

DSCS FAITH IN THE FAMILY

Lent Edition 2026



Putting the
ALLELUIA Away

A LENTEN CUSTOM



The Church has the custom of not speaking or singing the word “Alleluia” during Lent. Alleluias are joyful proclamations, which we put away during the more contemplative season of Lent. Putting it away for Lent is like putting away a favorite toy for a while – to appreciate it better later. Churches often take banners down; eliminate flowers in the sanctuary. Our Sunday readings and prayers take on a more penitential tone. – Buildfaith.org



Click [HERE](#) to hear more
interesting facts about Lent!



FEBRUARY 18TH
9:00 AM OUR LADY OF THE LAKES
6:00 PM HOLY CROSS



LENT CONNECTIONS ARE JUST A
Click Away



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Formed has videos, movies, podcasts & so much more for all ages. This is a great way to grow your faith as a family. Login and check it out!

To sign in, go to www.FORMED.org and click on the sign up tab. Then click on the "Sign up as a parishioner" tab. Type in the zip code for Fredonia (53021). Click on Divine Savior Parish and hit next. Enter your name and email, and click on sign up.



Brother Francis videos on Formed are a great way to get Lent started with your children!



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At DSCS all of our classrooms focus on the Catholic Social Teaching Principles. We would like to highlight one this issue.

Catholic Social Teaching Principle: Solidarity



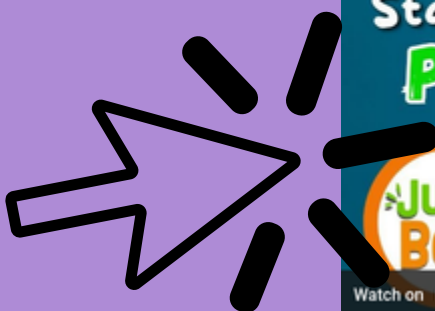
We are one human family, brothers and sisters created in the image of God, whatever our national, racial, ethnic, economic, and ideological differences may be. The Gospel calls us to be people of love and peace.

What is SOLIDARITY ?



Stations of the CROSS

The Stations of the Cross are a series of 14 stations that mark the route Jesus took from his condemnation to his crucifixion. The stations are a way to reflect on Jesus' suffering and death. They are a wonderful way to introduce your children to the very heart of the Christian story. When we pray the Stations of the Cross we also stand in solidarity with Christ



Lent Cooking



The pretzel is a symbol of prayer. The twist in the pretzel is meant to look like hands in prayer. Pretzels are made with simple ingredients – no sugar, butter, eggs, milk, etc. In many cultures these “richer” ingredients are avoided or not used at all during Lent. Making pretzels with your family is a nice Lenten activity.

Pretzel Prayer

Say this prayer when you serve your pretzels:

Heavenly Father, bless these pretzels.

Help them remind us that Lent is a time of prayer.

When we look at the shape of the pretzel,

Let us remember to cross our arms

And lift our thanksgiving and needs to you.

Lord Jesus, use these pretzels.

Help them remind us that Lent is a time of fasting.

When we consider the simple ingredients,

Let us remember the sacrifice you made for us on the cross,

And offer our own little sacrifices.

Holy Spirit, inspire us through these pretzels.

Help them remind us that Lent is a time of almsgiving.

When we pray and fast,

Let us consider those who have less

And give to them from our hearts.

Amen.

Content from: <https://young-catholics.com/861/pretzel-prayer-and-recipe/>

Soft Pretzel Recipe

These soft pretzels are fun and easy to make with your family.

Ingredients:

1 pkg 2 1/4 tsp active dry yeast

1 1/2 cups warm water

1 tsp salt

4 cups flour approximately
coarse salt

Instructions:

Line baking sheets with parchment.

Preheat oven to 425 degrees.

Dissolve yeast in warm water.

Add the salt.

Stir in 3 cups of flour.

Using additional flour, knead the dough until smooth and elastic.

Divide the dough into 18 pieces.

Roll each piece into a 10 inch rope.

Twist the rope into a pretzel shape and place on baking sheet.

Let the pretzels rest for 20 minutes.

Brush with water and sprinkle with coarse salt.

Bake for 12 to 15 minutes.

Easy Lenten Recipes

WHY WE ABSTAIN

Fasting and abstinence during Lent are not about dieting or deprivation—they are about detachment, discipline, and journeying with Christ to Easter. Jesus Himself fasted in the desert for 40 days and so the Church gives us

Lent as the time to deny ourselves, take up our cross, and unite our sufferings and sacrifices to Christ.

Abstinence (no meat on Fridays) reminds us of Christ's sacrifice. We give up something good (meat) to turn our hearts toward the greater good—God Himself.— GoodCatholic.com



Click [HERE](#) for some great meatless recipes!





RESURRECTION EGGS

Resurrection Eggs are a hands-on way to tell the Easter story. Inside each egg is a small symbol—like a cross, a crown of thorns, or an empty tomb—that represents a key moment in the events leading up to Jesus' resurrection. As the eggs are opened one by one, the story of Holy Week unfolds in a simple, meaningful way.

Often used with children and families, Resurrection Eggs help make the Easter message interactive and memorable, inviting reflection on the hope, love, and new life celebrated at Easter.

What Is Passiontide?


Passiontide is a special time near the end of Lent when the Church helps us get ready for Easter. During these days, we focus on how much Jesus loves us and how He gave His life for us on the Cross. The stories we hear at Mass remind us of Jesus' suffering and prepare our hearts for the joy of His resurrection.

Why Are Crosses Sometimes Covered in Church?

During Passiontide, crosses in church are sometimes covered with purple cloths. This can look a little surprising! The coverings help us slow down and think more deeply about Jesus' sacrifice. They also help us feel the sadness of His suffering before we celebrate the happiness of Easter.

When the crosses are uncovered later, it reminds us that Jesus is alive and that Easter brings hope and new life.







Passiontide

Prior to the revision of the liturgical calendar in 1969, **Passiontide** refers to the last two weeks of Lent, beginning on the **Fifth Sunday of Lent** and ending on Holy Saturday.

This period commemorates the increasing revelation of Christ's Divinity and His movement towards Jerusalem.



Under the older, two-week Passiontide, all statues and crosses in the church were veiled in purple on Passion Sunday (i.e., 5th Sunday of Lent) and remained covered until Easter Vigil night.

 Catholic Fortress



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