

ARCHDIOCESE OF PHILADELPHIA

MISSIONARY CHILDHOOD ASSOCIATION

LENT 2022 • MONTHLY MISSION RESOURCE



Mission Resources for Lent

FOR ELEMENTARY SCHOOL AGE STUDENTS:

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FOR SECONDARY & HIGH SCHOOL AGE STUDENTS:

- † To “Live Lent in Mission” follow the *Resource for Youth and Young Adults: Keeping Lent in Focus* found [HERE](#) or on the secondary resource page at phillymissions.org/MCA. This resource is for young people ages 13-21, and provides a week to week journey through Lent.
- † Enjoy this [Missionary Stations of the Cross](#) on our Website.
- † Include the Holy Father’s Prayer Intention for in a daily/weekly school announcement:

March: *We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.*
































April: *We pray for health care workers who serve the sick and the elderly, especially in the poorest countries; may they be adequately supported by governments and local communities.*





LENT 2022 CALENDAR FOR MISSIONARY CHILDREN AND FAMILIES

The **Missionary Childhood Association**, one of the **Pontifical Mission Societies**, is for young Missionary Disciples. The purpose of **MCA** is to promote daily prayer, sacrifice and sacrificial giving for the growth and sharing of each child's faith. **MCA** is the Church's official Charity for children's overseas missions, and its members help more than 4 million children worldwide each year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Like this child, and thousands of others across the globe, center your life around prayer during the Lenten season.</i></p> 			<p>1 ASH WEDNESDAY</p> <p>Ask God to bless your Lenten journey.</p> 	<p>4 Read about forgiveness: Matthew 18: 21-22. <i>What does Jesus say?</i></p> 	<p>3 Sacrifice</p> <p>Give up a special treat and save an offering for MCA.</p> 	<p>5 Wake up early and help around the house!</p> 
<p>6 Go to Mass!</p> <p>To prepare for Mass, read the Gospel for today, Luke 4: 1-13</p> 	<p>7 What are the Corporal & Spiritual Works of Mercy? Discuss with your family how you can live them out.</p>	<p>8 Jesus loves you!</p> <p>Find a way to share that love with someone today.</p> 	<p>9 Pray a Hail Mary or a decade of the Rosary for the children of Asia.</p> 	<p>10 Pray a Hail Mary for children who cannot go to school. Make a donation for every classroom you enter today.</p>	<p>11 Sacrifice</p> <p>Give up a special treat and say a prayer for a child in Papua New Guinea.</p> 	<p>12 Pick one habit that is keeping you from holiness. Start trying to break this habit during Lent.</p>
<p>13 Go to Mass!</p> <p>Reflect on today's Gospel, Luke 9: 28-36, 37-43a</p> 	<p>14 Remember to give thanks for the food you eat and to pray for children who are hungry.</p>	<p>15 Pray for all who are preparing for Baptism at the Easter Vigil.</p>	<p>16 Pray a Hail Mary or a decade of the Rosary for the children of Europe.</p> 	<p>17 SAINT PATRICK'S DAY</p> <p>Pray to this Mission Saint to bring others to Jesus.</p> 	<p>18 Sacrifice</p> <p>Give up a special treat and say a prayer for a child living in a refugee camp.</p> 	<p>19 FEAST OF SAINT JOSEPH</p> <p>Pray extra to him today!</p>
<p>20 Go to Mass!</p> <p>Reflect on today's Gospel, Luke 13: 1-9</p> 	<p>21 Pray a Hail Mary or a decade of the Rosary for the children of Africa.</p> 	<p>22 Say a prayer of thanks for your home.</p> 	<p>23 Pray a Hail Mary or a decade of the Rosary for the children of the Pacific Islands.</p> 	<p>24 Today is the Feast of St. Joseph, the Earthly Father of Jesus and Husband of Mary.</p>	<p>25 Sacrifice</p> <p>Feast of the Annunciation of Our Lord</p> 	<p>26</p> <p>Reflect on your Lenten sacrifice. <i>Have you maintained it?</i></p>
<p>27 Go to Mass!</p> <p>Reflect on Gospel, Luke 15:1-3, 11-32</p> 	<p>28 Cheer up someone who is feeling sad.</p> 	<p>29</p> <p>Read about the poor widow in Luke 21:1-4. <i>What did she do?</i></p>	<p>30 Share with your family what you learned this week.</p> 	<p>31 Offer to help a brother, sister or friend with their chores. It's more fun to work together!</p>	<p>1 Sacrifice</p> <p>Give up a special treat and say a prayer for a child in Cuba.</p> 	<p>2 Think about decisions you made this week. <i>What would you change if you could?</i></p>
<p>3 Go to Mass!</p> <p>Reflect on today's Gospel, John 11: 1-45</p> 	<p>4 "Adopt" a child in the Missions & give to MCA.</p>	<p>5 Pray a Hail Mary or a decade of the Rosary for kids in the Americas.</p> 	<p>6 Help out at home without being asked.</p> 	<p>7 Help a friend study a subject that they find difficult.</p> 	<p>8 Sacrifice</p> <p>Give up a special treat and say a prayer for a child in Syria.</p> 	<p>9 Say a special prayer for loved ones who have died.</p>
<p>10 Palm Sunday</p> <p>Go to Mass!</p> <p>Read & Reflect Lk 22: 14-23: 56</p> 	<p>11 Don't watch TV tonight. Instead reflect on the week ahead. Put 25¢ in your Mission Bank for each show you skip.</p>	<p>12</p> <p>Pray three Hail Marys for all the Religious Sisters who work in the Missions.</p> 	<p>13</p> <p>Help make a simple dinner for your family. Thank God together for all His gifts.</p>	<p>14 Holy Thursday</p> <p>Jesus washes the disciples' feet; we must also serve others. Try to attend Mass tonight.</p>	<p>15 Good Friday</p> <p>Pray the Stations of the Cross and reflect upon God's great love for us.</p> 	<p>16 Holy Saturday</p> <p>Pray for all who are preparing for Baptism at the Easter Vigil.</p> 

