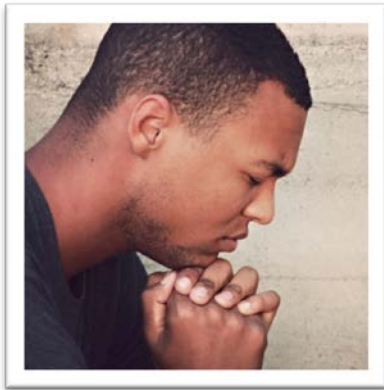


Lenten Resources | Recursos para la Cuaresma

Last Updated 2-19-2014



We have compiled useful online resources that may help prepare you, your family and your parish community to undertake a fruitful Lenten journey.

General Resources – General information and tips for living the season spiritually

[Message of Pope Francis for Lent 2014](#) and [video](#) from Rome Reports about the Pope's message.

[Articles, videos, activities and more](#) (Loyola Press)

[Praying Lent](#). Daily prayers, online and audio retreats, articles, recipes (Creighton University)

[Mobile App](#): CRS Rice Bowl App. Daily reflections, a tool to track Lenten goals and progress, stories and videos of people who benefit from prayers and almsgiving to CRS Rice Bowl, and recipes.

The Lenten Workshop: personal program, prayers, activities ([Catholic Culture](#))

Articles by [Our Sunday Visitor](#) and [Our Sunday Visitor Parish](#)

[Your Handy-Dandy List to Lenten Sacrifices](#) (Catholic Sistas)

[101 Creative Suggestions for Lent](#) (free)

Family Ideas



Family [activities](#) for Lent (Christian Family Movement)

[Family Nights](#). Themes for families to use at home, including prayer, something to think about, conversation starters, activity ideas for Young Families, Middle Years Families and Adult Families, entertainment, and even snack suggestions (Christian Family Movement)

Suggestions for the family to implement into the Lenten season, family activities and crafts, explanation of Lent and the liturgy, a personal Lenten program, and more ([Catholicculture.org](#))

Lenten [activities](#) (Catholic Education Resource Center)

Lenten [pretzel recipe](#)

For Parish Leaders

Powerpoint with Notes: "Making Lent Simple, but Not Easy" by Joe Paprocki (Loyola Press)
Intergenerational Parish Events designed to bring adults, youth and children together to pray, share faith, and learn about Lent. From [William H. Sadlier, Inc.](#), [Loyola Press](#) and [Pflaum Publishing Group](#).

[Parish Lenten Resources](#) (Creighton University)

[CRS Rice Bowl Parish Resources](#)

Spiritual reflection for adult self-study or for small group faith sharing:



[3 Min-Retreats](#) Audio retreat by Loyola Press (free)

To order small group study material, one as low as \$1.75/copy, visit:

[Leaven in the World](#)

English resource, [Disciples on the Journey](#) (by Sisters of the Incarnate Word)

[23rd Publications Lent Resources](#)

Renew International has new Lent material in both [Spanish](#) and [English](#)

Web-based videos

[40: A Lenten video series](#) with episodes and reflections for the Lenten journey (Loyola Press, free)

Online Lenten [retreat](#) (Loyola Press, free)

Short [videos](#) on themes such as almsgiving, joy, and fasting and abstinence (Loyola Press, free)

Stations of the Cross – there are a variety of ways to pray this devotion. Here are a few resources to consider this year:

For Adults and Teens

[Ave Maria Press - Everyone's Way of the Cross](#) Available in both English and Spanish (cost)

[Dramatic Stories of Jesus' Last Hours](#) Although marketed as a resource for youth, it could be used for a variety of ages (cost)

[USCCB site with audio version & two PDF versions](#) (free)



[Busted Halo's - Station of the Cross videos](#) (free)

[Catholic Online's English version of Stations of the Cross](#) (free)

[Catholic Online's Spanish version of Stations of the Cross](#) (free)

For Children

Stations of the Cross, Activities, games, puzzles and more ([Catholic Toolbox](#))

Free printable [stations of the cross](#) (Catholic Icing)

[Stations of the Cross Montessori Box with printable cards](#); also an option for preschoolers

[Stations of the Cross in pdf and an online presentation and a list of the 14 stations](#) (Loyola Press)

Animated [Videos](#) (free)

[CD for kids](#)

Stations of the Cross Activities



Eggs

[Stations of the Cross Tableaus \(representations of the scenes\)](#) (Catechist's Journey)

[Stations of the Cross for Kids](#) (Ainglkiss)

For Personal Use (single copy only): Stations of the Cross for Children from crypton.org at <http://www.cptryon.org/prayer/child/stations/index.html>

For All Ages

Stations of the Cross [resources](#) (John Paul II Center)

For Children: Lenten Activities and Crafts



From [Catholic Icing](#)

From [CatholicMom.com](#). Lesson plans, activities, games, puzzles, etc. for the family.

