

SAINT THEODORE | MARCH 2022



# PARISH SCHOOL OF RELIGION



## Upcoming Dates:

*3/9 - PSR Class*

*3/16 - PSR Class*

*3/21 - Soup + Stations Family Night, 6:30pm*

*3/23 - PSR Class*

*3/30 - PSR Class*

*4/6 - PSR Class*

*4/13 - No PSR*

## What's Happening in PSR

PSR Families,

We are now in the season of Lent. It was wonderful to see so many of you at Mass on Ash Wednesday. As we journey through the forty days of Lent as a St. Theodore community there are many ways for your families to be actively involved in preparing for the feast of Easter.

See below for more info, but save the date for March 21st at 6:30pm to pray the Stations of the Cross with families and join a potluck dinner with families of the parish after. In PSR classes, our 2nd-8th grade students will be attending the Sacrament of Reconciliation. This is a common practice during Lent as we are reminded of our need to reconcile with God. Reconciliation is offered at additional times during Lent to the whole parish right before PSR class on Wednesdays from 5:00-5:45pm.

Lastly, save the date for our new summer camp program at St. Theodore, Totus Tuus! See below for more info.

Mrs. Katie Maxwell  
Director of Family Catechesis



# Living Lent at Home

The season of Lent is central to our Christian faith. During these forty days, we reflect on the dying and rising of Christ that has made our salvation possible. The common three Catholic observances of prayer, fasting, and almsgiving engage us exteriorly and interiorly. Focusing on these traditional observances at home will bring your family closer to Christ. Here are some suggestions:

## Prayer

Prayer is simply talking with God. Discuss as a family how to make more room in your family life to talk with Him.

- Ask each child their favorite prayer
- Find a new prayer to learn as a family
- Reflect on the Sorrowful mysteries of the Rosary
- Pray the Stations of the Cross together
- Visit the church for Adoration on First Fridays

## Fasting

Fasting doesn't have to only be about food, especially with young children. It can include habits or things that distract us from our relationship with God.

- Dedicated family time with no screens or devices (or no music/radio in the car)
- Refrain from snacks in between meals when possible
- Keep your home decor to the bare essentials as a reminder of the Jesus' forty days in the desert
- Make meatless meals together on Fridays, involve your kids in meal planning and cooking

## Giving Alms

We are reminded in the Gospels to not boast or brag of our almsgiving. Find ways to give humbly and meaningfully from the heart.

- Do not give from your excess, but give of your first fruits – whether this be your time or your treasure
- Start giving to Church if you do not already or consider an increase during Lent
- Allow your kids to do chores to earn money to donate to charitable organizations
- Donate food and make meals for someone in need

ST. THEODORE PARISH



## FORMING THE FAMILY SOUP AND STATIONS

Family Potluck Dinner + Stations of the Cross

Monday, March 21, 2022  
6:30 pm

Families gather in the church to pray the Stations of the Cross, and then eat dinner together in the cafeteria

Contact Katie Maxwell to volunteer to help bring food  
[kmaxwell@sainttheodore.org](mailto:kmaxwell@sainttheodore.org)

TOTALLY YOURS  
**TOTUS  
TUUS**

## SAVE THE DATE

**JUNE 20-24, 2022**

### What is Totus Tuus?

Totus Tuus (Latin for "Totally Yours," St. John Paul II's motto), is a summer Catholic youth program dedicated to sharing the Gospel. The mission of Totus Tuus is to bring young people in to a relationship with Christ and His Church for lifelong discipleship. Emphasis is placed on dynamic sharing of the faith, Sacraments, and a whole lot of joyful fun.

ST. THEODORE PARISH  
FOR ALL RISING 1ST - 6TH GRADE CHILDREN

Questions? Contact Katie Maxwell at [kmaxwell@sainttheodore.org](mailto:kmaxwell@sainttheodore.org)

## *Act of Contrition*

### **PRAYER AT DISMISSAL FOR THE MONTH OF MARCH**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, My God, have mercy.