Ash Wednesday



Ash Wednesday begins the Season of Lent, a time of preparation for the celebration of Easter. The ashes come from the burnt and blessed palms from the previous year's Palm Sunday. Palms are a living plant, and a symbol of victory and triumph, but they are burned to dust and become a symbol of sorrow and repentance.

Missionaries at work constantly feel these feelings of victory and sorrow, as they navigate through poor conditions in Mission lands, they can see the faces of children beaming with light, while their world is filled with poor conditions and obstacles.

Lent is a time to change, to become a better version of ourselves, and to become more like Jesus. We can show our love for Jesus, and our belief in the gospel through our prayer and sacrifice for Missionaries and our brothers and sisters around the world.

Prayer – Try to read from the Bible one day a week. Maybe make it “*Mass Monday*,” “*Scripture Saturday*” or “*Scripture Sunday*.” Open the Bible to a page and point to a line on the page. Read it, reflect on what it is saying to you. *This is a great activity not just for children, but the whole family.* The scripture can mean something different to you, your parents and your siblings. AND you and your family can join the *Mission Societies* Mondays at 8PM to pray virtually via Zoom or phone on the Archdiocesan LIVE World Mission Rosary. Join with your family united to this most powerful prayer! To join in, go to phillymissions.org. **Make a commitment to pray the Rosary during Lent. During Lent and Beyond, Pray one Hail Mary a Day for children in the Missions.**

Fasting – Depending on your age, there are different ways of practicing fasting. For children, it is good to practice giving something up for Lent. Intentionally sacrificing something you love is just one way to mimic the ultimate sacrifice of Christ giving his life on the Cross. **As you fast, remember the children in the Missions that have so little, every meal counts!**

