	26 <i>Friday of the First Week of Lent</i>	27 <i>Saturday of the First Week of Lent</i>
<i>Smile at everyone you meet today.</i>	<i>Give up social media for today.</i>	<i>Abstain from meat. Pray for the Souls in Purgatory.</i>	<i>Pray the Rosary for your pastor.</i>
<i>Pray for good things to happen to someone who has been unkind to you.</i>	<i>Help a sibling (or someone else) without being asked.</i>	<i>Give up eating anything between meals today.</i>	<i>Clean out your dresser; donate what you are no longer using</i>
3 MARCH <i>St. Katharine Drexel</i>	4 MARCH <i>Thursday of the Second Week of Lent</i>	5 MARCH <i>Friday of the Second Week of Lent</i>	6 MARCH <i>Saturday of the Second Week of Lent</i>
<i>Prepare for Mass on Sunday by reading the readings.</i>	<i>Give up social media for today (dock the phone).</i>	<i>Abstain from meat. Pray for the Souls in Purgatory.</i>	<i>Pray the Rosary for your parish priest(s).</i>
<i>Look up a saint with whom you are unfamiliar. Read about them then tell your family.</i>	<i>Thank someone for all they do for you.</i>	<i>Give up eating anything between meals today.</i>	<i>Vacuum (or mop) a floor for your mom.</i>

My Lenten Way: *Early Rising*

[illegible]

My Lenten Journey Continues...

NOTES:	SUNDAY	MONDAY	TUESDAY
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	7 <i>Third Sunday of Lent</i> <i>Rest with your loved ones.</i>	8 <i>St. John of God</i> <i>Declutter one drawer or closet.</i>	9 <i>St. Frances of Rome</i> <i>Buy some groceries to donate to a food bank.</i>
For the Kids:	<i>Ask to light a candle after Mass and pray for your grandparents, aunts, and uncles.</i>	<i>Ask mom if you can help her prepare dinner.</i>	<i>Surprise someone by doing a task they normally have to do.</i>
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	14 <i>Fourth Sunday of Lent</i> <i>Rest with your loved ones.</i>	15 <i>Monday of the Fourth Week of Lent</i> <i>Give up one meal today.</i>	16 <i>Tuesday of the Fourth Week of Lent</i> <i>Do something with the children that they enjoy.</i>
For the Kids:	<i>Ask to light a candle after Mass and pray for those preparing to enter the Catholic Church at Easter.</i>	<i>Give a compliment to someone in your home.</i>	<i>Load or unload the dishwasher. Do not tell anyone you did it.</i>
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	21 <i>Fifth Sunday of Lent</i> <i>Rest with your loved ones.</i>	22 <i>Monday of the Fifth Week of Lent</i> <i>Declutter one drawer or closet.</i>	23 <i>Tuesday of the Fifth Week of Lent</i> <i>Send a donation to a pro-life ministry.</i>
For the Kids:	<i>Ask if you can light a candle after Mass and pray for your parents and siblings.</i>	<i>Spend five minutes of quiet time with God.</i>	<i>Give up sweets/snacks for the whole day.</i>

NOTES:

My Lenten Way: *Spiritual Reading*

[illegible]

Meeting My Risen Lord...

NOTES:	SUNDAY	MONDAY	TUESDAY
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	28 MARCH <i>Palm Sunday</i> <i>Rest with your loved ones.</i>	29 MARCH <i>Monday of Holy Week</i> <i>Get ready for the Triduum; meal plan, clothing plan, cleaning.</i>	30 MARCH <i>Tuesday of Holy Week</i> <i>Read the Gospel for Holy Thursday. Pray for your priests.</i>
For the Kids:	<i>Make palm crosses. Put one in each room of the house.</i>	<i>Spring clean your room. Go to confession</i>	<i>Spend five minutes of quiet time with God.</i>
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	4 <i>Solemnity of the Resurrection of Our Lord Jesus Christ.</i> <i>He is Risen, Indeed!</i>	5 <i>Monday in the Octave of Easter</i>	6 <i>Tuesday in the Octave of Easter</i>
For the Kids:	<i>He is Risen! Celebrate! Feast! Rejoice!</i>		
My Prayer Intentions This Week: <hr/> <hr/> <hr/> <hr/>	11 <i>Divine Mercy Sunday - Solemnity</i>	12	13
For the Kids:			

