

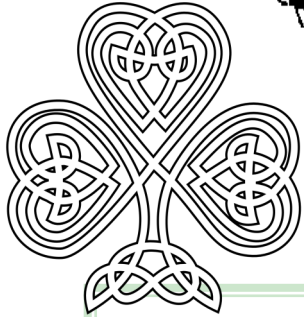
The COLLECTION Basket

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MARCH 2025

Volume XLII Number 3

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE



Family Ritual

Ash Wednesday March 5th

Come together around a lit candle. Everyone write down one specific thing they will do during Lent to improve a relationship with someone in the family. Don't share it, but put your note in a place where it will remind you to do this act of love for Christ.

St. Patrick's Day Scavenger Hunt

Try having a scavenger hunt with your family on St. Patrick's Day. Give your family 45 minutes or so to collect these items:

Green pepper, green pear and apple, green note paper, shamrock, green tape, one dollar bill, green pencil, green button, green shoe, green hair ribbon, green crayon, green hat, a plant, pack of green gum, jelly beans, etc.

Afterward, celebrate with a green snack—green finger Jell-O, celery, pepper, apple and pear slices or limeade. Philadelphia Eagles Shirts?

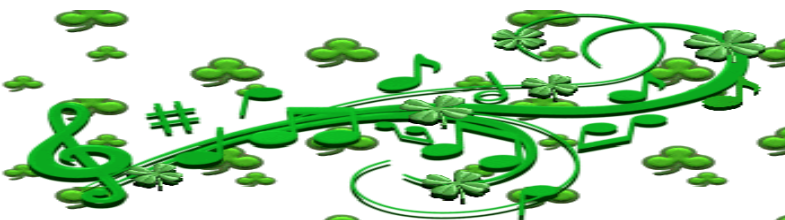
Adapted from FAMILY TIME:
The Pennsylvania State University
112 Agricultural Administration Building
University Park, PA 16802

Lent a Different Approach to Fasting

Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch this Lent. Below are some suggestions you may want to consider.

- ♥ **Fast from anger and hatred.** Give your family an extra dose of love each day.
- ♥ **Fast from judging others.** Before making judgments, recall how Jesus overlooks our faults.
- ♥ **Fast from discouragement.** Hold on to Jesus' promise that he has a perfect plan for your life (Jer. 29:11).
- ♥ **Fast from complaining.** When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
- ♥ **Fast from resentment or bitterness.** Work on forgiving those who may have hurt you.
- ♥ **Fast from spending too much money.** Try to reduce your spending by ten percent and give these savings to the poor.

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A Family Perspective



March 2, 2025: Eighth Sunday (LK 6:39-45)

Today Jesus tells us: “Why do you seek the speck in someone else’s eye but miss the log in your own eye?” It’s always easier to try to change someone else than face the things in ourselves which need change. What a waste of time for we can’t change anyone but ourselves.

LENT

March 9, 2025: First Sunday of Lent (LK 4:1-13)

Jesus “was led by the Spirit in the wilderness.” What is the wilderness in your life to which the Holy Spirit is leading you this Lent? Perhaps there are uncharted areas in your marriage or family relationships. Spend this Lent in your “wilderness” with God’s work. Where is the Spirit leading you this Lent?

March 16, 2025: Second Sunday of Lent (LK 9:28b-36)

Jesus “went up the mountain to pray” and he was “changed.” Prayer has the power to change us. This Lent set aside a few minutes each day to pray for members of your family. Pray before each meal and if you are married, spend five minutes in prayer together.

March 23, 2025: Third Sunday of Lent (LK 13:1-9)

The owner of the fig tree was impatient because the tree did not live up to his expectations. In families there are those who don’t live up to our expectations. Imitate the gardener and give them more time and help. Don’t cut them out of your life. Love asks us to be connected, not productive.

March 30, 2025: Fourth Sunday of Lent (LK 15:1-3, 11-32)

We may feel like the Prodigal Son but the gospel wants us to focus on the father who was forgiving and understanding. We all make mistakes and need forgiveness. Who in your family needs your forgiveness and acceptance this Lent?

EXPRESSIONS OF HOPE



JUBILEE 2025

Karina Turco, Age 9, St. John the Evangelist Catholic School, Bellefonte
“The Ripple Effect of Kindness”

Enter:

POETRY: Can be illustrated. Should be printed in at least 14 point font size and fit a 8 1/2” x 11” (letter) size page. Poetry may be placed in a frame.

ART WORK: All mediums are welcome: Painting (oil and water color), sketches, pastels, crayon or marker. Art should be no larger than an 11” x 14” sheet. 8 1/2” x 11” (letter) size or 8 1/2” x 14” (legal) size would be ideal.

PHOTOS: Photographs should be submitted in a frame (matting optional) but with a theme or captioned title attached on an index card. With frame, photos should be no larger than 12” x 15”.

1. ILLUSTRATE WHAT “HOPE LOOKS LIKE OR MEANS TO ME...”
2. FOR VOCATIONS: “YOU ARE CALLED” TO BE A SERVANT OF HOPE AS A PRIEST, DEACON, RELIGIOUS BROTHER OR SISTER – WHAT DOES THAT MEAN TO YOU OR THE CHURCH TO BE A SERVANT OF HOPE?

More Expressions of Hope art entry dates:

April 30, 2025 for Basilica Display

August 15, 2025 for St. John Gualbert Cathedral Display

SEND TO THE
DIOCESAN PASTORAL CENTER
2713 WEST CHESNUT AVENUE
ALTOONA PA 16601