From [Loyola Press](#)

[40 Ideas for 40 Days](#). Children's activities for each day of Lent. The March 7 activity has a downloadable 2014 calendar in English and Spanish. (Catechist's Journey)

[Lent & Easter Ideas for Children](#) (Pinterest)

[Listing](#) of resources: prayers, crafts, books, stations of the cross and activities (The Religion Teacher)

An [activity](#) for 1st graders for each week of Lent (Domestic Church)

Holy Week activities, reflections, crafts and programs ([EquippingCatholicFamilies.com](#))

Materials for crafts (cost) ([Oriental Trading Co.](#))

For Young Adults

Dustycatholics.com Resources for prayer, fasting, and Diocese of Dallas parish activities

For Teens

Article: [A Personal Guide to Lent for Teens](#)

Living the Eucharist: [Lenten Devotional from Exodus to Easter](#)
The [Devotional for Teens](#) is part of the Living the Eucharist program, but can be purchased separately.

<http://www.spiritjuicestudios.com/portfolio/>

<https://outsidedabox.com/>

Various Lenten resources ([St Mary's Press](#))

Stations of the Cross [handout](#) (St Mary's Press)

Center for Ministry Development: [YM Access](#) – sessions on Lent (Middle School, High School, English and Spanish) (subscription)

LifeTeen on line - www.LifeTeen.com and www.CatholicYouthMinistry.com

The Stations of the Cross CD Kit ([Cornerstone Media, Inc.](#))

CRS Rice Bowl for Youth [CRS Rice Bowl Youth and Campus Ministry page](#).

[Webinar recording](#), [PowerPoint](#), [CRS Rice Bowl Ideas for Youth Ministers](#), [Lenten Photo Challenge](#), [Mobile App](#)

Print Resources (for Parents and Parishes)

For Adults: Lenten [books](#) from Loyola Press

[These Stones will Shout! Daily Lenten Devotions for Children](#) by Stephenie Hovland (Creative Communications for the Parish: 2014). [Sample](#). Print copy is \$1.49 or less, and also available for [digital download](#) for \$0.99

[Creation to Salvation: A Family Walk Through Lent](#) by Marci Alborghetti (Creative Communications for the Parish: 2013). The family can recount together the biblical stories. \$1.49 or less per copy.

[Totally Lent! A Kid's Journey to Easter 2014](#) (Pflaum: 2014). [Totally Lent! A Child's Journey to Easter 2014](#) (Pflaum: 2014). Reflections and activities for each of the 40 days of Lent 2014 to develop their faith and foster their spiritual growth. Each edition is age appropriate for grades 2-3, 4-6, and 7-12. [Video of Totally Lent](#).

[Learning Centers for Advent and Lent](#) by Doris Murphy (Twenty Third Publications: 2008). Includes lots of activities for Lent and Holy Week, activities for the whole community, and a letter to parents for Lent.

[My Catholic Lent and Easter Activity Book](#) by Jennifer Galvin (Paulist Press). Reproducible Sheets for Home and School for children ages 7-10. New and used copies also available at Amazon.com

[101 Crafts to Help Kids Grow in their Faith](#) by Laurine M. Easton (Loyola Press: 2008). Pp. 117-120. Lenten crafts.

[Learn to Love this Lent](#) by Colleen Rainone (Twenty Third Publications). [Sample](#).

[Bible Stories for the Forty Days](#) by Melissa Musick Nussbaum (Liturgy Training Publications) contains a Bible story for each day of Lent.

[Forty Days and Forty Nights: A Lenten Ark Moving Toward Easter](#) by Judy Jarrett and Peter Mazar (Liturgy Training Publications) is a calendar in the shape of a 3D ark for counting down the days of Lent.