NOTES:

My Lenten Way: *Almsgiving*

[illegible]

Brother Francis Lenten Series

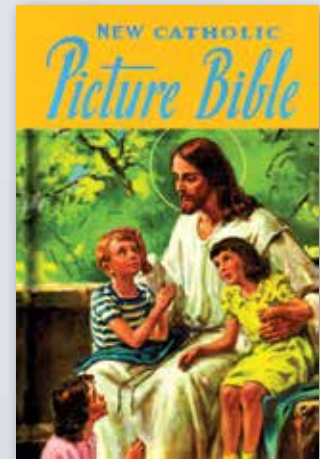


Faith Forming, High Quality Animation.

8 years and younger.

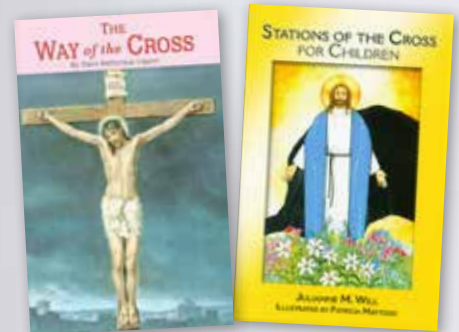
Set of 8...\$95.00 or \$12.95 Each

Picture Bible



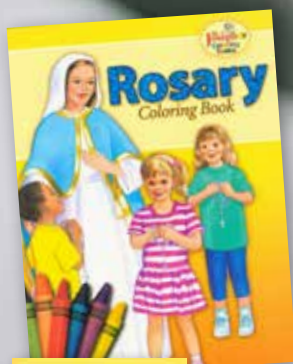
Beautifully illustrated Bible stories make the Bible easy to understand. 232 pp. **\$10.00**

Stations of the Cross



The Way of the Cross by St. Alphonsus Ligouri for adults.
Full color. 32 pp. **\$6.00**

Stations of the Cross for Children
Full color. 32 pp. **\$3.95**



Rosary Coloring Book

A fun and creative way to teach about the Mysteries.
32 pp. **\$2.00**



Children's Rosary Booklet

Pocket-sized, with simple explanations to help children pray the 20 mysteries. 32 pp. **\$2.00**



A Little Book About Confessions For Children



Explains the hows and whys of Confession. Includes examination of conscience just for kids. 64 pp. **\$9.95**

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Limited supply of this beautifully illustrated series.
Hardcover. 72 pp each. **\$24.00 or \$7.00 Each**

Little Books for Catholic Kids



Delightful boxed set of board books with Sister Hummel inspired art. Ages 3-6. Great for Lenten prayers and activities.
16 pp. each. **\$22.95**



MEATLESS RECIPES



IT HELPS TO HAVE A FEW NEW RECIPES TO TRY FOR LENTEN FASTS.
THESE ARE QUICK, EASY AND KID-FRIENDLY.

CONTENTS

PASTA AND PEAS – MARY ELLEN BARRETT

SPINACH FETA TURNOVERS – MARY ELLEN BARRETT

BLACK BEAN SOUP – MARY ELLEN BARRETT

BAKED ZITA – LAURIE FAMA

STUFFED SHELLS – LAURIE FAMA

MEXICAN VEGETARIAN CASSEROLE – ESTHER WILLIAMS

CREAMY TORTELLINI SOUP – LAURA HIBL CLARK

CRUSTLESS TUNA OR SALMON QUICHE – LAURA HIBL CLARK

LENTEN COLD TORTELLINI SALAD – LAURA FUSTO

RAVIOLI LASAGNA – LAURA FUSTO

“*Eucharistic Heart of Jesus, increase
in us our faith, hope, and charity.*”

Shopping List

[illegible][illegible]

Pasta and Peas

Ingredients:

- 1 12 ounce box of pasta of your choice (we like bowties)
- 1 small bag of snap peas (ends removed)
- 1 tsp. minced garlic
- 1 small bag of frozen peas
- 2 tbsp. butter
- 1 cup of ricotta or cottage cheese

*Pasta and Peas recipe contributed
by Mary Ellen Barrett,
Seton Magazine Editor*

Directions:

Cook the pasta until almost done according to package directions.

