

Dear Faith Shapers,

Lent is a time that gets me thinking about my own faith practices and how I am living my faith out with my family. Studies show that parents are the biggest faith shapers in their kids lives. So the best thing we can do for our kids is live out our faith in our daily lives. Attend worship together, pray together, talk about our faith. Let our kids see us serving, worshipping, reading our Bible, praying, maintaining Christian friendships, and using our talents and gifts to serve the world. The good news is that it is never too late to develop a spiritual practice or make a change for you or your family. Faith is caught more than taught, so let us live so that our kids catch what we are living and grow to know and love our awesome God.

May you live out your baptismal promises and shape the faith of the next generation.

Lisa Kammerer  
Associate in Ministry



## Walking through Lent with Kids

Lent calls us to pray, fast, and give. We can help our children understand Lent by using these pillars of Lent in our family time. Here are a few ideas that have worked wonderfully for our family.



1. **Learn a new prayer or table grace during Lent.** Or set up a prayer wall for Lent. Have kids add prayers each day.
2. **Use a visual countdown or calendar.** There are some available on our Facebook page:  
Northeastern Iowa Synod-Home Life Network.
3. **Give away unused/extra toys or clothes.** Take your children with you when you donate them. It is a simple way to show almsgiving to small kids.
4. **Make pretzels.** Early Christians used to pray with their arms crossed and touching their shoulders. Pretzels are a symbol of that prayer.
5. **Cover a cross with a purple cloth or light a purple candle** each week for Lent.
6. **Fast as a family.** Give something up together during Lent. Here are some ideas of things to give up: movies, TV, video games, meat, desserts, candy, gossip, soda pop, complaining, or snacks.
7. Keep children connected to what the Church is doing during Lent by **participating fully as a family.** Go to Lent services and Lenten suppers, join in a Lenten Bible study or devotion, and attend Sunday worship together.

This information is prepared for you by the  
Northeastern Iowa Synod-Home Life Network  
for use by families and local congregations.

Like our page on Facebook and our posted resources will appear in your newsfeed. Our page is [Northeastern Iowa Synod Home Life Network ELCA](#)

 Find us on  
Facebook

# 5 Activities to Celebrate Easter Joy with Kids

## Bring Back the Alleluia!

During the season of Easter put up a decorative Alleluia banner or picture.



## Plan a Trip to a Farm or Zoo!

In the spring, new life abounds. Arrange a trip to see some baby animals and talk about new life.

## Be a Good Steward of the Planet God Created for Us!

Explore ways to help the environment through your actions at home. Pick one project or life-style change to do as a family.

## Plant a Backyard Garden!

Now is the perfect time to plan a summer garden or plant cool weather crops. Even a small garden can help kids feel close to God through His creation. Don't have space? Plant a container garden!

## Egg Your Neighbor's House!

Not what you are thinking... Hide 10 Easter Eggs (9 filled eggs and one empty egg) in your neighbors yard. Put a note on their door that says they have been egged and 10 eggs are hiding. Enjoy the hunt but don't be discouraged when you find an empty egg. It is a simple reminder of Jesus' empty tomb- for He is Risen!

## Technology Corner

Join Lutherans from around the country in a Lent Photo a Day Challenge.

<https://www.facebook.com/LENTPHOTOADAY>

A WITNESS THROUGH THESE 40 Days

• FEB 18 - DUST	• MAR 6 - JOURNEY	• MAR 22 - DEVOTION
• FEB 19 - PROCLAIM	• MAR 7 - FAITHFUL	• MAR 23 - TRUST
• FEB 20 - SIGN	• MAR 8 - WATER	• MAR 24 - FOLLOW
• FEB 21 - SEED	• MAR 9 - ABIDE	• MAR 25 - DEBIT
• FEB 22 - FORGIVENESS	• MAR 10 - RENEW	• MAR 26 - BROKEN
• FEB 23 - TRANSGRESSION	• MAR 11 - BEAUTY	• MAR 27 - PAIN
• FEB 24 - KINGDOM	• MAR 12 - HEALING	• MAR 28 - HOPE
• FEB 25 - LISTEN	• MAR 13 - INHERITANCE	• MAR 29 - WALK
• FEB 26 - DEATH	• MAR 14 - GUIDE	• MAR 30 - ASK
• FEB 27 - WITNESS	• MAR 15 - LIFTED	• MAR 31 - PREPARE
• FEB 28 - PROMISE	• MAR 16 - WANDER	• APR 1 - PRAY
• MAR 1 - WORSHIP	• MAR 17 - HUNGER	• APR 2 - MEAL
• MAR 2 - GO	• MAR 18 - PRACTICE	• APR 3 - DARKNESS
• MAR 3 - DREAM	• MAR 19 - SAD	• APR 4 - SILENCE
• MAR 4 - NEW	• MAR 20 - STORY	• APR 5 - LIFE
• MAR 5 - HOME	• MAR 21 - SERVE	

Visit <https://www.facebook.com/LENTPHOTOADAY/>  
Hash-tag each word as you post to your favorite social media platform  
You can also add #lent2015



**Celebrate St. Patrick's Day on March 17th!**