



February

Universal: Jesus welcomes all.

Lent is a time for all to turn to Jesus, including us! Sometimes in life, we can get distracted from God. Lent is a great time to re-focus on what's really important – faith, family and freedom from sin or anything that prevents us from being who we are called to be as children of God.

PRAY

Pray one Our Father every time you hear about or experience an injustice.

Ask God what He would like for you to do to draw closer to Him during Lent.

Make a plan to get to confession during Lent – maybe even before the penance service!

Offer a prayer to your guardian angel before you go to sleep.

Encourage the men in your family to attend the diocesan men's gathering on February 20th! Info. & registration online:

www.victoriadiocese.org/arise

EAT

“Bless us, O Lord! And these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.”

Fast from sweets for one day as a family, as a sacrifice for others. Fasting is a key aspect of Lent.

Ask each person at the table to share their favorite part of the day.

Think of a creative way to share a meal with someone else. Maybe a Facetime meal together, maybe donating to a food bank, maybe making a bag of goodies to give to someone in need.

“We give you thanks, almighty God, for all your benefits, who lives and reigns for ever and ever. Amen. May the Lord grant us His peace. And life everlasting. Amen.”

PLAY

Don't give up on your New Year's Resolutions – especially those that bring you closer to God!

Go for a 10-15 minute walk outside.

Pick a boardgame and play it with your family. By yourself? Call a friend or family member and catch up!

Research your baptism date and mark it on the calendar. Make plans to celebrate it like you would your birthday!

Share a positive message of God's love on a post-it note for someone to see!

Invite someone to Mass! Even if they have to sit socially distanced from your family, remind them that Jesus welcomes all!

Download the new “DOV Family Podcast” on your favorite podcast app. Also available on YouTube. Weekly uplifting episodes for families!



Want More?

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<https://www.victoriadiocese.org/year-of-the-family>

Share pictures of activities using #DOVFamilies