Add the snap peas (to the water) and then one minute later the frozen peas.

Drain and keep one cup of pasta water.

Put the pasta and the peas back in the pot.

Add the butter, garlic, tarragon, and ricotta with about half of the reserved pasta water.

Stir until the sauce coats the pasta, adding more water if needed.

Add salt & pepper and serve.



Spinach Feta Turnovers

- 1 package (10 ounces) frozen leaf spinach, thawed, squeezed dry and chopped
- 3/4 cup crumbled feta cheese
- 2 garlic cloves, minced
- 1/4 tsp. pepper
- 1 tube (13.8 ounces) refrigerated pizza crust
- Tzatziki sauce

Directions

In a bowl, whisk eggs; set aside 1 tablespoon of eggs. Combine the spinach, feta cheese, garlic, pepper and remaining beaten eggs.

Unroll pizza crust; roll into a 12-in. square. Cut into four 6-in. squares. Top each square with about 1/3 cup spinach mixture. Fold into a triangle and pinch edges to seal. Cut slits in top; brush with reserved egg.

Place on a greased baking sheet. Bake at 425° until golden brown, 10-12 minutes. If desired, serve with tzatziki sauce.

*Spinach Feta Turnovers
and Black Bean Soup recipes
from the kitchen of Mary Ellen Barrett*

Black Bean Soup

- 3 cans (15 ounces each) black beans, rinsed and drained, divided
- 3 celery ribs with leaves, chopped
- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 tbsp. olive oil
- 4 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth or vegetable broth
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, undrained
- 3 tsp. ground cumin
- 1-1/2 tsp. ground coriander
- 1 tsp. Louisiana-style hot sauce
- 1/4 tsp. pepper
- 1 bay leaf
- 1 tsp. lime juice
- 1/2 cup reduced-fat sour cream
- 1/4 cup chopped green onions

Directions

In a small bowl, mash 1 can black beans; set aside. In a large saucepan, saute the celery, onion, red pepper, and jalapeno in oil until tender. Add garlic; cook 1 minute longer.

Stir in the broth, tomatoes, cumin, coriander, hot sauce, pepper, bay leaf, mashed black beans and remaining whole beans. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Discard bay leaf. Stir in lime juice. Garnish each serving with 1 tablespoon sour cream

Baked Ziti

Ingredients:

- 1 jar (24 ounces) Traditional Italian Sauce or Roasted Garlic & Herb Italian Sauce
- 1 1/2 cups shredded mozzarella cheese
- 8 oz. (about 2 2/3 cups) tube-shaped pasta (ziti), cooked and drained (about 5 cups cooked)
- 1/4 cup grated Parmesan cheese

*Baked Ziti Recipe contributed
by Laurie Fama,
Seton High School English Grader*

Directions:

Step 1

Stir the sauce, 1 cup mozzarella cheese and ziti in a large bowl. Spoon the mixture into a 2-quart shallow baking dish. Sprinkle with the remaining mozzarella cheese and Parmesan cheese.

Step 2

Bake at 350°F. for 30 minutes or until the mixture is hot and bubbling.

- Serves 4 people



Stuffed Shells

Ingredients:

- 1 12 oz. package jumbo pasta shells
- 2 eggs beaten
- 1 32 oz. container ricotta cheese
- 1 pound shredded mozzarella cheese, divided
- 8 oz. grated Parmesan cheese, divided
- 1 tbsp. dried parsley
- 2 tsp. salt
- 1 tsp. black pepper
- 1 28 oz. jar pasta sauce
- 8 oz. sliced fresh mushrooms

Directions:

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Step 3

In a large bowl, mix eggs, ricotta, half the mozzarella, half the Parmesan, parsley, salt and pepper until well combined. Stuff cooked shells with ricotta mixture and place in a 9x13 inch baking dish.

