

Corpus Christi Parish

# FAMILY LIFE NEWSLETTER

March 2021

## LENT: it's gonna be OK, ;)



Lent, the liturgical season of the Church when we intentionally enter into the desert with Jesus. We focus on prayer, fasting, and almsgiving. These however, are the means, but not the end. The goal of Lent is to enter (even ever-so-slightly) deeper into the mystery of Christ's suffering and to let that mystery transform our lives.

There are two pitfalls to avoid in this season. The first is to forget it altogether and not attempt to refocus and reorient our lives to the Gospel. The second is to put too much pressure on ourselves, biting off more than we can chew.

Either way we tend to lean, we can take comfort in the fact that we are not alone. Jesus is with us. Thomas Merton writes, "But Christ is with us. He sits in the ruins of our heart preaching His Gospel to the poor." Find some time each day to sit quietly with Jesus and ask Him to guide your Lent.

Here are some other practical ideas for your family:

- Learn a new prayer together as a family. If you already are familiar with all the prayers of the Rosary, try the Divine Mercy Chaplet, the Morning Offering, or the St. Michael Prayer.
- Start a family gratitude journal and each day reflect on your blessings
- Together collect spare change all through Lent and make a donation to a favorite charity
- Turn off the TV and play a game together as family or read a spiritual book together
- Replace some of the music you listen to throughout the day with Sacred Music or the Rosary podcast

# TIPS for Family Formation

We have been trying to reach out to all the families enrolled in our formation program, getting feedback and great tips for how you are implementing family formation in your home. Here are some ideas from families in our parish:

- “You don’t have to do all the material sent home. Pick and choose what works best for your family and be realistic.”
- “We do it together every Sunday. We are trying to keep that ‘Sunday School’ rhythm, even when we can’t always get to Mass right now.”
- “When the monthly packet arrives it goes into a binder. And we talk through the lessons at family dinners. We get grandma to help out too!”
- “I let dad handle the lessons. It’s been a good dad-kid bonding time when he gets home from work!”

How do you implement Family Formation in your home? Got a tip to share? Shoot me an email: [daja.gombojav@portlanddiocese.org](mailto:daja.gombojav@portlanddiocese.org)



**Remember: family time  
IS faith formation!**



## Helpful Links

**Our Faith Formation Blog:**

<https://faithformationcorp.wixsite.com/faithformation>

**Corpus Christi Parish Website:**

<https://corpuschristimaine.org>

**Corpus Christi on Instagram:**

<https://instagram.com/corpuschristimaine>

**Corpus Christi on Facebook:**

<https://www.facebook.com/CorpusChristiMaine>