

FAMILY ACTIVITY

Stations of the Cross



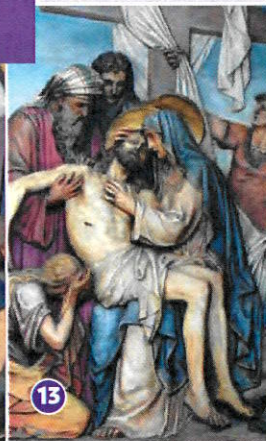
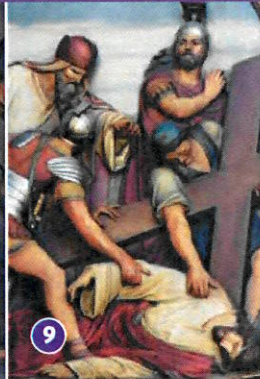
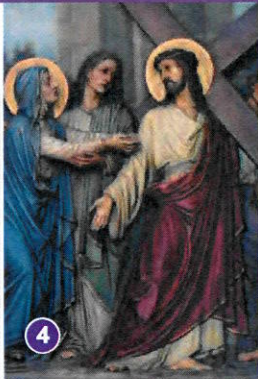
If you cannot attend Stations of the Cross at your parish, create your own. While many Stations in churches are elaborate and ornate, all that is required is to have fourteen crosses, preferably wooden, located so that you can take a step or two between each one. As a family activity, create fourteen crosses from small twigs or branches and place them in a line in your backyard or living room. Walk together as a family, remembering the events of the Passion. At each cross, bow or kneel and say, "Because of your Holy Cross, you have redeemed the world."

OUR FAITH

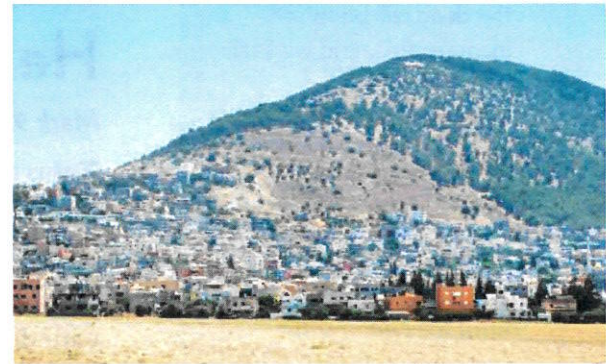
The Last Four Things

Saint Alphonsus Liguori recommended that we contemplate the "last four things" especially during Lent. These are: death, judgment, heaven, and hell. While talking about these with children can be difficult, parents can use the season of Lent as a way to gently introduce the topics. One aspect to emphasize is that heaven, as Pope Saint John Paul II said, is not "an abstraction nor a physical place in the clouds, but a living, personal relationship with the Holy Trinity." Heaven, then, is living an eternity in the presence of and in relationship with our loving God. Likewise, the Church teaches that hell is not so much a physical place, but the choice to turn away from God and the deep pain of separation from Our Lord (see CCC 1033).

Traditional Stations of the Cross



- 1 Jesus Is Condemned to Death
- 2 Jesus Accepts His Cross
- 3 Jesus Falls the First Time
- 4 Jesus Meets His Mother
- 5 Simon Helps Jesus Carry His Cross
- 6 Veronica Wipes the Face of Jesus
- 7 Jesus Falls the Second Time
- 8 Jesus Meets the Women of Jerusalem
- 9 Jesus Falls the Third Time
- 10 Jesus Is Stripped of His Garments
- 11 Jesus Is Nailed to the Cross
- 12 Jesus Dies on the Cross
- 13 Jesus Is Taken Down from the Cross
- 14 Jesus Is Placed in the Tomb



SIGNS OF THE SEASON

Mount of Transfiguration

The traditional location for the Mount of Transfiguration is Mount Tabor, about eleven miles west of the Sea of Galilee. Mount Tabor rises about 1,800 feet above the level plain below. It was identified as the site of the Transfiguration as early as the third century by the theologian Origen. The Church of the Transfiguration, a Franciscan church built on the ruins of a centuries-old Byzantine church, now stands at the summit of Mount Tabor.