Step 4

In a medium bowl, stir together pasta sauce, mushrooms and reserved mozzarella and Parmesan. Pour over stuffed shells.

Step 5

Bake in preheated oven 45 to 60 minutes, until edges are bubbly and shells are slightly set.

Stuffed Shells recipe from the kitchen of Laurie Fama

Mexican Vegetarian Casserole

Ingredients:

- 3 cans (15 ounces each) black beans, rinsed and drained, divided
- 3 celery ribs with leaves, chopped
- 1 large onion, chopped
- 1 medium sweet red pepper, chopped
- 1 jalapeno pepper, seeded and chopped
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth or vegetable broth
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions, undrained
- 3 tsp. ground cumin
- 1-1/2 tsp. ground coriander
- 1 tsp. Louisiana-style hot sauce
- 1/4 tsp. pepper
- 1 bay leaf
- 1 tsp. lime juice
- 1/2 cup reduced-fat sour cream
- 1/4 cup chopped green onions

Directions

In a small bowl, mash 1 can black beans; set aside. In a large saucepan, saute the celery, onion, red pepper, and jalapeno in oil until tender. Add garlic; cook 1 minute longer.

Stir in the broth, tomatoes, cumin, coriander, hot sauce, pepper, bay leaf, mashed black beans and remaining whole beans. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Discard bay leaf. Stir in lime juice. Garnish each serving with 1 tablespoon sour cream and 1-1/2 teaspoons green onion.

Mexican Vegetarian Casserole recipe contributed by Esther Williams, Seton Educational Media Representative

Creamy Tortellini Soup

Ingredients:

Ingredients: (Can easily be doubled)

- 1 bag of frozen cheese tortellini
- 1 small bag of fresh or frozen spinach
- 2 cans of Italian style diced tomatoes
- 1 box vegetable broth
- 1 block of cream cheese cut into chunks

Directions:

Add all ingredients to crock pot. Cook on low for 5-6 hrs

Can also cook on stove top on low until pasta is thawed and cooked

Recipes on this page from the kitchen of Laura Hibl Clark, Seton Elementary Counselor

Crustless Tuna or Salmon Quiche

Ingredients:

- 4-5 cans tuna (or salmon)
- 2 Cups shredded cheese
- onion powder or minced onion to taste
- 3 Tbsp. flour
- 8 eggs
- 1 3/4 Cup milk
- salt & pepper to taste

Directions:

Toss drained salmon or tuna, cheese, onion and flour in a bowl. Spread in greased 9 x 13" pan or divide into 2 deep pie plates. Beat eggs, then beat in remaining ingredients. Pour egg mixture over tuna/cheese mixture. Bake at 350 for 45-50 min (for the 9 x 13" pan) or 30-35 minutes for the pie plates, or until eggs are firm.



Lenten Cold Tortellini Salad

Ingredients:

- 1 20 oz. package of frozen tortellini (no meat!)
- 1 8 oz. bottle of your favorite Italian dressing (or your own homemade Italian dressing)
- 1 small can pitted, sliced black olives, drained
- 1 pint cherry tomatoes, chopped in half
- 1 cucumber, sliced and cut in half
- Sweet red, yellow and/or orange peppers, diced Broccoli crowns, cut into bite-size pieces*
- 1 Shredded carrot
- 8 oz. cubed or shredded mozzarella cheese
- $\frac{1}{4}$ cup Parmesan cheese, extra to sprinkle on top when serving if desired

Directions:

1. Cook the tortellini according to the package directions (do not overcook). Rinse in cold water until pasta is cool to the touch. Drain the pasta and place in a large serving bowl.
2. Add the Italian dressing, vegetables, mozzarella cheese, and Parmesan cheese to the bowl and gently toss. The cheese might melt a little, but that is okay.
3. Place, covered, in refrigerator for a couple hours to chill.
4. Serve with additional Parmesan cheese and/or Italian bread, if desired.

