



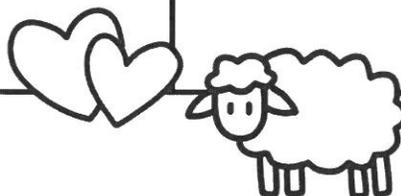
Lent Bingo

Cross out the acts of prayer, fasting, and almsgiving on this card as you complete them. Can you get 5 in a row?



For an extra challenge, try completing every square on the card throughout Lent!

Fast from TV for the day	Do a chore you don't like	Go to Mass on a weekday	Give your dessert to a friend	Donate or give away a toy
Read and reflect on a Bible verse	Fast from electronics for the day	Offer to clean up your sibling's toys	Learn a new prayer by heart	Write a letter to a relative
Teach a younger sibling a new skill	Give old clothes to a shelter	Pray the Rosary	Wash your mom or dad's car	Go to confession
Set the dinner table	Spend 15 minutes in silent prayer	Memorize a Proverb from the Bible	Declutter your room and make donation bags	Sleep on the floor without a pillow
Read a book to a younger sibling	Put aside money for the poor	Fast from sugary foods	Give someone a compliment	Lead Grace before dinner





Journeying through Lent

“Christian love breaks down every barrier, brings close those who were distant, unites strangers, and reconciles enemies. It spans chasms that are humanly impossible to bridge, and it penetrates to the most hidden crevices of society. By its very nature, Christian love is prophetic: it works miracles and knows no limits. It makes what was apparently impossible happen, Love is above all a way of looking at life and a way of living it. A Church that sets no limits to love, that knows no enemies to fight but only men and women to love, is the Church that the world needs today.” Pope Leo XIV, Dilexi te, no. 120

Ash Wednesday (February 18) Join us for Mass! 6am CTK / 8:30am both campuses / 6pm CTK

Week 1 (February 22-28): This week, try to focus on helping others. How do you help at home, school, or work? How did Jesus help others?

*“One does not live on bread alone, but on every word that comes forth from the mouth of God.”
- Matthew 4:4*

Week 2 (March 1-7): This week, try to focus on sharing with others. How do you share at home, school, or work? How did Jesus share with others?

*“Bear your share of hardship for the gospel with the strength that comes from God.”
- 2 Timothy 1:8*

Week 3 (March 8-14): This week, talk with God when you are afraid. How does God help you feel brave at home, school, or work? When was Jesus brave?

*“Lord, you are truly the Savior of the world: give me living water, that I may never thirst again.”
- John 4:42, 15*

Week 4 (March 15-21): This week, try to focus on thanking God for his many blessings. What are some things you are thankful for at home, school, or work? What do you think Jesus is thankful for?

“Live as children of light, for light produces every kind of goodness and righteousness and truth.” - Ephesians 5:8-9

Week 5 (March 22-28): This week, focus on being patient with ourselves. How do you show patience with yourself at home, school, or work? How was Jesus patient with Himself?

*“I have to believe that you are the Christ, the Son of God, the one who is coming into the world.”
- John 11:27*

Holy Week (March 29-April 4): This week, focus on praying to Jesus. Where do you pray to Jesus at home, school, or work? What do you most like to pray to Jesus about?

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord, hosanna in the highest.”

**ANNUNCIATION
HOLY SPIRIT
&
CHRIST THE KING
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**JOIN US FOR
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**FRIDAY, FEBRUARY 20TH, 2026
6-7 PM**



**SPONSORED
BY
CHRIST THE KING PTO**

Mrs. Fitzjerrells (Slocum) &
Mrs. Rizen present

Create, Paint, & Play!
**Summer Art
& Enrichment
Camp**

**Ages
3-7**

> Located in the Christ the King Art Room <

**6 Week Program - 3 Days/Week
\$125 per week**

Program Starts

June 1st, 2026

Camp Schedule

Mon - Wed
8:00 AM - 11:00 AM

Week 1

Home &
Family

Week 2

Neighborhood
& Friends

Week 3

Nature &
Animals

Week 4

Aqua Life

Week 5

Fairy Magic &
Dragons

Week 6

Pet Pals

Questions?
Please contact
kslocum@evdio.org

Registration on the back
Accepting cash or check

**Please bring a snack
and water for your
child**

Summer Enrichment and Art Camp

Teacher: Kiersten Slocum

Name of Student _____ Age _____

DOB ____/____/____ Grade for 26-27 school year _____

Parent Name _____ Phone/Cell _____

Emergency Contacts & Cell # _____

Drop-Off/Pick-Up Person _____

Rates: Each week is \$125 per student for three days. Please pay in full at time of registration to secure your child's spot. Payment can be made with cash or check made out to Kiersten Slocum.