Almsgiving – This is the giving of our time and resources to help others. Think about what you might do in those areas throughout the Lenten Season. What might you give up and save money from doing so? **Think of the many ways you can help children in the poor regions of Africa, Asia, Europe, the Americas and Isles of the Pacific with who are less fortunate that we are with what you saved.**

Ash Wednesday Prayer

*Dear Lord, as we enter this Solemn and Holy Season,
we pray that You would send Your Holy Spirit upon us that
we might prepare ourselves for these coming 40 days of Lent.
Even though we may no longer wear sackcloth and ashes,
we do seek to humble ourselves so that we can understand
the magnificence of Your love of us as You humbled Yourself
and gave Your life on the cross that we might receive
the gift of eternal glory with You.*

Amen.

Ash Wednesday Word Search

B	V	W	G	H	P	L	U	X	C	Y	S	I	S	R
H	V	P	T	D	Y	T	M	X	Z	Z	A	I	U	F
N	Y	A	D	N	U	S	M	L	A	P	G	V	B	A
C	O	R	A	G	E	P	R	E	A	N	E	T	H	S
M	B	I	N	R	E	L	C	X	O	O	C	S	F	T
G	O	G	T	N	J	I	J	F	I	R	N	U	I	I
Z	E	R	A	A	F	N	T	H	G	N	E	D	K	N
Y	K	N	A	I	G	H	M	O	U	R	N	I	N	G
W	C	A	R	L	E	I	I	B	V	Q	I	D	O	R
E	N	C	R	C	I	R	L	H	Z	Y	T	R	O	F
S	A	Q	R	I	C	T	V	B	I	Q	S	M	X	O
S	U	O	M	W	C	B	Y	H	O	U	B	I	N	T
C	S	P	M	A	B	O	C	T	P	D	A	F	I	H
S	B	P	O	P	N	I	J	M	H	I	Z	A	M	I
H	P	T	A	F	Z	C	K	U	B	R	N	C	K	H

ABSTINENCE

FORTY

MOURNING

PENANCE

DUST

LENT

OBLIGATION

SACRIFICE

FASTING

MORALITY

PALM SUNDAY

SIGN OF THE CROSS



The Church asks us to pray, fast and give during the **Season of Lent**. We must remember that it is worthy to make a sacrifice and offer it to Christ in connection with the ultimate Sacrifice He made for us. It is good to sacrifice because by removing something from our lives, it creates a hole that Christ can then fill. Use this cut out activity to challenge yourself both *"Take Up"* and *"Give Up"* something this Lent. Cut around the box, flip page, and fold inwards so that the quote is on the back, and the purple blocks are on the front. Fill the inside with your Intentions to give up and keep up. This pocket-sized paper is a perfect reminder of what we should do during Lent!

TAKE UP

"Then Jesus said to His disciples, 'If anyone wishes to come after Me, he must deny himself, and take up his cross, and follow Me.'"

~Matthew 16:24

GIVE UP

Mission Saint: Lent

Saint Louise de Marillac

Louise de Marillac was born in 1591, in Le Meux, France. Louise never knew her mother and lived with her father, who was from a well-to-do local family. When Louise was twelve, her father died, and she left school and lived with a faith-filled woman who taught her not only how to run a household, but also how to tend a garden and use herbs for healing. A few years later Louise felt called to become a cloistered Sister, living a life of prayer and service in a convent. She was understandably sad when she was not accepted, but understood that God must have other plans for her! When she was twenty-two, Louise married Antoine Le Gras. Together they had a son, Michel and lived happily. Her husband died suddenly and she became a widow at only 35.

Louise went to a local priest, Father Francis de Sales – who would later become a Saint himself – for counseling. With encouragement, she wrote what she called her “*Rule of Life in the World*,” which detailed the structure of her day. This included spiritual things like attending Mass, spiritual reading, fasting, penance, and reciting the rosary. It also listed everyday things like caring for her son, running her house, and maintaining her friendships, and volunteer work.



