



Living the Liturgical Seasons

Creative Ways to Celebrate Faith at Home



Lent is coming!

Prepare for Lent with Mardi Gras (Fat Tuesday)

Ash Wednesday is March 5 | Purple is the color of the season!

March 2025



Here are our March Feast days!

- March 3 - St. Katharine Drexel
- March 4 - Mardi Gras
- March 5 - Ash Wednesday
- March 7 - Sts. Perpetua and Felicity
- March 17 - St. Patrick
- March 19 - St. Joseph
- March 25 - Annunciation of the Lord

Visit <https://www.franciscanmedia.org/saint-of-the-day/calendar/> to read vignettes of these and other saints.

Find adorable saint charms, board books, and more at [TinySaints.com](https://www.tinysaints.com).

Embrace Catholic Mardi Gras!

Historically in the Church, communities would throw parties to use up all the rich foods they couldn't during Lent. Which gave us the celebration of Mardi Gras. Embrace this celebration in a wholesome and Catholic way!

Here are just a few ideas you can do at home and with friends:

- Use up all the unhealthy foods in your house
- Make a King cake (or cupcakes)
- Hodgepodge – stew like conglomeration with random veggies and meat tossed in.
- Go out in a group and have fun – bowling, ice skating, hiking, for donuts and coffee
- Host a game night
- Make Pancakes
- Indulge in favorite foods – In-N-Out!
- Pre-Lenten examination of conscience
- Go to Reconciliation

Want more ideas? Email cheryl@thecasa.org. She has so many more suggestions!

Make a Sacrifice Crown of Thorns for Lent

As a family or even as a group of friends, try marking the days of Lent by removing the thorns in a homemade crown.

1. Get yourself a grapevine wreath.
2. Get some toothpicks and paint them brown to match the wreath.
3. Stick all the painted toothpicks all around the wreath to make it look like a crown of thorns.
4. Each time during Lent when someone makes a sacrifice or does a good deed, remove a toothpick!

By the time Easter arrives, and all the thorns are gone, use the wreath as an Easter egg display!



Learn more about this idea at [Catholic Icing](http://CatholicIcing.com)

A Digital Lent Guide

Prayer Ideas

Daily Friend Prayer

Go through your contacts list on phone or social media and pray daily for one or more followers or friends. During that day, write something special to them or share a link they would appreciate. Each day, invite someone to reconnect in some way.

Check-In Prayer

Each time you see one of your family or friends are check-in, say a prayer of thanksgiving for their arrival in a new place - and pray their experience there will be a good one.

Fasting Ideas

Fast from Time Wasters

Make a point to spend your online time wisely instead of wasting it on unnecessary experiences. Work on the discipline of fasting from things that are non-productive or hurtful.

Fast for Offline Experiences

Instead of abandoning social media altogether, simply fast from making social networking the only interaction you have with others. If you fast from social media, make it a point to continue those relationships offline instead. Fast with care and concern for all the people on your list and never abandon them.

Giving Ideas

Connect with Social Action

Various charities, action groups, and justice programs are more available now than ever before. Search out social action opportunities, follow them online, and research what is already going on through websites, blogs, and other online sites; but most importantly, resolve to get more involved with at least one aspect or principle of Catholic social teaching.

Share with the World

Much of the globe is still disconnected. The Gospel challenges us to offer a preferential option for the poor. Work towards helping those in third-world countries and disadvantaged parts of the United States have access to the Internet, to social media, and to the opportunities we often take for granted in the digital world.