



Celebrate Fat Tuesday and Ash Wednesday

LENT 2021

Preparing the Family for Mardi Gras

On Tuesday before Ash Wednesday, have a family special Mardi Gras or Fat Tuesday celebration. Have the family's favorite meal/meat (and don't serve it again until Lent is over). Have a special dessert. After the meal, play some games, pop some corn, make banana splits— whatever your family like to do on special occasions. But remember, all the food that is prepared must be consumed— no left overs. The beginning of lent is just a few hours away.

Preparing the Family for Ash Wednesday

Ash Wednesday is the complete opposite of Fat Tuesday. The mood is quiet, the food is sparse. After the evening meatless meal (Ash Wed. is a day of abstinence), gather the family together for Mass online or at Parish Community Center.

If your family is not able to go to mass and receive ash, you can practice a simple rituals by trace a cross on each family member and say: ***"Remember that you are dust, and to dust you shall return."*** or ***"Repent and believe in the Gospel."***

This ritual can be concluded with a song or the Lord's Prayer together as a family.