



by

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Welcome to Love@Lent! This project was started in 2018, when I was looking for a way to incorporate family togetherness, prayer, and mindfulness into our favorite time of year: the Lenten season. My children—ages 3 and newborn—were too young to fast, so I created a list of “tasks” they could complete every day instead. These were age-appropriate acts that encouraged and embodied Christ’s love and sacrifice. I was shocked at how well my three-year-old took to this—she would bound out of bed and demand to “pick her cross,” as the tasks were written on crosses and kept in an envelope she had decorated with crayons and stickers. I learned that some days were more challenging than others. I also learned that all 50 days is a monumental task for busy families, and that doing this project only some of the days, or only during Holy Week, is completely fine.

There are so many ways to do this, and part of the fun (and purpose) is choosing what is right for your family, and what will bring you closer together during this time. Maybe you follow an Advent calendar-style, and choose specific tasks for specific days. Or maybe you do what I did, and put the tasks in an envelope to be drawn at random. Maybe you make separate tasks for individual children (and adults!), depending on ages and abilities. It is entirely up to you to explore and get creative. Trust me, these do not have to be pretty or perfect (you’ll see what I mean when you look through my photos), but they should be meaningful and focused.

Here is a list of examples to help your family begin (note: you do not have to create 50; we recycled these in various ways and some appeared more than twice!). Keep in mind these are just ideas, feel free to create your own, depending your family dynamic.

Ages 0-5

- **Read one story from the bible as a family, and talk about it.**
- **Draw a picture and mail it to a faraway friend.**
- **Send flowers to someone you love.**
- **Help with a household chore.**
- **Bake a treat as a family and share with a neighbor.**
- **Choose a toy to donate to a friend in need.**
- **Learn about the saint who celebrates his feast day today.**
- **Read the Easter Story as a family.**
- **Facetime with a faraway friend or family member.**
- **Sing a song to your sibling.**

- Learn how to say “I love you” in another language.
- Say a prayer for someone you know.
- Learn about another culture’s way of celebrating love and forgiveness.
- Listen to a story about a loved one who has passed on.
- Create a special time of day to say a prayer as a family.
- Come up with your own Love@Lent activity today.

Ages 6-13

- Anything from the previous age range.
- Write a letter and send to a friend, family member, or someone in the military.
- Share a way in which you are thankful today.
- Teach a skill to a younger sibling or friend.
- With the help of a parent, sibling, or friend, write a short story about your family.
- Keep a journal during Lent, and write about your feelings of love and gratitude.
- Share three things you love about yourself.

Ages 14-18

- Anything from the previous age ranges.
- Pay for someone in line behind you.
- Help a neighbor with a chore without getting paid.
- Visit an elderly friend or relative, and ask to hear a story.
- Learn a piece of family history.
- Go through old photos as a family.
- Volunteer to read to a library or Sunday School class.
- Eat all meals as a family today.
- Share three things you’re most proud of.

Ages 18+

- Anything from the previous age ranges.
- Attend all Holy Week services.
- Read a story from the bible as a family or as an individual, and write down how it applies to your life today.
- Perform an act of kindness anonymously.
- Reach out to someone with whom you’ve lost touch.
- Donate to the Church. If you already do, donate more today.
- Write down three ways Christ has touched your life.
- Set some time to pray today.
- Sign up to volunteer for at least a few hours to help those in need (food kitchen, Boys & Girls Club, cleaning up the community, etc.)
- Write a letter of forgiveness, even if it’s never sent.