

Cumberland Reflections: Celebrating Lent and Easter in the Church

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1. Setting Your Intentions for the Season

- a. What kind of Lent/Easter season do you want for your family or congregation?
- b. Do you want to plan a season that is simple and carefree or one with more details and depth?
- c. What ages are you planning for?
- d. Do you want to focus on prayer, fasting, almsgiving? Others?
- e. Will the activities happen at home or within the congregation?
- f. What will your budget be?
- g. What is your volunteer capacity?

Notes:

2. Setting the Stage

- a. Stoles
- b. Paraments
- c. Banners
- d. Tablescapes

Notes:

3. Welcoming Children to Ash Wednesday

- a. Give parents the resources they need to help the children understand the symbolism of Ash Wednesday and the Lenten season.
- b. The children's presence and participation in these special services and days is very important.
- c. Send out a special invitation to the children and their parents or caregivers that outlines what to expect at the Ash Wednesday service.
- d. Invite children to have a leadership role during the service.
- e. Think about the service – how can it be more child-friendly?
- f. Talk about the symbols and colors they see around them during the season of Lent.

Notes:

- 4. Ideas to Spark Your Imagination
 - a. Lenten Prayer Chain
 - b. Stations for the Symbols of Lent

Notes:

- 5. Resurrection Garden
 - a. Supplies needed: potting soil, shallow planting dish, small pot to serve as the tomb, stone to cover the planter that will serve as the tomb, small sticks for crosses, glue gun and glue sticks, fast growing grass seed, spray bottle with water, small pebbles.
 - b. Put together on Palm Sunday. It takes about 4 days to see some grass growth.

Notes:

- 6. Pathway to Easter
 - a. Supplies needed: purple cloth as the base, real rocks or rocks cut out of construction paper (total of 47 rocks), Bible story book
 - b. Read a story about one of the many things Jesus was doing during his ministry. The family, class, or individual will read the story and select one word that will help them remember that story and print that word on one of the rocks.

- 7. Holy Week
 - a. Planning for Holy Week is important so that you don't go from the celebration of Palm Sunday to the celebration of Easter, missing all the hard times in between.

Notes:

Resources:

Live Lent: Live and Learn About Lent [Live Lent: Devotionals for Lent \(cpcmc.org\)](http://cpcmc.org)

Faithful Families: for Lent, Easter, and Resurrection by Traci Smith

Lent in Plain Sight by Jill J. Duffield [Lent in Plain Sight \(cpcmc.org\)](http://cpcmc.org)

