

8 THINGS TO DO AS A FAMILY DURING LENT AND HOLY WEEK

HAVE A PANCAKE MEAL THE DAY BEFORE ASH WEDNESDAY

This day is sometimes known as Pancake Tuesday. Pancakes were a traditional dish for this day to use up the milk, eggs and butter in the house; things that weren't allowed during Lent.

CHOOSE A LENTEN SACRIFICE TO DO AS A FAMILY

Is there something your family can sacrifice that might help another family in need this Lent? Consider donating what you might spend on a meal out to Mary Mac's instead.

ATTEND MASS ON ASH WEDNESDAY

Every member of the family can receive Ashes on their forehead at this Mass. They are an outward sign of our desire to change our hearts and minds this Lenten season.

MAKE YOUR MEATLESS FRIDAY MEALS TOGETHER AS A FAMILY

This can be a great opportunity for family time, working and talking together, highlighting one of the most unique features of our Catholic Faith.

PRAY THE STATIONS OF THE CROSS

Most Parishes pray this great prayer of the Church on Fridays in Lent or you can pray it as a family at home. There are YouTube clips that will guide you through it and plenty of kid-friendly explanations.

ON HOLY THURSDAY WASH EACH OTHERS' FEET

It might seem a bit weird to wash people's feet! But it's a great chance to talk about this Bible story and the ways each family member can serve others as Jesus calls us to do.

ATTEND HOLY WEEK CEREMONIES AT YOUR PARISH

Check you local Parish for times, but Holy Week has 3 big Liturgies:
Holy Thursday (evening)
Good Friday (afternoon)
Easter (either the Saturday night Vigil or the Sunday morning Masses)

CELEBRATE THE WHOLE OCTAVE OF EASTER

Easter is the biggest feast of the year, and in the Catholic Church we celebrate it for an "octave" which is 8 days!
Why not give a little Easter egg to every family member each day of Easter week?!