

Mardi Gras Fun Facts

- Mardi Gras is French for “Fat Tuesday”
- Traditionally, this was the day families used up the “fat” foods in their kitchen, such as meat, eggs, butter, and sugar before Ash Wednesday. Once the 40 days of Lent began, people “fasted” from such foods as a sacrifice to God.
- The first time Mardi Gras was celebrated in North America was on March 3, 1699 by a French Canadian explorer.
- A “King Cake” is a traditional celebratory dessert on Mardi Gras. It is a cinnamon, sugar cake decorated with green, gold and purple sugar. What sets it apart is the small plastic baby found inside and the circular shape, which represents Jesus and a king’s crown.
- Once Lent begins, the Gloria and Alleluia are not used at Mass. So if you attend Mass on Mardi Gras, it’s the last time you say those prayers until Easter Mass.

Quick & Easy King Cake Recipe

Ingredients:

- ⇒ 1 can of ready to bake cinnamon rolls (most brands contain 6 rolls)
- ⇒ Colored sugar. Commonly used colors are gold, green, and purple, but use what you have and make it fun!
- ⇒ (Optional) A plastic baby, a nut, bean, or some type of trinket to represent Jesus. Be sure to use this trinket safely. Do NOT bake it and consider the choking risk for your family. The Jesus representation can be placed beside the cake if you prefer.



The ultimate goal is to create a crown, or circular shaped cake, like the one pictured.

1. Remove cinnamon rolls from the can and carefully straighten each roll.
2. Take 3 unwound rolls and braid them together.
3. Repeat with the other 3 unwound rolls so you have 2 sets of cinnamon roll braids. Use one set as the left side of your cake and the other braid as the right side.
4. Pinch the braids together to form a crown, or circle shape.
5. Bake per package directions.
6. Once baked and cooled, drizzle with the packaged icing.
7. Add colored sugar while the icing is wet.

For more photos and instructions, go to <https://www.catholicicing.com/easy-king-cake-for-mardi-gras/>

Print this page, then roll up the first LENT message like a scroll, tie with a simple cord or ribbon and place it someplace the family can see the scroll, but not read it. By doing this, you're representing the tradition of refraining from the use of the word "Alleluia" at Mass during Lent.

Once Easter arrives, unroll and scroll and display it with the second picture of the word "Alleluia" as a celebration of the Risen Lord!

LENT

A time to put the
Alleluías away
and then
sacrifice and pray.



Jesus has risen!



ALLELUIA!

Print a card for each family member to complete. Hang them someplace where they can be seen so the prayer at the bottom can be said frequently.

My Lenten Sacrifice Promise Card

Prayer

Fasting

Charity

**Lord, as I offer up sacrifices to you this Lent,
remind me to pray to you instead of longing for
the things I've given up, to thank you, love you,
and praise you each day. Amen**

If you're interested in online Lenten devotions, reflections, and more, check out the following resources:

- <https://www.dynamiccatholic.com/daily-reflections.html>
- <https://mycatholic.life/upcoming-reflections/lent-reflections-2021/>
- <https://www.catholicicing.com/printable-lenten-calendar-for-children/>
- https://www.avemariapress.com/lent-2021?gclid=EAlaIQobChMI26aWo_e-7gIVUIXVCh36AgmmEAMYAiAAEgIOfD_BwE
- <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross>

Stations of the Cross Facts

- The Stations of the Cross are also referred to as the Way of the Cross
- The Stations tell the story of Jesus's Passion, or his suffering and death
- The traditional stations date back to 17th century Spain
- There are 14 stations
- Pope John Paul II created stations more closely linked to Scripture in 1991. This form is celebrated years by the pope and the Vatican publishes a guide. You can go to www.vatican.va or google Vatican News for information and links.

 If going through the Stations of the Cross with kids sounds like a difficult task, try some of the following ideas:

Break Stations up and do one a day

Let your child/children lead

Follow a video of the Stations - one can be found at

<https://www.youtube.com/watch?v=IY2hcqxh7IA>

You can find free printable Stations of the Cross for home use at the following location:

<https://www.reallifeathome.com/printable-stations-of-the-cross-for-children/>

[reallifeathome.com/printable-stations-of-the-cross-for-children/](https://www.reallifeathome.com/printable-stations-of-the-cross-for-children/)



Stations of the Cross for Children

Printables in 3 Different Formats with Prayers & Reflections for Kids

★ Free ★
and Paid
Options



Triduum Facts

- Triduum comes from Latin and means “three days.”
- Though Triduum begins the evening of Holy Thursday and ends the evening of Easter, it’s actually one continuous celebration. The three liturgical services include Mass of the Lord’s Supper, Good Friday of the Lord’s Resurrection, and Mass of the Resurrection of the Lord.

Even if you can not attend Triduum services, you can teach your children the message of these special days at home.

Celebrating the Triduum with Children at Home

Holy Thursday — *display a pitcher of water and bowl in your home*

Explain how Jesus washed the feet of his disciples and told his followers to serve others. Ask children to name ways they can serve others, such as making get well cards for people who are ill.



Good Friday — *display a cross on a purple cloth in your home*

Tell the children that this was the day that Jesus died on a cross. Explain that we call this day Good Friday because we know that it leads to the resurrection and Easter Sunday. We display crosses to remember how much God loves us. Invite the children to tell about any crosses they have at home or have seen elsewhere.



Easter Vigil — *display a white cloth, a bowl of holy water & plus a green plant in your home*

Share that the third day of the Triduum is from the Easter Vigil through Easter day. We celebrate the resurrection of Jesus Christ. Explain that people are baptized at Mass at the Easter Vigil and welcomed into the church. Invite the children to make the sign of the cross with holy water as a reminder of their own baptism.



Printable Resurrection Set

If your kids enjoy crafts, here’s another great idea from Catholic Icing (catholicicing.com). It’s a free, printable, colorable, Resurrection set you can make as a family out of paper and cardboard. It’s a great visual for kids and a way to celebrate Jesus conquering death.

Awesome Easter Craft!



Printable Resurrection Set

Download PDF - Printable PDF (Free)

[Download Here manualsdirectory.org](http://DownloadHeremanualsdirectory.org)



Easter Symbols

There are many symbols of Easter, here are a few of the most common, along with their meanings.

Cross - symbol of life over death and reminds us of Jesus' pain and suffering for us.

Lilly - symbol of Jesus' purity, as well as new life and growth since it's a living plant that starts as a seed. There is also a legend that the Garden of Gethsemane, where Jesus prayed, was full of lilies.

Egg - symbol of new life and can also reference the idea of Jesus coming out of the tomb.

Butterfly - symbol of resurrection and that new life comes from death since the butterfly lives because it was transformed from a caterpillar.

Lamb - symbol that Christ is the Lamb of God, also represents sacrificial offering.

Candles - symbol that Jesus is the "light of the world".

White vestments on the priest - symbol of victory, joy and rebirth. Gold thread is also a common adornment on the white vestments.

Bunny - symbol of new life

Fun Foods...



Sugary treats were often given up for Lent, so Easter became a time when foods containing sugar and fats were once again enjoyed.

Hot Cross Buns are popular in England. The treat reminds us of Jesus's sacrifices due to the cross on the top, which happens to be made of a sugar icing.



Pretzels are a common Easter food in parts of Europe. The braid resembles crossed arms folded in prayer and the three holes symbolize the Trinity.