



Lent 2024

"God never tires of forgiving us; we are the ones who tire of seeking his mercy."

Pope Francis





What is Lent?

"God never tires of forgiving us; we are the ones who tire of seeking his mercy."

St Catherine of Siena



Lent is a period of preparation for Easter and a key part of the Church's year. It is forty days long, echoing the forty days Jesus spent in the desert preparing for His public ministry.

It begins on Ash Wednesday 14th February 2024 and continues for six weeks until Easter Sunday.

Lent has traditionally been a time of penance and because Sunday is a day of celebration, they are not counted as being part of the forty days of Lent.

“Worth the Struggle”

Context - Matthew 13: 3-9

“Once there was a man who went out to sow corn. As he scattered the seed in the field, some of it fell along the path, and the birds came and ate it all up. Some of it fell on rocky ground, where there was little soil. The seeds soon sprouted, because the soil wasn’t deep. But when the sun came up, it burnt the young plants; and because the roots had not grown deep enough, the plants soon dried up. Some of the seed fell among thorn bushes which grew up and choked the plants. But some seeds fell in good soil, and the plants produced corn; some produced a hundred grains, others sixty, and others thirty.” And Jesus concluded, “Listen then if you have ears!”

Meaning

Lent invites us to pause more, listening deeper for and to God. In Saint Matthew's Gospel, Jesus tells a story about sowing seeds that flourish on good soil. If the soil of our heart is well-prepared, the word of God sown there will flourish. We will receive the nourishment we need to live our own calling and do whatever God asks of us.

Our prayer this Lent is for us all to think of those around the world who go hungry every day. As we raise awareness and money for **CAFOD** this Lent, the most important thing is to remember to pray and to put our prayer into **ACTION**.



Pillars

Three Pillars of Lent



Prayer



Prayer is our conversation with God. It is through prayer that we find the strength to fast and give to charity. It is through prayer that we develop a closer, more intimate relationship with God. This relationship makes us so grateful for the blessings he has bestowed upon us, that we eagerly give to those less fortunate than us.

Fasting

Fasting is one of the most ancient actions linked to Lent. Fasting rules have changed through the ages, but throughout Church history fasting has been considered sacred. The prophet Isaiah insists that fasting without changing our behaviour is not pleasing to God. Therefore, the goal of fasting is linked with prayer. The pangs of hunger remind us of our hunger for God, and prayer and fasting together brings us to what Lent is about a deeper experience of God.



Almsgiving



Almsgiving is simply a response by us to God, a response that we have come to through prayer and fasting. It is an expression of our gratitude for all that God has given us, and a realization that it is never just "me and God." Works of charity and the promotion of justice are integral elements of the Christian way of life and we show this during Lent.

"Apart from the cross, there is no other ladder by which we may go to heaven."

St. Rose of Lima



This Year

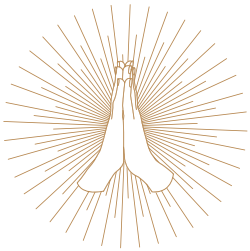
THIS LENT WE ARE FOCUSING ON THE VIRTUES OF RESPECT AND COMPASSION. IT IS OUR ROLE TO HELP PUPILS.

This half term we don't want to just talk about the virtues, we want to live them! There are three main areas of focus here:

- 1. Pupil led form time prayer.
- 2. Charity/ community work.



Pupil Prayer



- Like in Advent, pupils will lead prayer in form time throughout Lent. Pupils are invited to reflect on the virtues and share their interpretation of them with the form. Pupils can choose to use any medium to lead prayer, examples of good practice include, videos, music, poetry and prayer cards. Pupils can also choose to use the usual prayer during form time, if they wish.



Lent Fayre



- In keeping with tradition at school, we will have our annual Lent fayres during week 6. This year, form groups will be asked to only create one fayre stall. This is to ensure high quality stalls. In addition, this Lent, year groups will be working together to create an extra special fayre, with Yr 7 & 8 together and Yr 9 & 10 together. We hope with two fayres we can create a real buzz in the hall.

This is our main fundraising event this Lent so we must think about how we can make the most of this!



Calendar



IMPORTANT DATES 2024

WEDNESDAY 13TH MARCH

DEADLINE FOR FAYRE IDEAS TO BE ADDED TO DOCUMENT ON SITES.

THURSDAY 14TH MARCH

HOY ONLY: DEADLINE FOR CHECKING FAYRE IDEAS AND RESPONDING TO FORM TUTORS.



TUESDAY 26TH MARCH

Y7 AND Y8 LENT FAYRE

WEDNESDAY 27TH MARCH

Y9 AND Y10 LENT FAYRE



TUTORS TO ENSURE THAT ALL RESOURCES/DISPLAYS ARE BROUGHT TO THE CHAPEL BY BREAK.

OVERVIEW OF KEY EVENTS

- THE RE DEPARTMENT WILL BE DOING THE STATIONS OF THE CROSS WITH PUPILS DURING LESSON TIME.
- THE PE DEPARTMENT WILL BE LEADING ON THE BIG LENT WALK CAMPAIGN FOR CAFOD DURING LESSON TIME.





