



# Additional Resources

## FOR FAMILIES/YOUTH DURING THE LENTEN SEASON:

### ARTICLES OF INTEREST:

#### **Diocese of Hamilton - Luke Through Lent for Teens**

<https://hamiltondiocese.com/uploads/Youth/LukeThroughLent-Teens2022.pdf>

#### **15 Free Resources for Children and Families in Preparation for Lent (Great for Parents and Educators), Sadlier Publishing:**

<https://www.sadlier.com/religion/blog/bid/79007/resources-for-lent>

#### **25 Great Things You Can Do This Lent, Busted Halo**

<https://bustedhalo.com/ministry-resources/25-great-things-you-can-do-for-lent>

#### **Diocese of Hamilton - Youth Ministry Stations of the Cross**

<https://hamiltondiocese.com/offices/youth-ministry/youth-ministry.php>

#### **Lent at Home: Activities for Busy Catholic Families, Loyola Press**

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/activities-and-resources/lent-at-home/>

#### **Lent, Resources for Your Lenten Journey (Adults), Loyola Press:**

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/>

### RESOURCES FOR PURCHASE:

All inquiries for purchase can go directly to: The Office for Evangelization and Catechesis, [catechesis@hamiltondiocese.com](mailto:catechesis@hamiltondiocese.com)

#### **Living with Christ: Household Rituals - Prayers and Blessings Through the Year** - \$5.00 (includes shipping).

*A resource to help support prayer in the home throughout the liturgical year as well as special times and milestones in family life (i.e. back to school).*

#### **Lent: One day at a time for Catholic Teens** - Katie Prejean McGrady - \$5.00 (includes shipping).

### OTHER SUGGESTED RESOURCES FOR TEENS:

- [Sunday Missal for Young Catholics](#)
- [The Living Word: Sunday Gospel Reflections and Actions for Teens](#)
- [Sunday Prayer for Teens](#)
- [Stations for Teens: Meditations on the Death and Resurrection of Jesus](#)

### VIDEOS OF INTEREST:

- Brother Francis, Let's Learn About Lent: FORMED.org (10 min 34 sec)
- Lent in 3 Minutes, Busted Halo (YouTube): <https://bustedhalo.com/video/watch-lent-3-minutes>