

# 10 February Activities for Catholic Families

Attend Mass on Ash  
Wednesday (Feb 13th)

Wear your ashes out into the  
world as a witness of our faith

Get bundled up and go  
on a nature walk

Celebrate St. Brigid's  
Feast Day with a  
Playdate (Feb. 1st)

<http://bit.ly/VFTJsl>

Send St. Valentine's Day  
cards to neighbors and  
family members who may  
not receive one otherwise.

Make or Buy a King Cake for  
Mardi Gras <http://bit.ly/XWq78G>

Have a pancake  
dinner the night  
before Ash  
Wednesday (Feb. 12th)

This day is known as Mardi Gras as well as  
Shrove Tuesday. Pancakes were a  
traditional dish for this day to use up  
things that weren't allowed during Lent.

Enjoy a  
night in with  
a family  
game night



Attend Stations of the  
Cross (especially one for children, if  
you have small children)

Have a candlelit dinner to  
celebrate Candlemas (Feb. 2nd)

Check to see if your parish has  
blessed candles to take home

Choose a Lenten Sacrifice to Do As a Family.

Is there something your family can sacrifice that might help another family in need?  
Consider donating what you might spend on a meal out to a food pantry instead.