

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.

Jesus promises us life with God

In this weeks gospel, we begin to foresee Jesus' own death and resurrection. Jesus shows us that death is not the end of life. Instead death is a path towards life with God. In the end, death does not win. Jesus leaves us his promise:

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?"

Lazarus had been dead 4 days and Jesus brought him back to life. It seems impossible, but in this miracle, Jesus promises us that "if we believe, we will see the glory of God". We know that death is not the end and that after we die we will go to the Father's house. Death is a passing to glory with God, death will not win

Gospel Reading

John 11:1-45
The raising of Lazarus

Pray - Litany of the Saints



We have lots of friends in heaven and we can ask them to pray for us. This week, make you daily prayer a litany of the saints. Gather as a family and say out loud the names of some of your favorite saints. Write these names down and make it your litany. Every day try to add a new saint to your list.

For example:

Our Lady of Guadalupe, pray for us

St. Ignatius, pray for us

St. Cecilia, pray for us,

St. Mark, pray for us,

St. Francis, pray for us,

St. Teresa, pray for us,

(add any others), pray for us,

Amen.

Scan for this
week's activity



Fast - from eating out & spending money

Lent invites us to live more simply. To remove the distractions and temptations from life so that we can live more fully. When we live more simply we are happier, healthier and less worried and stressed. When we live more simply we free ourselves from things that we want so that others can have what they need to live.

Try it out. Fast from eating out and spending money this week. Make meals together at home and spend time together instead of money. Be creative and see what kinds of ideas pop into your head.

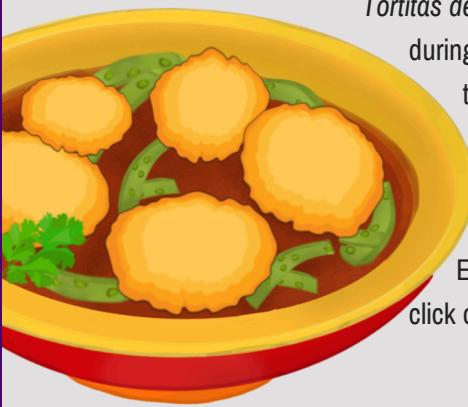
Live simply this week so that you can see how blessed and loved you are by God.

Give - Loving Actions

- Write a note to someone special and tell them what they mean to you. Put it on their pillow before bedtime or send it in the mail.
- Bake something special for someone. Think of a friend, relative or neighbor who would be happily surprised by some cookie, muffins, or a cake. Bake it for them and ask your parents to help you drop it off at his/her house.
- Say one nice thing to the people in your house before going to bed. Pick a time before everyone goes to bed and meet in the living room, kitchen or hallway. Gather in a circle and take turns saying one nice thing about each person. (Nice or pretty does not count) go deeper and think of what makes each person special and tell them.
- Hold hands and pray the guardian angel prayer.

Pray + Fast + Give + Cook + Activity

Cook & Eat together: Tortitas de Camarón



Tortitas de camarón are a traditional Lenten dish served during this time of the year. This special Lenten dish is a time consuming, but they are definitely worth it!

The delicious *guajillo* sauce, nopales, and *tortitas* are unique and special for this fifth week of Lent. Don't worry if this is your first time making them. Either invite an *abuelita* chef to help or click on the link to follow the video recipe.

Scan for Lent recipes

Reflect on
The Cascarón

Ask each person gathered to hold a cascarón and think about the fiesta that Lazarus, his sisters, Jesus and the community celebrated.

During Lent we reflect on Jesus' great love, his suffering and death. And Lent always points us to Easter. Jesus promised us that death does not win. We have life forever with God.

How to Make
Cascarones

Materials

- Eggs (as many as you need)
- Toothpick
- Food coloring
- Vinegar
- Clear glue or Mod Podge
- Tissue paper
- Confetti



Activity : Celebrate the promise by making cascarones

Imagine the disciples reaction when they saw Jesus alive after the crucifixion? They must have been so surprised and super happy to see their good friend alive, you can imagine they would have wanted to have a huge fiesta?

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die."

The *cascarones* are a border area tradition that symbolize this promise.

The empty egg shell symbolize the empty tomb and the colorful confetti symbolize the fiesta we live, because we believe in the resurrection of Jesus Christ. We celebrate that death will never win. Jesus lives! The tomb is empty!

Make some *cascarones* and save them for Easter Sunday.

He is alive and still among us now he will never leave us.

Instructions

1. Use a needle to poke a small hole on the top of the egg. Poke a second, but larger, hole on the bottom of the egg.

Scan for this
week's activity.



Prayer



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

Jesus, today we gather and we remember your words:

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die."

You have promised us glory that you made possible with your own death and resurrection. We pray for your glory in our lives and the lives of those we love.

We pray in your name. 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