

Our KandLe Family Lenten Promises



What is this?

As we prepare for the World Meeting of Families in August, Bishop Denis is inviting families ahead of the Lenten season, (beginning on Ash Wednesday, February 14), to sit down together and share ideas on how family members might together and /or individually take on *acts of prayer, fasting and almsgiving* of their choosing before completing their 'Our KandLe Family Lenten Promises' sheet.

Why acts of prayer, fasting and almsgiving in Lent?

The season of Lent is about thinking about our life as followers of Jesus and preparing ourselves to be ready to renew our baptism at Easter. It can be a time of reflection and taking stock, a time of turning back to God and reminding ourselves of what it means to live as a follower Jesus, as a Christian in the world. The Lenten good works of prayer, fasting and almsgiving are there to help us do this.



Prayer This Lent could be a great time for families to begin or renew praying together. We can be aware of God and talk to God in prayer together in so many ways. Saying a prayer before your main meal together, blessing yourselves on the way out in the morning, praying a decade of the rosary, reading and thinking about a passage from the bible, going to confession, saying a night time prayer, visiting a church together for a short time of prayer, committing to a



Lord, teach us to pray

time of prayer as a family at one of the churches hosting 24-hours for the Lord on March 9—10 (Newbridge, Allen, Portlaoise, Rhode, Bagenalstown, Rathvilly)

What appeals to you in these suggestions? What other suggestions do family members have?

Fasting Many people see Lent as a time of fasting from something. We might give up sweets or cigarettes or alcohol, or meat on a Friday; we might fast from words that are hurtful to ourselves and others or we might fast from habits that keep us from living well. We can always take it one step further and take up a positive action! The fasting we do can help us create a space in our lives for God, who feeds all our hungers.

Are there habits that we have that are causing pain or hurt in our families that we could try to give up this Lent? What suggestions do family members have for fasting?



Almsgiving Linked to our fasting, whatever form it may take, must be a concern for those who have no choice but to fast because of poverty and injustice. That concern connects us directly back to our baptismal commitment of making Christ present in our world through our actions. There is a great tradition in Ireland of supporting Trócaire in Lent and learning more about its work. *How might your family support Trócaire this Lent? Do you have suggestions for other ways of giving money or goods for those in need or doing acts of charity this Lent?*

TRÓCAIRE
Working for a Just World



Our KandLe Family Lenten Promises

As a family we promise to undertake the following, together or as individuals, this Lent:

Prayer



Fasting

Almsgiving

Signed by: _____

A Family Prayer for Lent: Creator God, be with us as we make our Lenten journey together as a family. Give us the strength to do what we have promised and the love to help one another along the way. When Easter comes, may our Lenten promises have brought us closer to you and to your Son, Jesus. Amen.