

February LIFT 2016-17

Level 6-8 Home Assignment

Theme: Do Not Be Anxious

- Objectives:**
1. Be able to identify that we are in Ordinary Time and its color is green and that the next liturgical season is Lent and its color is purple.
 2. Review the Sign of the Cross, the Our Father prayer and the Hail Mary.
 3. Teach or review the meaning behind Ash Wednesday. Allow them to share how it feels to have the cross of ashes on their foreheads.
 4. Think about and be thankful for God's care for us.
 5. Discuss concrete strategies for combatting worry and anxiety.

Activities

Liturgical Calendar Connection

Celebrating the Lectionary p. 112

Questions to consider: What color did we see in church today and on the banners behind the altar and on Fr. Andrew's vestment? (green) What liturgical season are we in now? (Ordinary Time) What does "ordinary mean"? (Ordinary usually means "regular" or "plain" but the word the way that we are using it here means "order" as in the order of counted weeks. Ordinary Time is opportunity to hear the teachings of Jesus and think about how we can apply them to our lives.)

Ash Wednesday: This Wednesday, March 1st

What is the next season in the liturgical calendar? What color is associated with it?

The next season on the liturgical calendar is Lent. The color associated with the season is purple because it has always been associated with sorrow and mourning. And during Lent we recall the suffering and death of Jesus. Purple is also the color of royalty and through the death and resurrection of Jesus, we come to recognize him as our King.

Ask the kids what they know about Ash Wednesday.

Who has received ashes? How does it feel to have a black cross on your forehead? Why do we do this?

Great video by Fr. Mike Schmitz on Ash Wednesday. As they watch it, ask them to find one fact about Ash Wednesday. After watching the video, you can ask each of them to say the one new thing they learned. If you do this without commenting, just moving from one idea to the next, you will create with them a new text about Ash Wednesday.

<http://ascensionpresents.com/video/the-significance-of-ash-wednesday/>

Gospel Reading and Reflection Questions

Celebrating the Lectionary

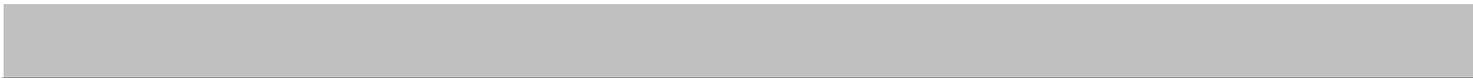
Read the Gospel from Matthew 6:24-34

Jesus said to his disciples:

"No one can serve two masters.
He will either hate one and love the other,
or be devoted to one and despise the other.
You cannot serve God and mammon.

"Therefore I tell you, do not worry about your life,
what you will eat or drink,
or about your body, what you will wear.
Is not life more than food and the body more than clothing?
Look at the birds in the sky;
they do not sow or reap, they gather nothing into barns,
yet your heavenly Father feeds them.
Are not you more important than they?
Can any of you by worrying add a single moment to your life-span?
Why are you anxious about clothes?
Learn from the way the wild flowers grow.
They do not work or spin.
But I tell you that not even Solomon in all his splendor
was clothed like one of them.
If God so clothes the grass of the field,
which grows today and is thrown into the oven tomorrow,
will he not much more provide for you, O you of little faith?
So do not worry and say, 'What are we to eat?'
or 'What are we to drink?' or 'What are we to wear?'
All these things the pagans seek.
Your heavenly Father knows that you need them all.
But seek first the kingdom of God and his righteousness,
and all these things will be given you besides.
Do not worry about tomorrow; tomorrow will take care of itself.
Sufficient for a day is its own evil."

Reflection Questions:

- Think about something that you have taken care of? What did you have to do to take care of it? What would happen if you didn't take care of it?
 - How does God take care of us? How do you experience God's care for you?
 - What do you see that makes you think of God in creation?
 - What do we learn about God from creation?
 - What service opportunities do we have in our parish or in the schools you attend? In our community organizations? Do we get involved? Why or why not?
 - What can we do now to share God's love?
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Worry is Useless

Have your child (children) brainstorm about what worries them. Have them write an “x” next to the things beyond their control. What can you do in those situations that you cannot control? Brainstorm ideas about how to handle the things that you can control.

Closing prayer “Our Father” and the “Hail Mary”
