



April:  
Devotion to the  
Most Blessed  
Sacrament

# family MATTERS

## THE MONTH OF APRIL



Lent, Holy Week and Easter are such holy times of the year, but discussing these days with your family can sometimes be challenging. Lent, a time of fasting, special prayer and almsgiving, Holy Thursday, the last meal Jesus shared with his disciples, Good Friday, Jesus' crucifixion and death on the cross, and Easter, the Resurrection. A myriad of experiences and emotions. As we go through these experiences and emotions WITH Jesus during Lent and finally during Holy Week, only then will we be able to celebrate the feast of Easter with great joy as we are refreshed and renewed with the risen life of Christ Jesus on Easter Sunday.

As you continue your journey of lent , what did you "give up"? Your favorite food, or maybe a favorite past time , social media? Giving up something for Lent fosters self-discipline and tempers our desires. If you gave up something for Lent, that is so awesome. It is a form of fasting. It is a form of penance, it promotes spiritual growth. You may also want to think about the possibility of doing something positive to boost your spiritual life and make the world the better place. If you haven't already done this, it isn't too late. Look for ways that you can increase your knowledge of your faith and strengthen your spiritual life. You can perform special acts of mercy and kindness at home at work or in your parish community.

For more ideas visit [www.holyheroes.com/Lenten-Adventure-s/152.htm?Click=15190](http://www.holyheroes.com/Lenten-Adventure-s/152.htm?Click=15190)

How can you and your family make this season of lent more meaningful and more merciful ?

*We are merciful when we are kind to one another, when we forgive, and when we put others needs before our own.*

**LOOK FOR MERCY...**Moments of Mercy are happening all around us. Help your kids to identify one merciful act every day during the rest of lent. It might be something that happens in your family, or in your parish community. Teach your kids to **GET RID OF GRUDGES.**

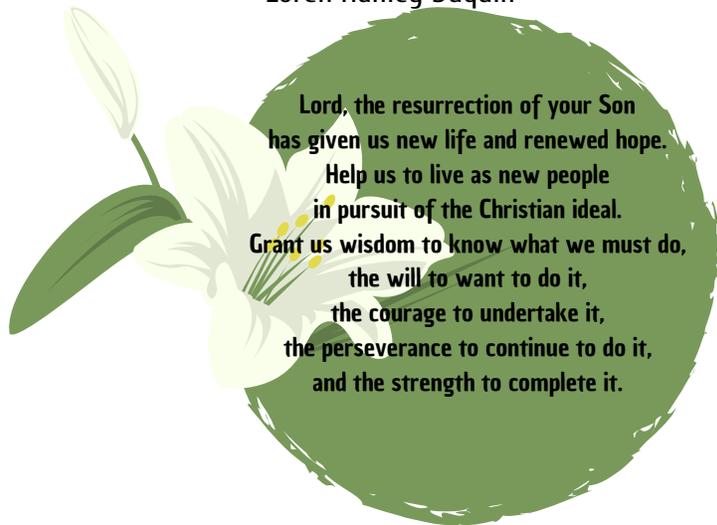
**GO ON A MISSION OF MERCY,** spend a day at a soup kitchen where your children will get real hands- on experience in what it means to be merciful. Buy or look for spiritual books that you can **SEND TO MISSIONS.** Help your children understand that admitting to selfish behaviors and asking God's forgiveness helps them to become merciful people. Take the whole family to a parish penance service, where they will **RECEIVE GODS MERCY.**

Holding a door for someone, extending a helping hand, offering a compliment, checking on an elderly neighbor are just a few small things we can do this lent to **BECOME MORE MERCIFUL** during this season of lent.

-Loren Hanley Duquin

### Celebrate! April

- April 1 April Fools Day
- April 4 St. Isidore of Seville
- April 12 National Grilled Cheese Day
- April 14 Palm Sunday
- April 18-21 The Triduum
- April 21 Easter Sunday
- April 28 Divine Mercy Sunday
- April 29 St. Catherine of Siena



Lord, the resurrection of your Son has given us new life and renewed hope. Help us to live as new people in pursuit of the Christian ideal. Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.