

# Seven Dolors Youth Newsletter

## The Season of Lent

Lent begins this week! This is a time of preparation for us to be ready for Christ's Passion, Death, and Resurrection. Often, lent is seen as a long 40 days of no TV, candy, soda, or anything else that we "give up". But we should look at it as an amazing journey which ends with Easter. This time of year is a wonderful example of a Lenten journey. It is cold, nothing green around, and we are ready for spring. Lent lets us see that our souls are ready for Easter; that we are ready to join in the celebration of our salvation, much the way we celebrate the first green blades of grass, or the first robin's song.

## March

## Saints & Feasts

- 2nd - Ash Wednesday
- 7th - Sts. Perpetua & Felicity
- 8th - St. John of God
- 17th - St. Patrick
- 19th - St. Joseph, Spouse of Mary
- 25th - The Feast of the Annunciation

## Celebrating Lent as a Family

Lent is a wonderful time for your family to become closer to Christ and to each other. Here are some ways to help your family get the most out of Lent this year.

- 1) Make a giving jar. Put your pocket change in it each day.
- 2) Pick a different thing to give up each week.
- 3) Go to the Stations of the Cross as a family.
- 4) Set aside one night a week as family prayer night. Take time to ask for prayers to help you with something you might be struggling with.

## What is my Lenten offering?

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_
- 6: \_\_\_\_\_

# COLOR THE STATIONS OF THE CROSS

My name is \_\_\_\_\_



JESUS IS CONDEMNED TO DEATH



JESUS ACCEPTS HIS CROSS



JESUS FALLS THE FIRST TIME



JESUS MEETS HIS MOTHER MARY



SIMON HELPS JESUS CARRY THE CROSS



VERONICA WIPES THE FACE OF JESUS



JESUS FALLS THE SECOND TIME



JESUS MEETS THE WOMEN OF JERUSALEM



JESUS FALLS THE THIRD TIME



JESUS IS STRIPPED OF HIS GARMENTS



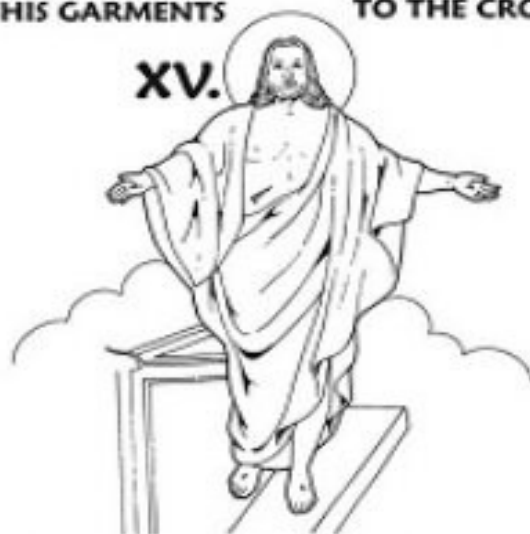
JESUS IS NAILED TO THE CROSS



JESUS DIES UPON THE CROSS



JESUS IS TAKEN DOWN FROM THE CROSS



JESUS RISES FROM THE DEAD!



JESUS IS PLACED IN THE TOMB