



February Domestic Church Project

Lent begins a little earlier this year than usual, which of course, means Easter comes earlier as well.



The Church in her wisdom provides us with different seasons to focus on specific times in the life of Jesus. During Lent, our attention is drawn to Jesus' final journey to his Passion, Death, Resurrection and Ascension – called the **Paschal Mystery** – the most important mystery of our Catholic faith.

Lent is like the spring cleaning we do in our houses after a long winter. We are supposed to clean out the dust and dirt of our sins, make necessary repairs to our relationships, and open windows to let in the fresh air of hope for what is to come. During Lent, we are asked to imitate the sacrifice Jesus made for our redemption by letting go of thoughts and actions that keep us from being in complete relationship with God.

But that is not it. In addition to “sacrificing” those things that keep us from growing closer in our relationship with God, we need to replace those behaviors with other actions and habits that make God more present for us.

For our **February Domestic Church Project**, on the lines below, choose something that you will “give up” for Lent as well as what you will replace it with. Instead of scrolling through videos on YouTube, TikTok or Instagram for hours, why not turn off your

phone and watch a movie together as a family about a saint on **Formed.org**? Maybe you can get off Roblox or Playstation for a while and have Friday board game night with the family. Perhaps you might give up **complaining** for Lent and replace that by giving a compliment to someone or saying a sincere “thank you” each

day for the 40 days. Another option is to go to Mass instead of **sleeping in on Sunday morning**. Be creative. Dig deep. What will you do for Lent this year? Let us know what you choose. We will be praying with and for you and your family throughout Lent.



This Lent, I choose to stop

Instead, I will
