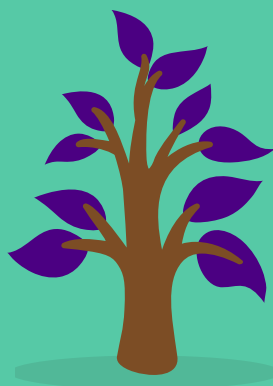


LENTEN JOURNEY FOR FAMILIES

THREE WAYS TO GROW TOGETHER



PRAYER

Family Mission Rosary

Create and pray your own Mission Rosary. Through this, your family will discover its mission and call to love, while deepening your relationships with God, Mary, and each other.

Download your free Family Mission Rosary Kit at:
www.columbuscatholic.org/family-ministry-enrichment

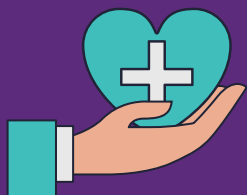


FASTING

Distraction-Free Sunday

Celebrate Sunday as a Day of Rest with family time. To focus on each other, try fasting from the distractions in your home, such as phones, sports, video games, or other ways of tuning out. If not possible on Sunday, choose another day that works for your family.

To learn more about keeping Sunday holy as a family, visit:
www.pbgrace.com/4-ways-to-keep-sunday-holy



ALMSGIVING

CRS Rice Bowl

Share the Lenten journey with members of our human family here and around the world through Catholic Relief Services' Rice Bowl. Commit your Lent to deepening your faith and serving those in need.

For more about CRS Rice Bowl, an activity calendar, stories of hope, recipes, and more, visit: www.crsricebowl.org/families



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