Summer Art Camp Sessions: Three (3 hours a day) art camp sessions will be offered during the weeks of:

_____ June 1st - June 3rd @ 8:00am-11:00am : Home & Family

_____ June 8th - June 10th @ 8:00am-11:00am : Neighborhood & Friends

_____ June 15th - June 17th @ 8:00am-11:00am : Nature & Animals

_____ June 22nd - June 24th @ 8:00am-11:00am : Aqua Life

_____ June 29th - July 1st @ 8:00am-11:00am : Fairy Magic & Dragons

_____ July 6th - July 8th @ 8:00am-11:00am : Pet Pals

Time and Dates: Art camp will be in session on the scheduled days listed above. If camp needs to be canceled due to inclement weather, parents will be notified as soon as possible and that camp day will be rescheduled.

Late Drop-off/ Pick-up: Please do your best to arrive on time. Students will be let in by myself or Mrs. Rizen at 8am at the gym entrance. If needing to drop off early, please contact kslocum@evdio.org . If arriving late to pick-up, a late fee of \$5 every 15 minutes late will be charged. Once 30 minutes have passed, an additional \$5 dollars will have to be charged.

Parent _____ Date _____

FitFUTURE

Strategies for
Better Living.



by Susan Figaro Grace, MSEd, RD, CWC

Quick and Healthy Meals

During the week, demands on parent's time can be high with work, school schedules, children's outside activities, homework and other commitments. It can be easy to fall into the habit of not making meals and grabbing food from fast food restaurants or snacking on high calorie foods that have "empty calories".

With some preparation on the weekends or a day off, parents can meet the demands of the week and still offer a quick and healthy meal. Here are some steps to follow:

- 1 First write down 5-7 entrees the family enjoys that are tasty, kid friendly, nutritious but don't take a long time to prepare. Once you have the entrées, you can add healthy sides like vegetables, fruit and whole grains. To round out the meal, add a glass of nonfat or low fat milk.
- 2 Next look at your pantry and refrigerator to see what ingredients are missing. Add these items to your weekly grocery list. Some basic staples to keep on hand may include canned tomatoes, spaghetti sauce, beans, frozen vegetables, whole grain pasta and rice.

- 3 Next prepare some of the meals ahead of time. Batch cook so you have leftovers for another meal or for the freezer.
- 4 Lastly, ask for help setting the table, placing the casserole in the oven before you get home, washing and chopping vegetables or cleaning up after the meal.

Here are some quick and healthy meal ideas:

- Chili with or without meat and corn bread
- Grilled Chicken, Whole Grain Rice and Vegetable
- Salmon or Tilapia with Quinoa and Vegetable
- Stir Fry or Fajitas: Tofu, Chicken, Shrimp, Pork or other lean meat/protein with veggies over brown rice or small whole grain tortilla. You can purchase stir fry vegetables already pre-cut in the produce or freezer section of the grocery store.

- Leafy green salad, mandarin oranges, other colorful vegetables with grilled chicken and low fat dressing
- Homemade Minestrone or Chicken Vegetable Soup with whole grain crackers and fresh fruit
- Imitation crab or shrimp sautéed in diced tomatoes, fresh spinach, garlic and olive oil and served over whole grain pasta or spaghetti squash
- Breakfast for dinner- whole grain waffle or pancake served with peanut butter or almond butter and fresh fruit

Planning meals saves time, money and reduces stress in meal preparation, allowing you to offer a nutritious meal the whole family will enjoy.



Brought to you by your School Food Service Department

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