

**Turn away from your sins and be baptised,  
and God will forgive your sins. Luke 3:3**

## LENT



These 40 days leading up to Easter are a time of thinking about the love of Jesus in a very special way.

We have 6 weeks to think about Jesus' life and what he taught us before he died on the cross. Although we *fast* like Jesus did and have special days of prayer, as Fr Stephen said, "It's *not* a time to be gloomy".

We should think instead of ways to make ourselves and other people happy. For example, when we give up sweets and put the 20p into the Smarties tube so that CAFOD can help poor people, we are making their lives happier.

## THE SPECIAL DAYS DURING LENT

**Tuesday Feb 21<sup>st</sup> Shrove Tuesday or Pancake Day** is the traditional feast day before the start of Lent on **Ash Wednesday Feb 22<sup>nd</sup>**.

**Wednesday Feb 22<sup>nd</sup> Ash Wednesday** – the ashes are made from palm branches that were blessed on the previous year's Palm Sunday. These are placed on our foreheads by the priest or deacon with the words "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return"

**Sunday March 19<sup>th</sup> Mothering Sunday** is a day honouring mother churches, the church where one is baptised and becomes "a child of the church" on the fourth Sunday in Lent.

**Saturday March 25<sup>th</sup> The Annunciation of the Lord** commemorates the visit of the archangel Gabriel to the Virgin Mary, during which he informed her that she would be the mother of Jesus Christ, the Son of God.

**Sunday April 2<sup>nd</sup> Passion Sunday, or Palm Sunday** is a holiday commemorating Jesus Christ's triumphal entry into Jerusalem before his suffering and death on the cross.



**Friday, April 7<sup>th</sup>** **Good Friday** is a Christian Holiday commemorating the crucifixion of Jesus Christ and his death at Calvary.

**Saturday April 8th** **Holy Saturday** is the day after Good Friday. It is the day before Easter and the last day of **Holy Week** in which Christians prepare for Easter. It commemorates the day that Jesus' body lay in the tomb.

**Sunday April 9th** **Easter Sunday or Resurrection Sunday**, [Holy day of obligation] is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by the Romans at Calvary c. 30 AD. It is the culmination of the passion of Jesus, preceded by Lent (or Great Lent), a forty-day period of fasting, prayer, and penance.

## ASHES ON THE FOREHEAD

*We wear ashes on our forehead to remind us that we don't live forever and that we need to confess our sins and try to be better people.*

We don't wear ashes  
to proclaim our  
holiness  
but  
to acknowledge  
that we are  
**SINNERS**  
who are in need of  
repentance & renewal



### **DID YOU KNOW ?**

**-Lent** is an old English word meaning 'lengthen' because it's spring, the time when the days start getting longer.

**-Shrove** Tuesday comes from the Anglo-Saxon word '**shriven**' which means to confess. People went to confession before Lent started and were "shriven" (absolved from their sins).

## **LENT Smarties CHALLENGE!**



We've handed out tubes of Smarties to all the young people in our parish family.

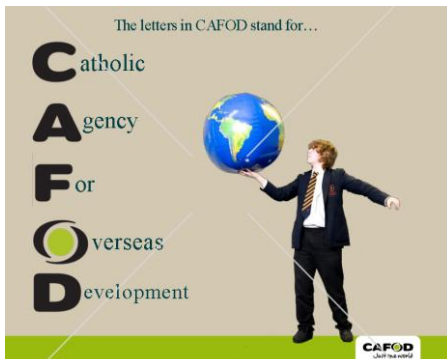
We hope you'll help by giving up some of your pocket money and trying to fill the empty Smarties tube with **20ps**.

**This will be your lenten offering to CAFOD.**

Please return them at Mass on **Easter Sunday** and we'll give you an Easter bunny with a chocolate egg and you'll know that you've helped **CAFOD** to help people who don't have many of the things that we take for granted every day.

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## **WHAT IS CAFOD?**



**CAFOD** works for **all** people – whether they are Black or White, Christian or Muslim, women or men, young or old. This is because we believe that we are made in God's image, and God made all people equal.

**CAFOD began on a family fast day on 11<sup>th</sup> March 1960**

They raised money to help a mother and baby health care scheme in the Caribbean island of Dominica.



"A Samaritan woman came to draw some water, and Jesus said to her,  
"Give me a drink of water."



Even though we are all different, there are some things, like water, that we all need to live. See how many you can spot in this picture.

Find these words in the wordsearch to remind you of today's gospel story and how Jesus shows us we should treat all people.

CARE	SAMARITAN
JESUS	WATER
KINDNESS	WELL
LOVE	WOMAN
RESPECT	



CAFOD is the overseas aid agency for the Catholic Church in England and Wales. We believe in one global family working to end poverty and injustice. Find out more at [cafod.org.uk/families](http://cafod.org.uk/families)

**CAFOD** Catholic Agency for Overseas Development

no one  
beyond reach