

## St. Nicholas Religious Education

### Due Date: Wednesday, February 14<sup>th</sup> – Ash Wednesday

As you prepare for Lent this season with your family, consider all 3 Pillars of Lent.

**I challenge you to pick something that is new and brings you closer to Jesus.** But don't select something that is too hard for you not to stick with it. You don't need to share what you selected but on Feb. 21<sup>st</sup> Homework – you will need share how it is going. Discuss with your family and pick something together.

Consider watching this video to learn more about the 3 Pillars of Lent from Father Mike Schmitz.

Click [Here](#) for full video (8:17 minutes). You can skip to key moments of the video to hear each pillar:

Prayer Portion (1:47)

Fasting Portion (2:52)

Almsgiving (4:36)

#### Consider doing one of these ideas for the Prayer Pillar:

- Pray on the way to school.
- Pick a relative each day and pray for that person.
- Call a grandparent after church and discuss the Gospel/homily.
- Go to bed five minutes early and spend extra time talking with God.
- Research the name of your church and learn about its origins.
- Pay special attention to the intercessions at Mass and choose one to pray for during the week.
- Go to confession.

#### Consider doing one of these ideas for the Fasting Pillar:

- Give up a favorite toy or game.
- Fast from social media for a day.
- Give up a favorite snack.
- Drink only water at school.
- Give up a favorite chair at home or seat at school.
- Go without headphones/air pods for a day.
- Allow others to pass in front of you in the lunch line.

#### Consider doing one of these ideas for the Almsgiving Pillar:

- Donate food to your local food bank
- Each week, write a note of encouragement to someone special in your life.
- Show an act of kindness to someone who is difficult to get along with.
- Spend time volunteering as a family.
- Ask to place money in the basket during the offering at Mass.
- Identify an article of clothing or toy to donate.
- Collect change to donate.

Denise Hansel

St. Nicholas Catechists

For any questions about homework please contact Denise at [dhansel05@gmail.com](mailto:dhansel05@gmail.com)