*You can add as much or as little vegetables and cheeses as you want. Feel free to substitute and/or add different vegetables or cheeses to suit your family's palette. Serves 4.





Ravioli Lasagna

Ingredients:

- 1 package (30 oz) frozen large square cheese ravioli, thawed
- 26 oz. of your favorite jarred marinara sauce (or your own homemade sauce)
- 1 cup shredded mozzarella cheese
- 1 jar (7 oz.) roasted red peppers, drained and chopped (optional)
- 2 tbsp. grated Parmesan cheese
- 1 tbsp. fresh basil, chopped, or 1 tsp. dried basil (optional)

Directions:

Heat oven to 375 degrees

In a shallow, 2 qt baking dish, spread 1 cup of the marinara sauce in the bottom of the dish.

Layer with about one half of the thawed ravioli.

Top evenly with the chopped peppers and basil (optional).

Layer with the mozzarella cheese.

Top evenly with one cup of marinara sauce.

Top with remaining ravioli.

Top evenly with remaining sauce.

Cover with foil, and bake for about 1 hour or until the ravioli are tender when pierced by a fork.

Sprinkle with Parmesan cheese, then bake uncovered for 5 minute, or until cheese is barely golden.

Remove from oven, and let stand for 15 minutes before eating.

RECIPES

*Recipes on this page and next from
the kitchen of Joshua Butek,
Assistant Special Services Counselor*

Crazy Crust Pizza

(Crazy because it's easy)

Ingredients:

Crust:

1 cup whole wheat flour

1 tsp. salt

1 tsp. oregano

2 eggs

2/3 cup milk

Topping:

1/2 cup chopped onion

1 green pepper, chopped

1 cup sliced mushrooms

1 cup tomato sauce

1-2 cups grated Mozzarella cheese

Directions:

Preheat oven to 400 degrees Fahrenheit.

Beat crust ingredients together until smooth and pour into a greased 12-inch pizza pan or 9"x13" pan.

Arrange uncooked vegetables over batter.

Bake for 25-30 minutes, until crust is a deep golden color.

Remove pizza from oven; add tomato sauce and sprinkle cheese on top.

Return to oven for 10-15 minutes, to melt the cheese.





Ratatouille

Ingredients:

- 2 tbsp. butter or oil (to caramelize the onion)
- 1 large onion, chopped
- 2 medium potatoes, sliced 1/4 inch thick
- 2 medium zucchini, sliced 1/4 inch thick
- 4 Roma or Plum tomatoes, sliced
- 2 tbsp. melted butter or oil (to mix with vegetables and spices)
- 1 tsp. salt
- 3/4 tsp. pepper
- 1/3 cup Parmesan cheese, shredded
- 1 tsp. garlic powder
- 1 tsp. basil
- 1 tsp. thyme or rosemary

Directions:

Preheat oven to 375 degrees Fahrenheit.

Melt 2 tbsp. of butter in a medium skillet over medium heat.

Add onions and saute for 15-20 minutes until tender and caramelized (golden brown).

Spray a quiche or pie plate with cooking spray.

Spoon caramelized onions into the plate and spread evenly.

Toss potatoes, zucchini, and tomato slices with melted butter and all the spices.

Arrange coated vegetables in a single layer over the onions, alternately and overlapping slightly.

Cover with foil and bake for 30 minutes.

Remove foil and sprinkle with Parmesan.

Do not cover and bake for an additional 35-40 minutes or until golden brown.

Let stand for 10 minutes before serving.

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A Lenten Guide for Homeschool Moms

BY MARY ELLEN BARRETT



Helping Homeschool Moms Have a Fruitful Lent!

- *Spiritual Exercises for Mom*
- *Fun Activities for Children*
- *Includes Quick, Easy, and Kid-Friendly Meatless Recipes*



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