Calendar



IMPORTANT DATES 2024

WEEK 1

- LENT ASSEMBLIES IN BOTH HALLS ALL WEEK.
- **WEDNESDAY 21ST FEBRUARY** – LENT REFLECTION – CHAPEL 8.05 – 8.20.
- **FRIDAY 23RD FEBRUARY** - 8SP FORM LITURGY.

WEEK 2

- **FRIDAY 1ST MARCH** - LENT BAKE SALE – BOTH HALLS. BREAKTIME
- **FRIDAY 1ST MARCH** - MFL DEPARTMENT MASS. SCHOOL CHAPEL 8AM.
- **FRIDAY 1ST MARCH** – 7SP FORM LITURGY.



WEEK 3

- **WEDNESDAY 6TH MARCH** – LENT REFLECTION – CHAPEL 8.05 – 8.20.
- **WEDNESDAY 6TH MARCH** – PRAYER PARTNERS – SCHOOL CHAPEL LUNCHTIME.
- **FRIDAY 8TH MARCH** – 11SM FORM LITURGY.

WEEK 4

- **WEDNESDAY 13TH MARCH** - DEADLINE FOR FAYRE IDEAS TO BE ADDED TO DOCUMENT ON SITES.
- **THURSDAY 14TH MARCH** – CONFESSIONS - OUR PRIESTS WILL BE COMING INTO SCHOOL DURING LUNCHTIME.
- **FRIDAY 15TH MARCH** – ART AND DT DEPARTMENT MASS.
- **FRIDAY 15TH MARCH** – ST. PATRICK'S FORM MASS.
- **FRIDAY 15TH MARCH** – 10SM FORM LITURGY.





Calendar



IMPORTANT DATES 2024

WEEK 5

- ENGLISH MARTYRS FORM ASSEMBLIES – ALL WEEK – BOTH HALLS.
- **WEDNESDAY 20TH MARCH** – LENT REFLECTION – CHAPEL 8.05 – 8.20.
- **FRIDAY 22ND MARCH** – 9SM FORM LITURGY.

WEEK 6

- CELEBRATION ASSEMBLIES – ALL WEEK – BOTH HALLS.
- **TUESDAY 26TH MARCH** - Y7 AND Y8 LENT FAYRE.
- **WEDNESDAY 27TH MARCH** - Y9 AND Y10 LENT FAYRE.
- **THURSDAY 28TH MARCH** – LENT LITURGIES LESSONS 1, 2 AND 3 HALL A.
- **THURSDAY 28TH MARCH** – SOUP KITCHEN IN BOTH HALLS.



ASH WEDNESDAY

ASH WEDNESDAY IS A HOLY DAY FOR CATHOLICS A DAY OF PRAYER, FASTING AND REPENTANCE AND IS THE FIRST DAY OF LENT. DURING THE SERVICE ASHES ARE PLACED ON THE FOREHEADS OF PARTICIPANTS AND THE WORDS "REMEMBER THAT YOU ARE DUST, AND TO DUST YOU SHALL RETURN" ARE SAID. THE ASHES USED ARE PREPARED BY BURNING PALM LEAVES FROM THE PREVIOUS YEAR'S PALM SUNDAY CELEBRATIONS.

(ASH WEDNESDAY TAKES PLACE DURING HALF TERM THIS YEAR.)





Calendar

IMPORTANT DATES 2024



PRAYER PARTNERS

LIZ WILL WORK WITH A GROUP OF STUDENTS TRAINING THEM TO LEAD PRAYER. PUPILS AND STAFF, WILL ALL BE WELCOME TO JOIN IN THIS SPECIAL TIME OF PRAYER AT LUNCH IN THE CHAPEL.



LITURGIES

ON THURSDAY 28TH MARCH, THERE WILL BE YEAR GROUP LITURGIES. THE LITURGIES WILL FOCUS ON THE STATIONS OF THE CROSS, THESE ARE THE LAST 14 EVENTS IN JESUS' LIFE. IT IS TRADITIONAL FOR CATHOLIC'S TO REFLECT ON THIS DURING THE SEASON OF LENT. EACH MORNING WE WILL FOCUS ON FOUR OF THE STAGES USING MUSIC, DRAMA, READINGS AND ARTWORK.



SOUP KITCHEN

THERE WILL ALSO BE A SOUP KITCHEN IN BOTH HALLS DURING LUNCH ON THURSDAY 28TH MARCH, WITH RESTRICTED ALTERNATIVE OPTIONS. FASTING IS A KEY PART OF LENT FOR CATHOLICS AND IT IS A CHANCE FOR BOTH STAFF AND PUPILS TO STAND IN SOLIDARITY WITH THOSE AROUND THE WORLD WHO ARE WITHOUT FOOD.



Lent 2024

Find out
more
about Lent

CAF  **D**

Catholic Agency for
Overseas Development



"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."

Catherine Doherty



“Be joyful in hope, patient in affliction, faithful in prayer.”

Romans 12:12

