



Lent 2025

"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 5th March 2025 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



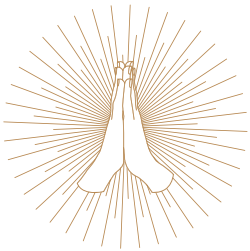
THIS LENT WE ARE FOCUSING ON THE VIRTUES OF RESPECT AND COMPASSION. IT IS OUR ROLE TO HELP PUPILS.

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 2025



WEDNESDAY 26TH MARCH

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

THURSDAY 27TH MARCH

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



WEDNESDAY 9TH APRIL

Y7 AND Y8 LENT FAYRE

THURSDAY 10TH APRIL

Y9 AND Y10 LENT FAYRE



TUTORS TO ENSURE THAT ALL RESOURCES/DISPLAYS ARE BROUGHT TO THE GYM 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 2025



WEEK 1

- **MONDAY 3RD - WEDNESDAY 5TH MARCH - Y9&10 RETREAT - YOUTH VILLAGE.**
- **WEDNESDAY 5TH MARCH - ASH WEDNESDAY - LITURGY ACROSS SCHOOL. ASHES TO BE DISTRIBUTED AT LUNCH IN THE CHAPEL. - 7 ST MARY'S FORM LITURGY.**

WEEK 2

- **ENGLISH MARTYRS FORM ASSEMBLIES - ALL WEEK - BOTH HALLS.**
- **MONDAY 10TH MARCH - LENT REFLECTION - SCHOOL CHAPEL - 8.10AM.**
- **THURSDAY 13TH MARCH - PRAYER PARTNERS - SCHOOL CHAPEL LUNCHTIME.**
- **FRIDAY 14TH MARCH - ART AND DT DEPARTMENT MASS. SCHOOL CHAPEL 8AM.**
- **FRIDAY 14TH MARCH - 11STP FORM LITURGY.**



WEEK 3

- **MONDAY 17TH MARCH - LENT REFLECTION - SCHOOL CHAPEL 8.10.**
- **TUESDAY 18TH MARCH - ST. MARY'S AND ST. PATRICK'S FORM MASS - 2.20PM HALL A**
- **FRIDAY 21ST MARCH - 10STP FORM LITURGY.**
- **FRIDAY 21ST MARCH - LENT BAKE SALE - BOTH HALLS - BREAKTIME.**

WEEK 4

- **MONDAY 24TH MARCH - LENT REFLECTION - SCHOOL CHAPEL 8.10.**
- **WEDNESDAY 26TH MARCH - DEADLINE FOR FAYER IDEAS TO BE ADDED TO DOCUMENT ON SITES.**
- **THURSDAY 27TH MARCH - HOY TO CHECK FAYRE IDEAS AND RESPOND TO FORM TUTORS.**
- **FRIDAY 28TH MARCH - PERFORMING ARTS DEPARTMENT MASS. SCHOOL CHAPEL 8AM.**
- **FRIDAY 28TH MARCH - 9STP FORM LITURGY.**





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IMPORTANT DATES 2025



WEEK 5

- ST PETER AND PAUL'S FORM ASSEMBLIES – ALL WEEK – BOTH HALLS.
- MONDAY 31ST MARCH - LENT REFLECTION - SCHOOL CHAPEL 8.10
- FRIDAY 4TH APRIL – 8STP FORM LITURGY.

WEEK 6

- CELEBRATION ASSEMBLIES – ALL WEEK – BOTH HALLS.
- MONDAY 7TH APRIL - LENT REFLECTION - SCHOOL CHAPEL 8.10
- TUESDAY 8TH APRIL - CONFESSIONS - OUR PRIESTS WILL BE COMING INTO SCHOOL DURING LUNCHTIME.
- WEDNESDAY 9TH APRIL - Y7 AND Y8 LENT FAYRE.
- THURSDAY 10TH APRIL - Y9 AND Y10 LENT FAYRE.
- FRIDAY 11TH APRIL – LENT LITURGIES LESSONS 1, 2 AND 3 HALL A.



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 .





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IMPORTANT DATES 2025



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 FRIDAY 11 TH APRIL, 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. DURING THE 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 FRIDAY 11TH APRIL, 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

