



# LENT 2023

**PRAYER**

*Operation Exceptionality*





# What is Lent?

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 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 included in the forty days of Lent.



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# 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 bestowed upon us, that we eagerly give to those less fortunate than us.



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# THREE PILLARS OF LENT

**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 hunger we experience reminds us of our hunger for God, and prayer and fasting together brings us to what Lent is all about a deeper experience of God.



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# THREE PILLARS OF LENT



**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 elements of the Christian way of life and we show this during Lent.



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# THREE PILLARS OF LENT



**CAFOD:** During Lent we raise money to support people in our local community and abroad who are not as fortunate as ourselves. We do this because we believe it is our duty. We are called to do this.

This Lent we are raising money for CAFOD, through our Lent Fayres and our Lent Bake Sale.



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# RECONCILIATION



Lent is a grace – filled season of the Church's life; it is an opportunity to respond to God's invitation to repent and change our lives for the better; a good time to allow our hearts to be healed and transformed by God's mercy in Confession.

**God never tires of reaching out to us. He is always ready to forgive,** and his mercy can also empower and enable us to become more merciful towards others – something that, left to ourselves, most of us find very difficult. All this is God's wonderful work, What is asked of us is the humility to recognise what God is offering us, and an openness of heart and mind to accept it. **Forgiveness and peace.**



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# SOUP KITCHEN

On the last day of term we always have our Soup Kitchen in school. With restricted alternative options. As fasting is a key part of Lent for Catholics and it is a chance for both pupils and staff to stand in solidarity with those around the world who are without food.



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# STATIONS OF THE CROSS



**They remind us of the vast love of God**

Seeing the horror of Jesus' suffering reminds us of something wonderful: how much He loves us. Jesus endured His Passion because of the love He had for each individual person that would ever live, and so the Stations of the Cross remind us of how much we are loved.



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# HOLY WEEK



Holy Week is an important time for Christians throughout the world. Holy Week, the final week of Lent, begins on Palm Sunday, the Sunday before Easter. Holy Week is a time when Catholics gather to remember and participate in the Passion of Jesus Christ. The Passion was the final period of Christ's life in Jerusalem. It spans from when He arrived in Jerusalem to when He was crucified.

The liturgical services that take place during the Triduum are:

- Mass of the Lord's Supper.
- Good Friday of the Lord's Passion.
- Mass of the Resurrection of the Lord.



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