

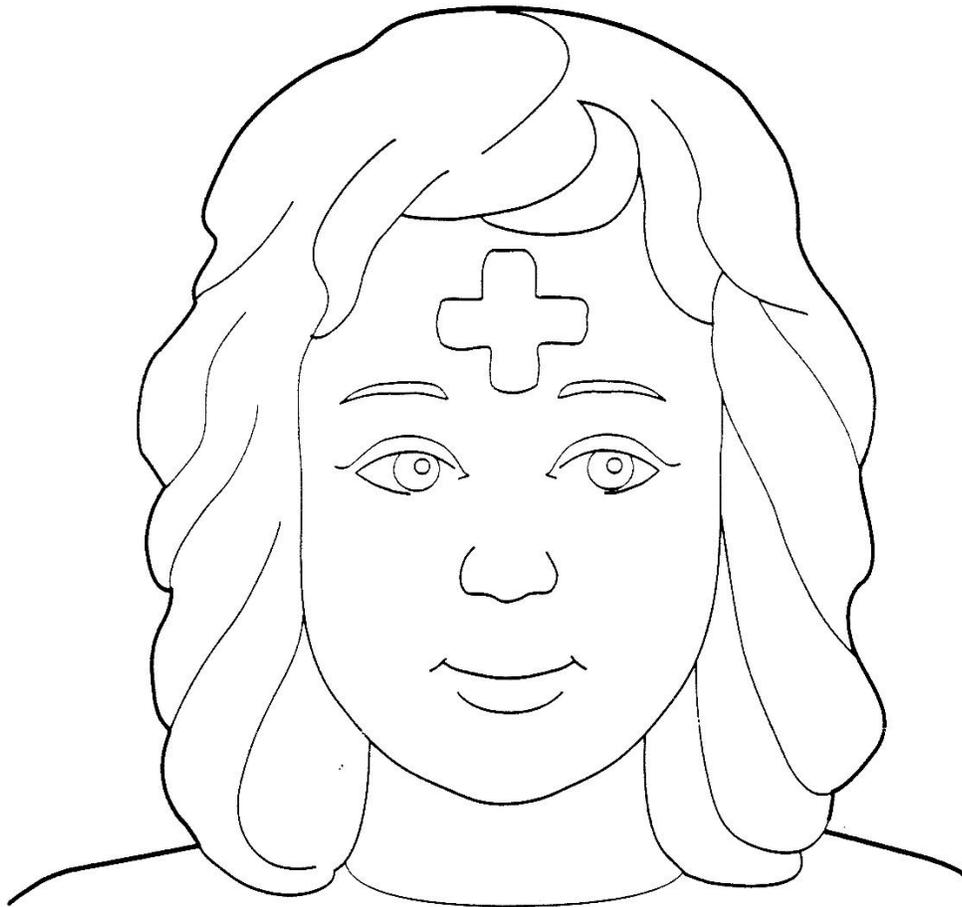
Ash Wednesday

Ash Wednesday is the beginning of Lent. On Ash Wednesday, blessed ashes are put on your forehead in the shape of a cross. These ashes are made by burning palm leaves which have been saved from last year's Palm Sunday.

Ash Wednesday is also when we begin to do penance for Lent. Penance is an act of religious devotion performed to show sorrow for having committed a sin. We do this to improve our relationship with God and others.

We Celebrate Ash Wednesday

The priest makes a cross with ashes on our foreheads. We think of Jesus' great love. Jesus died on the cross for us. He rose to new life. Someday we will live with Jesus forever.



- ❖ Color this child. Make the cross on the child's forehead a light black.
- ❖ Thank Jesus for his great love as you do it.

"Remember that you are dust and to dust you shall return."

Lent Is a Time to Prepare

The Feast of the Resurrection, or Easter Sunday, is the Church's greatest feast. Like all important events, we spend time preparing for it. We call this time of preparation *Lent*.

The Church gives us many different ways to prepare for Easter. We can pray the Stations of the Cross. We can grow closer to Jesus by doing kind acts for others. Visit someone who is sick. Smile more. Do extra chores. Read to a younger child. Save spending money to give to a program that helps feed hungry people.

Fasting and Abstaining

During Lent, adults are asked to fast and abstain. The word *fast* means "to go with little or no food." Fasting also can mean "to give up one or more favorite foods or beverages." Children might also "fast" from selfish acts and hurtful words.

The word *abstain* means "to do without." The Church asks all members fourteen years and older to abstain from meat on Ash Wednesday and Fridays during Lent.

Jesus, help us to make sacrifices and do kind acts during the season of Lent. We want to be ready to celebrate with joy the Feast of the Resurrection.
Amen.



Lent-the time before Easter

Changed-to become different

Ash Wednesday-the first day of Lent

Penance-an act of religious devotion performed to show sorrow for having committed a sin.

