



# Jesus + You

Winter 2011  
Ages 4 - 7



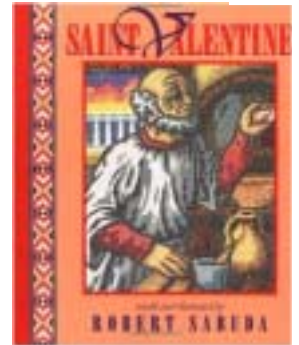
## Our Word of the Month ALMS

Alms are monies or donations that you give to people who are poor or who are in need. Alms can also include advice and love.

The Bible teaches us that there is more joy in giving than in receiving (*Acts 20:35*). Lent is an excellent time for almsgiving.

## Books from the Local Library

There is not a lot of historical data about St. Valentine. However, Robert Sabuda gives a wonderful rendition of the St. Valentine legend as most Catholics know it. Kids love the story, the miracle, and the sacrifice that St. Valentine makes for his love of God.



To find this book, and others by the same author, visit your local library.

**SAINTS FUN FACTS** by John Sheppard

A kind hearted Roman priest, he aided young Christians being persecuted by Claudius II and was imprisoned. While in custody, he converted 46 members of a guards family to Christianity! Upon discovering this, Claudius sentenced him to death. He is the patron of love, young people and happy marriage.

St. Valentine

## Find the Secret Message

A B C D E F G H I J K L M N

1 2 3 4 5 6 7 8 9 10 11 12 13 14

O P Q R S T U V W X Y Z

15 16 17 18 19 20 21 22 23 24 25 26

Match the number to the letter to reveal the secret message!

10 5 19 21 19

12 15 22 5 19 14 5



Valentine's Day isn't just about chocolate and flowers. It is first and foremost about love, our special gift from God. This prayer invites God to be your valentine.

"God, you love me, and I love you. Be my valentine! Amen."

## What is Lent?

This year, Lent begins on March 9th. Lent lasts for 40 days and is the time to prepare your heart and mind for Easter. The ways you can do this are by praying more, giving money to the poor and eating less sweets.

Lent is also a time to think about how you can be more like Jesus.



## Lenten Challenges



During Lent there are many different ways to get your heart ready for Easter. Here are a few ideas to get you started.

- ◆ Do acts of kindness for people, just because the opportunity is there; give them little tastes of God's love.
- ◆ List three blessings you have been given and say a prayer to God, giving thanks for each of those blessings.
- ◆ Give a hug to everyone in your family.
- ◆ Compliment each person in your family today.
- ◆ Give up complaining, frowns, and negative thoughts today.
- ◆ Ask your mom or dad how you can help them.



## Looking for something fun for March Break?

### Come and set sail with Saint Patrick

You will set sail with Saint Patrick and travel with him on his quest to spread Christianity to the dangerous and ungodly country of Ireland. You will experience first hand the all-knowing, all-loving, and all-powerful Holy Trinity who guides and protects Patrick at every turn.

#### Just the Facts

##### When

March 14 to 18 (9 to noon)

##### Where

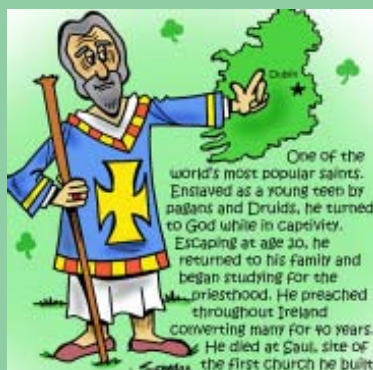
Blessed Sacrament Parish  
321 Tollgate Road, Cornwall

##### Who

Children Ages 4-12

##### Cost

\$20 per child, or \$40 per family



To register, e-mail Diane at [dgilligan@alexandria-cornwall.ca](mailto:dgilligan@alexandria-cornwall.ca)

## Shrove Tuesday

Shrove Tuesday (also known as Pancake Day) is the last day before the start of Lent. It is traditional to eat pancakes on this day. Because Lent is a time to eat more plainly, having pancakes would allow people to use up their fat, butter and eggs, which many years ago you were not supposed to eat during Lent.

### Pancake Recipe

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

### Colour Me

