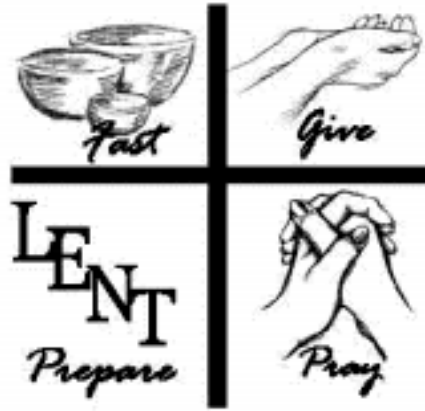




## A Special Note for Mom and Dad



Ash Wednesday (February 17<sup>th</sup>) marks the beginning of the Lenten season, a time to prepare for the moment of celebrating Christ's resurrection on Easter Sunday. Lent is a beautiful and important season to share with your children. It provides a wonderful opportunity to teach them about Lenten fasting, prayer and almsgiving. Both in this bulletin and on the diocesan website ([alexandria-cornwall.ca](http://alexandria-cornwall.ca)) we give you lots of ideas on how to bring Lent into your home, the domestic church.

To further enhance your Lenten experience, we invite you and your children to join us on Saturday, March 6<sup>th</sup> for a special event entitled *Observing Lent in the Domestic Church*. (See the enclosed flyer.)



## Happy Valentine's Day!

### A Picture to Colour



St. Valentine's Day is based on the life of St. Valentine, a Roman martyr who lived during the 200s. The Roman emperor was not happy about Valentine teaching

people about Jesus so he put him in jail. While he was in jail, one of the guards asked him to teach his daughter Julia, who was blind. One of the things Valentine taught Julia was about God. One day while they were praying together, Julia was suddenly able to see. Shortly before he died, Valentine sent Julia a note urging her to stay close to God. He signed it, "From your Valentine."



### Make a Valentine Smoothie

In a blender combine:

- 1 cup low fat strawberry yogurt
- 1 cup mixed berries (fresh or frozen (strawberries, blueberries, etc)
- 2 teaspoons frozen orange juice concentrate.

Mix until smooth. Thin with more orange juice if desired.





**HOLY HEROES**  
Hey Kids  
**Lenten**  
ADVENTURE

**Come Join Our Lenten Adventure**

We invite you and your friends to join us for the Holy Heroes Lenten Adventure - last year's was a lot of fun and this year's will be even better!

It's **FREE** and easy for your Mom and Dad, because all they need to do is:

- Open our emails three times a week, then
- Click and watch... a short video of children teaching children,
- Click and listen... to children leading and explaining prayers,
- Click and print... fun activities for all ages,
- Click and answer... quiz questions to see how much you've learned.



### Helping Our Brothers and Sisters

Jesus said to the first disciples, "Give them something to eat" (Mark 6.37). Today we are Jesus' disciples and we must accept this Gospel challenge to help feed our sisters and brothers worldwide who often don't have enough to eat. To learn more go to [devp.org](http://devp.org).

The children in this picture are from Madagascar, an island country off the east coast of Africa. The people are very poor in this country. To help feed their families, many of the children must go to work instead of school. You can help by collecting money for the *Development and Peace Share Lent campaign*.



### Talking to God

"O my God, I love You above all things, with my whole heart and soul, because You are all good and worthy of all love. I love my neighbour as myself for the love of God. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen."



### What are you giving up for Lent?



I bet you get asked that a lot around this time of year. The reason we choose to give something up is to remind us about what Jesus gave up for us - His own life. There are all kinds of things you can choose to give up: eating candy, fighting with your brother or sister, helping mom and dad without complaining, not playing video games. It can be tough, but you will feel proud of yourself.

### Make an Alms Jar

Alms is money that we collect to give to the poor. To help you remember to do this you can decorate a special Lenten Alms Jar.

1. Ask mom or dad for an empty jar.
2. Find out about some of the poor countries of the world and about organizations which help the poor in those countries. Find out about groups that help the poor in your community. (see our website)
3. Cut out pictures and symbols that you can glue onto your jar.
4. Throughout Lent save some of your allowance or take money that you may have spent on toys or candy and put it into your alms jar.
5. Decide who you will give the money to at the end of Lent.

