

LENT 2026



The family home and table are a sacred space where God's love is lived and shared.

Make time to gather your loved ones to pray and celebrate Lent. Consider preparing a lent recipe together as a family and then eating together while you discuss this week's theme, work on an activity and close with prayer. Choose one or more of the activities below and complete with your children, godchildren, or grandchildren this week.

Open your eyes to see God's beauty, love, and grace

After his encounter with Jesus, the blind man is healed both physically and spiritually. Jesus gives the man sight but also gives him the ability to see that God's beauty, blessings, love, and grace are all around. Jesus gave the man sight and he was free of his blindness.

This gospel story inspires us to ask ourselves: "Am I blind?" Sometimes we see or focus on things that don't really matter or last and this causes blindness. Maybe we are blind to God's love, blind to the love of mom or dad, blind to goodness in the world, blind to kindness, blind to hope, blind to forgiveness, blind to the many blessings God wants to give us. This week ask Jesus for healing from your blindness so that you can see more clearly the beauty, love, and grace that is all around you.

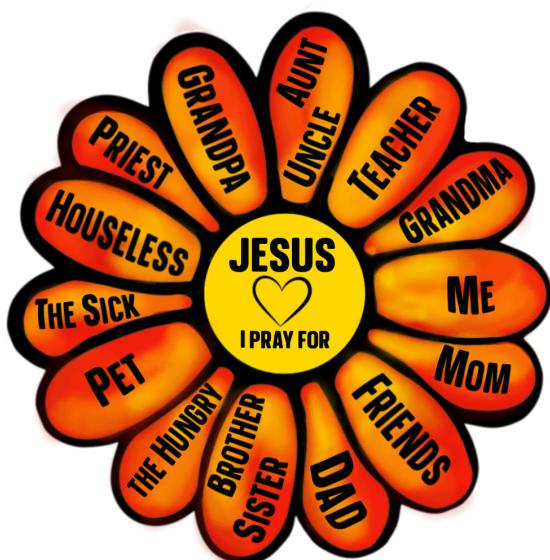
Don't walk around blindly, see through the eyes of Jesus and see all blessings God showers you with.

Gospel Reading

John 9: 1-38

Jesus heals the Blind man

Prayer of Petition - Praying for people by name



The prayer of petition is very special, in that we turn to God and ask for God's love, care, grace and healing on people we love. So we say their names and we make a petition for these persons. Visit the website to make the Prayers for Others Craft.

Visit lafamilia'scatesis.com for this week's resources



Fast - from screens, TikTok, Disney, Netflix, etc.

We use our phones and other screens pretty often. They are a tool that help us stay connected and they can be lots of fun when playing games and watching videos. But they can also be a distraction especially when we see only our phone and not the people and nature around us. Put your screen down and see God's beauty, love, and grace all around you.

Fast from screens this week and use this time to connect with family and loved ones: talk about the day, play a game, make some cookies, or see what comes to mind. This Saturday try to fast from live-streaming TV and make a commitment to spend the day together without any screens.

Give - The Corporal Works of Mercy

The corporal works of mercy are ways that we can imitate Jesus by caring for our brothers and sisters around us. By caring for the bodily needs of others, we care for Jesus. Choose a corporal work of mercy and care for Jesus very specially this week.

1. Feed the Hungry
2. Give drink to the thirsty
3. Shelter the homeless
4. Visit the sick
5. Visit the prisoner
6. Bury the dead
7. Give alms to the poor

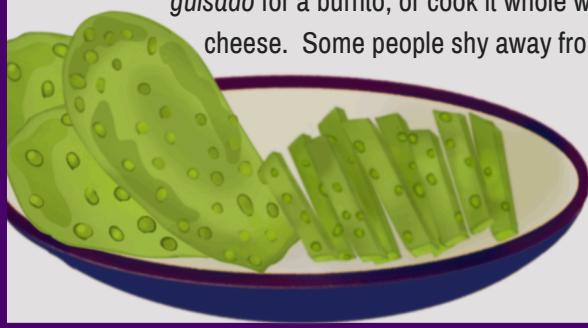
Go to the USCCB Website
for suggestions.



Pray + Fast + Give + Cook + Activity

Cook & Eat together: Nopalitos

Nopales are a very special food of Mexico. They are good for you and have lots of great health benefits for skin, diabetes and cholesterol. People have eaten them for 10,000 years, they are a symbol of resilience and endurance, and the nopal is even on the Mexican flag. The nopal is another typical Lenten food that you can make in many ways: prepare nopales with eggs, as a *guisado* for a burrito, or cook it whole with some ingredients on top like cheese. Some people shy away from the nopal because they have never tried it.



Don't be shy, Try it! and you will enjoy another very special lenten food. Scan below for several ways to eat Nopalitos. They are delicious!

Scan for Lent recipes

Recipe Alternative
Calabacitas

Calabacitas, also known as Mexican Grey Squash, are a meatless favorite dish to be enjoyed during Lent.

Like so many other Mexican foods, there are many ways to make *calabacitas*. Some people make it more like a soup while others make it less soupy. Some cut the *calabacitas* small and others large. Call your *abuelita* or *tia* for her *calabacita* recipe. Even better invite her over for a *calabacita* cooking lesson and write down her recipe to make at another time.

Activity: Blind Person Obstacle Course

Have each person cut out the Blind Person Glasses and the "EOJ" glasses. Create an obstacle course in a long space like the hallway or similar. Place some obstacles such as chairs, stuffed animals or similar obstacles to the person walking.

The goal is to get from one end of the hallway to the other end. On the second round, use the Eyes of Jesus glasses and go through the obstacle course.

Ask the following questions:

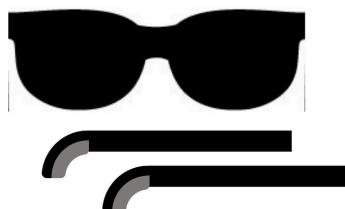
When you ran the obstacle course, what was the difference between having the Blind glasses and the "EOJ" (Eyes of Jesus) glasses?

Next, sit together in a circle in silence (30 seconds) put on your blind person glasses. Try to look at the people in the circle. (try not to laugh).

Then in silence (30 seconds) put on your EOJ glasses and imagine that you are looking with the eyes of Jesus.

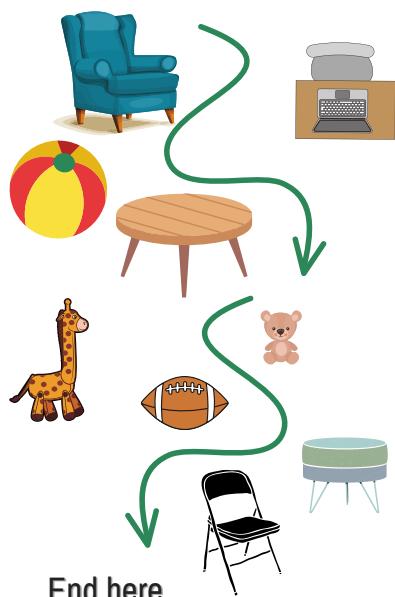
What do you see?

Question for sharing: What came to mind during this game?



Begin here

Place obstacles in the room



End here

Prayer



Jesus, our friend,
You helped the blind man to see,
Help us to see your blessings and love all around us.
Remind us to see through your eyes,
So that we can appreciate your many blessings
including our family and friends.

We ask this through Christ our Lord. Amen

Let us Pray the Lord's Prayer together,
Our Father who art in heaven...

Hail Mary ...

In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

Send off with a blessing and give one big family hug