Daughters of Charity in Lima Peru

Because she was a widow and had no financial support, Louise and Michel were forced to move to a different home. It was here that she met Father Vincent de Paul – another future Saint! – who became her spiritual guide. Louise soon became involved in Vincent’s Confraternities of Charity, which was an organization of local lay women who helped the poor. She

and Vincent discovered that, although wealthy women had the funds to support the work, it was the poor themselves who were willing to do the sometimes physical, hard labor of caring for the sick and neglected. They also found that the women they served were more comfortable with their peers. With this, the Daughters of Charity was born – a non-cloistered order of Religious women who served the poor and sick wherever they found them. “*Love the poor and honor them as you would honor Christ Himself*,” Louise was known to say.

Louise ministered to the poor until she fell ill and passed away at the age of 68 on March 15, just six months before her friend and mentor, Father Vincent de Paul. She left a legacy of more than 40 “Houses”, a combination of hospitals, orphanages and other institutions that were using her and Father Vincent’s successful pastoral care model. Louise de Marillac was canonized in 1934 and was declared **Patroness of Social Workers** in 1960.

Canonized: March 11
Patron of: Social Workers

Birth: August 12, 1591

Death: March 15, 1660

Feast: May 11

I know the difficulties that you are all experiencing, but I also know... that it is the yoke of the Lord, and that He Himself has the goodness to render it gentle and sweet for those who bear it for His love.

– Saint Louise de Marillac



Mission Focus: Daughters of Charity

Sacrifice like Missionaries this Lenten Season

In learning about Saint Louise de Marillac and the origin of the Daughters of Charity, it shows what a perfect opportunity to learn about the work of these women in Mission Lands. Shortly after their formation, the women, dressed in their distinctive gray wool dresses and large white headdress, called a habit, developed a pastoral care system. They formed a partnership of doctors, nurses, chaplains, and the Daughters of Charity who worked together caring for a patient's mental, spiritual and physical health in many different institutions and homes. This idea was later incorporated into hospital as a standard practice. Now, the Missionaries of Charity have grown and spread to the corners of the world to help the poor.



Daughters of Charity with a youth group in Thailand

During Lent, we are called to be mindful of God's mercy towards us and take this opportunity to practice compassion. Our Missionaries around the world practice the Corporal and Spiritual Works of Mercy day in and day out, feeding the hungry, clothing the naked, sheltering the homeless, instructing the ignorant and visiting the sick. It is through your generosity that the **Missionary Childhood Association** is able to provide the very basics for thousands of people in need on a daily basis.

Consider giving up a soda or your favorite dessert for each day in Lent, about \$1.50 a day from a vending machine.

In Bangkok, Thailand, the Daughters of Charity Missionary Sisters illustrate God's mercy to the poor. The Sisters provide care and rehabilitation for mentally and physically disabled persons, nursing and attention for people with AIDS, and visitation and home care for the sick and elderly.

Community-based programs that support catechesis, pastoral assistance, promotion of women, ecumenical activities and the formation of children and youth are also a large part of the Daughters of Charity Mission.



Your support of about \$60 per child helps this Religious Community of women provide some 100 children with school fees and books, clothing, medical care and food.

Remember the Missions during Lent!

Lent Missionary Prayer

**Jesus, help me during this
time of Lent to be your
Missionary.**

**I offer my prayers and love
to all those who are
in the Missions.**

**I want to deepen my
relationship with you. Help
me to reflect on the things
I may do that hurt you, my
neighbors, my friends and
others.**

**Help me to thank you and see
You in everything and every
person I encounter in during
the day. *Amen.***



Missionary Sisters carrying a cross in the Diocese of Kampala, Uganda.



Young boy in MCA sacrificing during Lent & giving at a Mass in Kenya.

**Missionary children around
the world make sacrifices,
fast and observe the
Stations of the Cross
*just like you do!***

**This is Lent through Easter—
reflect and pray for children
like you in Mission Lands.**