

# FLAT ST. NICHOLAS LENTEN PILGRIMAGE

*Let Flat Saint Nicholas take you on a Lenten pilgrimage to meet and learn a bit about Christian saints. Each day, you will meet a new saint. You will get some background on that saint, a related activity, and an invitation to pray or reflect. Do as many activities as you can; if you can't do them all, that is okay, too. The saints match the saints in 2015 Lent Madness, the popular Lenten activity from Forward Movement.*

## MATERIALS

Cardstock, purple and white  
Laminating sheets, optional  
Crayons or markers  
Glue or adhesive

## EQUIPMENT

Scissors  
Paper cutter

## PREPARE

- Print PDFs on cardstock:  
Labyrinth activity board and saint cards on purple or white;  
Flat Nicholas figures on white;
- Cut out labyrinth (if printed on paper, glue to a piece of cardboard);
- Color small Flat Saint Nicholas; fold on line above miter and fold tabs up; glue two sides together; cut out figure;
- Cut out circle base;
- Fold bottom tabs out, glue tabs to base to make stand-up figure;
- Color and cut out optional large Flat Nicholas, if using;
- Cut out the 40 saint cards (a paper cutter works well);
- Put cards in an envelope to keep them together;
- If using large Flat St. Nicholas, color, cut out, and laminate for a stronger figure

## DIRECTIONS

- Begin on Ash Wednesday, continuing each day in Lent. Pick a Saint card, any card. Draw again if that particular activity would be better on another day.
- Read the card.
- Do the activity.
- Move Flat Saint Nicholas figure to "1" when you finish the first activity.
- Color the path up to the next number "stop" on the labyrinth path.
- Repeat each day.

Try to do one card each day, Monday through Saturday (remember that Sundays aren't counted as a Lenten days). If you get behind, you can do a card on Sunday to catch up, or do more than one card a day.

As a family, reflect and pray together:

- What are you learning about God's saints?
- What are you learning about following Jesus?
- How has this changed the way you live?

#### ENRICHMENT

1) The majority of the Saints match the saints going head to head in 2015 *Lent Madness*, a Lent bracket competition organized by Forward Movement. If adults in the household are participating in *Lent Madness*, use the *2015 Saintly Scorecard* booklet to learn more about each saint.

2) Do more research on the saints at your local library, online or through these books: online *Butler's Lives of the Saints*, *Holy Women*, *Holy Men: Celebrating the Saints*, a book of all the Saints in the Episcopal Church's liturgical calendar, and *Can You Find the Saints? Introducing Your Child to Holy Men and Women* by Philip D. Gallery.

3) Add a family lenten practice to your pilgrimage. If your family has chosen to give up television for lent, you can take a picture with large Flat Nicholas doing the activities that have replaced watching television, such as, playing a board game or making dinner together. If your family is going to donate food to a local shelter or pantry weekly, take a picture with large Flat Nicholas as you shop, bag or donate.

4) While doing activities, take pictures with large Flat Nicholas.