

Each time you do a Lenten activity, color one of the numbered shapes inside the cross. For example, color a shape numbered 1 a shade of green every time you do a planting activity.

1 PLANT is green.

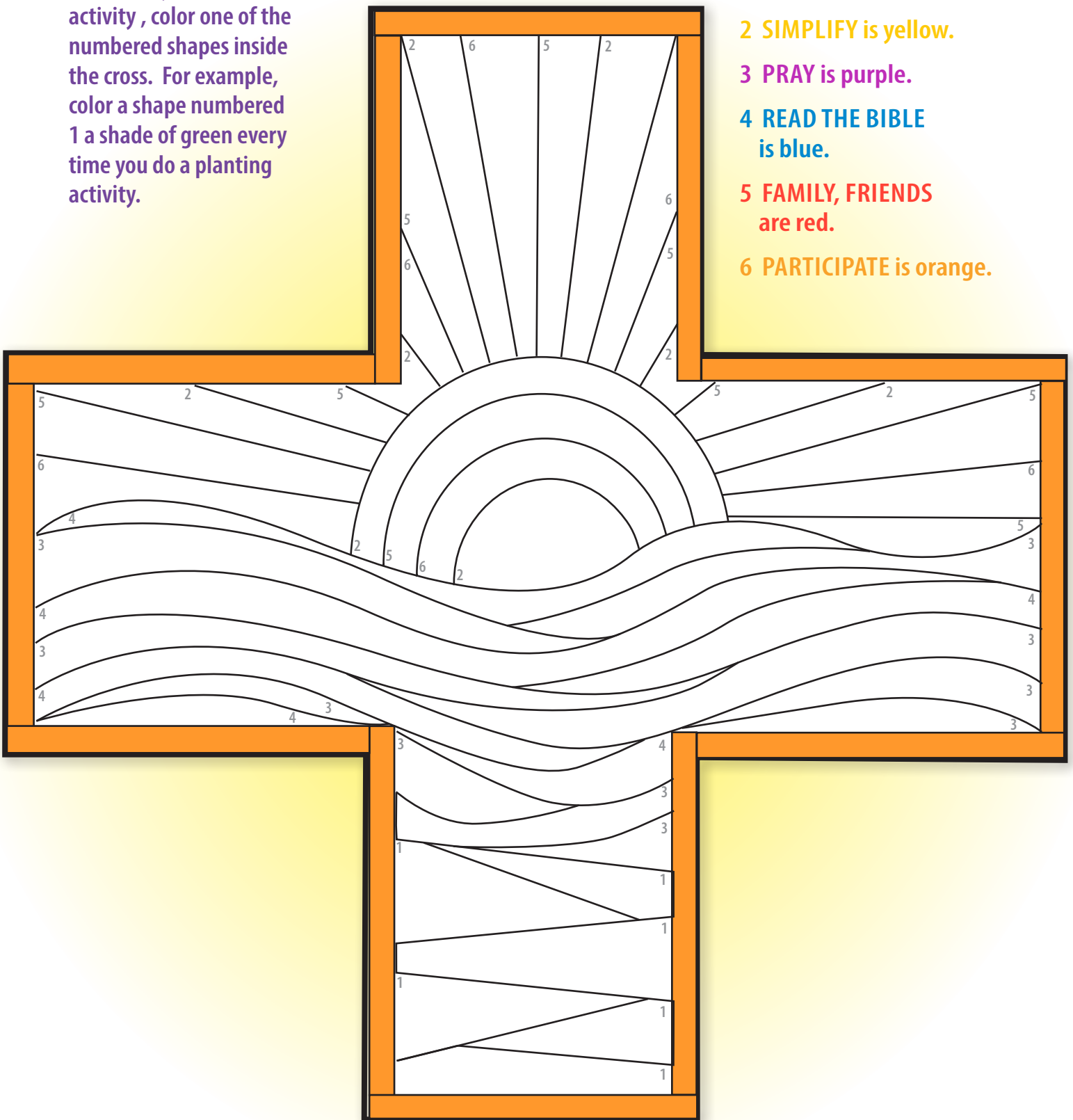
2 SIMPLIFY is yellow.

