

The COLLECTION Basket

Family Life Office
2713 West Chestnut Avenue
Altoona, PA 16601
(814) 695-5579

MARCH 2020

Volume XXXV, Number 3

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

This Lent, consider some ways that, as a family, you can live

out the three Lenten practices of prayer, **fasting and almsgiving**. With prayer, you could have a daily **devotional** that you do, or try to go to daily **Mass** as a family. Make **Stations of the Cross** a part of your weekly prayer life as a family. If you can't make it to your local parish, have your family draw and color the different Stations to help understand what they are. In fasting, choose to give something up as a family. Perhaps there will be a food that everyone in the family likes that you can abstain from. Or you could try giving up electronics together, perhaps just on Fridays, or all through the week. For almsgiving, decide on a charity that you will support as a family. **Operation Rice Bowl** is a great way to do this together as almost everyone in the family can contribute some change to the bowl.

Andre McCarville, Director Family Life & Missions Office

A Change of Heart

Meal prayers are easily forgotten. Lent is a good time for a change of heart about meal prayers for every family. Here are some ideas for Lent:

Have family members write out their favorite prayers on stiff paper and set in the center of the table. There should be at least six prayers, one for each week of Lent, but you could have many more. Use this as a prayer before meals. It could be a Scripture quote, a meaningful verse, or a prayer that is very meaningful to the person. It can be read from the card and all family members could take turns reading it each day.

MEALTIME DISCUSSION STARTERS

\$\$\$ If our family won a million dollars in the lottery, what do you think we should do with the money?

If Jesus were living as a human being in our world today, what would he do? What would he be like? As a youth, a teenager, a working person, a married person, etc.

Reprinted from the booklet published by the Family Life Office entitled "A CHANGE OF HEART - Lent and Easter at Home."

SPRING BREAK

Here in Family Life we like to share ideas for activities. In an office of three...One is building houses for the needy, one is singing at St Leonard's Home & the other is going to Sight & Sound for a big Bible show. I am sure you might have a Spring Break spark inspiration from our list.

Carpe Diem!

Visit the Elderly & Infirm

We are blessed to have so care facilities nearby.

Give Blood locally

<https://www.redcrossblood.org/give.html/find-drive>

See someone in need of a hand?

Help someone in need of a hand. Carry their groceries, shovel their walk. Simple and small gestures.

Volunteer to build or repair a home, plant a garden

<https://www.justserve.org>
POP IN YOUR ZIP CODE AND THEY SHOW YOU OPPORTUNITIES

Support the Arts

Search your Community Calendar and FACEBOOK. Someone is putting on a show near you!

Donate to the Local Ambulance or Fire Company

Give bottled water, money donations, or send a Thank-you card

Dinners for Lent at local parishes

Participate, eat, enjoy!

Spring clean to fill a bag and donate to a local charity

...is another man's treasure

March

Five Sundays of Lent

April 5

Palm Sunday of the Passion of the Lord

April 9 & 10

Holy Thursday and Good Friday of the Passion of the Lord

April 12

Easter Sunday of the Resurrection of the Lord



Families and the Gospel

March 1

Matthew 4:1-11

First Sunday of Lent In today's gospel Jesus cautions it is not enough to provide food for our children; "one does not live on bread alone." Let Lent 2020 be a time when you are "led by the Spirit" to explore new ways to be a moral guide to your children.

March 8

Matthew 17:1-9

Second Sunday of Lent Transfiguration is a common occurrence in families. When we commit to another, such as a spouse in marriage or a child in parenting, we are not committing to them only as they are today, but to the person they are becoming.

March 15

John 4:5-42

Third Sunday of Lent Our children are like the Samaritan woman in today's gospel. They need more than material things. They need the "living water" only the adults can give. It will teach them how to make decisions, take responsibility, respect themselves and others and live their commitments. With this "living water" they will "never thirst."

March 22

John 9:1-41

Fourth Sunday of Lent Failure to forgive blinds us to another's goodness. Lent provides an opportunity to wash away our blind-spots in the pool of forgiveness. Listen to Jesus in today's gospel: "Go wash and see."

March 29

John 11:1-45

Fifth Sunday of Lent Our families can become wrapped up chasing things we perceive will make us happy. Jesus' words to Lazarus, He says to us: "Come out" from what entombs you. In this fifth week of Lent "untie" yourself and be free from unnecessary possessions.

Reprinted with permission from: A Family Perspective by Bud Ozar

PROMOTE MORAL VALUES OF SPORTS



Saint John Paul II, for whom soccer (football or the "Beautiful Game" to Europeans) was a passion in his youth, explained that the Church "considers sports as an instrument of education when it fosters high human and spiritual ideals; when it forms youth in an integral way in values such as **loyalty, perseverance, friendship, solidarity and peace.**"

"Surmounting differences of cultures and ideologies, sports offers an ideal occasion for dialogue and understanding among peoples, for building the desired **civilization of love,**" the Pope added.

The Holy Father...appealed "to **put into practice these values**, based on the dignity of the human person, in face of possible interests that might darken the nobility of sports itself."

Pope John Paul II
Castel Gandolfo, Italy,
Sept. 16, 2002

Excerpted & reprinted with permission from: "Apple Seeds"