3 PRAY is purple.

4 READ THE BIBLE is blue.

5 FAMILY, FRIENDS are red.

6 PARTICIPATE is orange.



LENT 2023

EASTER CROSS ACTIVITIES

BIBLE

- + **FIND** in Genesis 7.11 what threatens humankind with extinction.
- + **FIND** in Genesis 9.12-13 the sign of the covenant between God and Noah, whose name means *Settler*. When have you experienced hope in this sign?
- + **FIND** the number of descendants God promises Abraham and Sarah in Genesis 15.5.
- + **WHAT** is the first term of the covenant God makes with Israel in Exodus 20.2?
- + **HOW** true do you find the promise the prophet Jeremiah makes on God's behalf in Jeremiah 31.31-34?
- + **PRAY** Lamentations 3.22-23 at dawn.

PARTICIPATE

- 👉 **VOLUNTEER** to serve in a soup kitchen.
- 👉 **TAKE** food to a local food shelf.
- 👉 **PARTICIPATE** as a family in a local spring clean-up.
- 👉 **CELEBRATE** a birthday by working at a program such as Feed My Starving Children.
- 👉 **TAKE** part in a group that provides families in poverty with needed household supplies and furniture.
- 👉 **VOLUNTEER** to tutor immigrants in English.

FAMILY, FRIENDS

- ♥ **GIVE** 10 minutes of uninterrupted, attentive listening to a family member.
- ♥ **COMPLIMENT** colleagues and coworkers on ways they do their jobs or on how their work matters to the whole enterprise.
- ♥ **TELL** friends and family members ways they matter to you.
- ♥ **MAKE** family meals or meals with friends a priority. Make slow food together, such as soup or stir fry. Eat and talk together.
- ♥ **GIVE** up grudges, imagined enemies, old hurts, overwork, sarcasm, self-pity, and self-righteousness. Pursue happiness.
- ♥ **EMBRACE** new relationships and new dimensions to long-lasting friendships.
- ♥ **TALK** more, or talk less.
- ♥ **MEND** a quarrel. Right a wrong. Renew a friendship.
- ♥ **WALK** and talk with a grandchild or grandparent.

SIMPLIFY

- ◆ **MINIMIZE** the electricity you use for a day. Eat by candlelight.
- ◆ **FAST** from fast food.
- ◆ **TRY** a vegetarian food or recipe every week of Lent.
- ◆ **ORGANIZE** a junk drawer or storage area.
- ◆ **PUT** a water-saving head on your shower.
- ◆ **CLEAN** unneeded clothes and shoes out of your closet. Donate what is good.
- ◆ **FAST** with the Church on Fridays from meat and excess food.
- ◆ **FAST** from too much television. Give a dime to Catholic Relief for every commercial you see this week.
- ◆ **FORGIVE** a debt.

PLANT

- ☀️ **WORK** in your yard. Meet and visit with neighbors.
- ☀️ **PLANT** a tomato in a large pot. Find a sunny spot for the pot. Water and care for the plant. Enjoy eating your own tomatoes.
- ☀️ **PLANT** a tree to make air of sunlight.
- ☀️ **PLANT** grasses and native flowers on your boulevard or in your yard. A patch of prairie provides seeds for birds.
- ☀️ **GIVE** a crocus to a person you find it hard to appreciate. Plant love.
- ☀️ **VOLUNTEER** at a community or school garden, or at a center that distributes fresh foods to low income families.

PRAY

- † **COUNT** your blessings. Develop a habit of recognizing ten a day.
- † **WALK** in a park, on a beach, around the block, or down the road. Breathe consciously. Feel the sun. Notice the light, the rocks, the plants and animals. Reconnect with the mystery of all that is.
- † **TAKE** time for silence. Breathe in, saying, "Spirit of God with me." Breathe out, saying, "Spirit of Love in me."
- † **JOIN** or start a faith-sharing group or bible study. Listen each other into naming grace and recognizing the experience of God in our daily lives.
- † **INVITE** family members at a meal to share where they see signs of spring.
- † **PRAY** with the people of God as often as you can during Lent by going to daily Eucharist.
- † **BEGIN** a family meal by having each person state a hope for the whole human family.
- † **THANK** God for all you have learned from a painful failure.
- † **WASH** your windows and thank God for what you see more clearly.
- † **BE**.