Abstinence-to not do something

Traditional Liturgical Color: **Purple**. Purple means: Penance

We remember Jesus' Passion – his suffering and death on the Cross. We share in Jesus' suffering by making sacrifices and doing acts of charity and especially through the liturgy and prayer. Lent begins on Ash Wednesday and ends on Holy Thursday.

During the six-week season of Lent, we are encouraged by the Church to engage in three spiritual practices – prayer, fasting, and almsgiving.

Prayer- go to Mass more often, pray more often.

During Lent the Stations of the Cross (prayers about the journey Jesus made to his crucifixion on Good Friday) are said at our church every Friday.

Fasting- going without food or eating less than you normally do. It can also mean giving up a certain food or treat or it could also mean giving up things that you like that keep you from Jesus, perhaps it could mean giving up so much time watching TV so you can have more time to pray and be with family. During Lent we Fast on Ash Wednesday and Good Friday. You can add other days.

Abstain – to do without something. During Lent we abstain from meat on Ash Wednesday, every Friday and then on Good Friday.

Almsgiving- means doing good for others. That can be giving gifts of money or help to others.

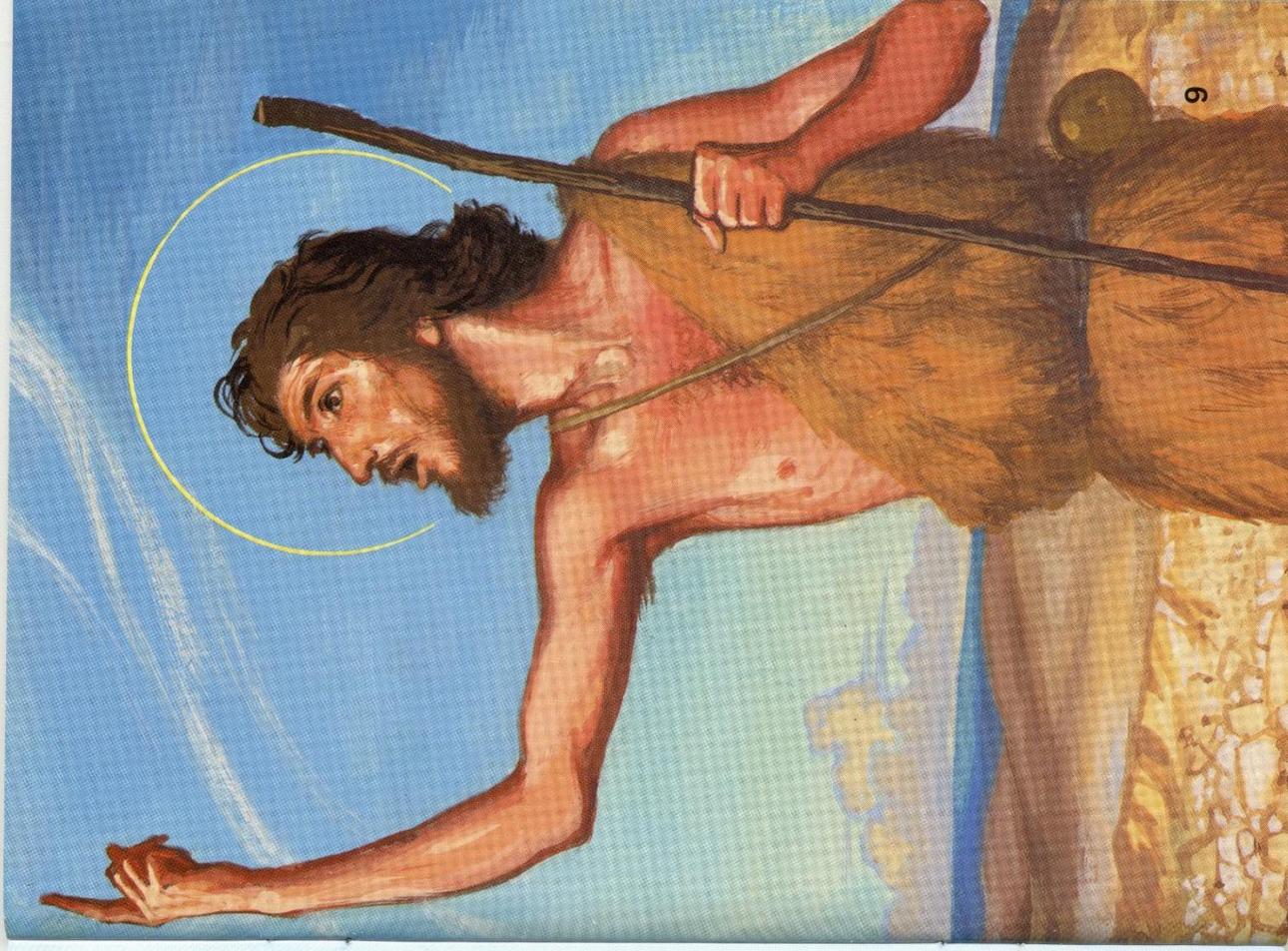
Saint John the Baptist

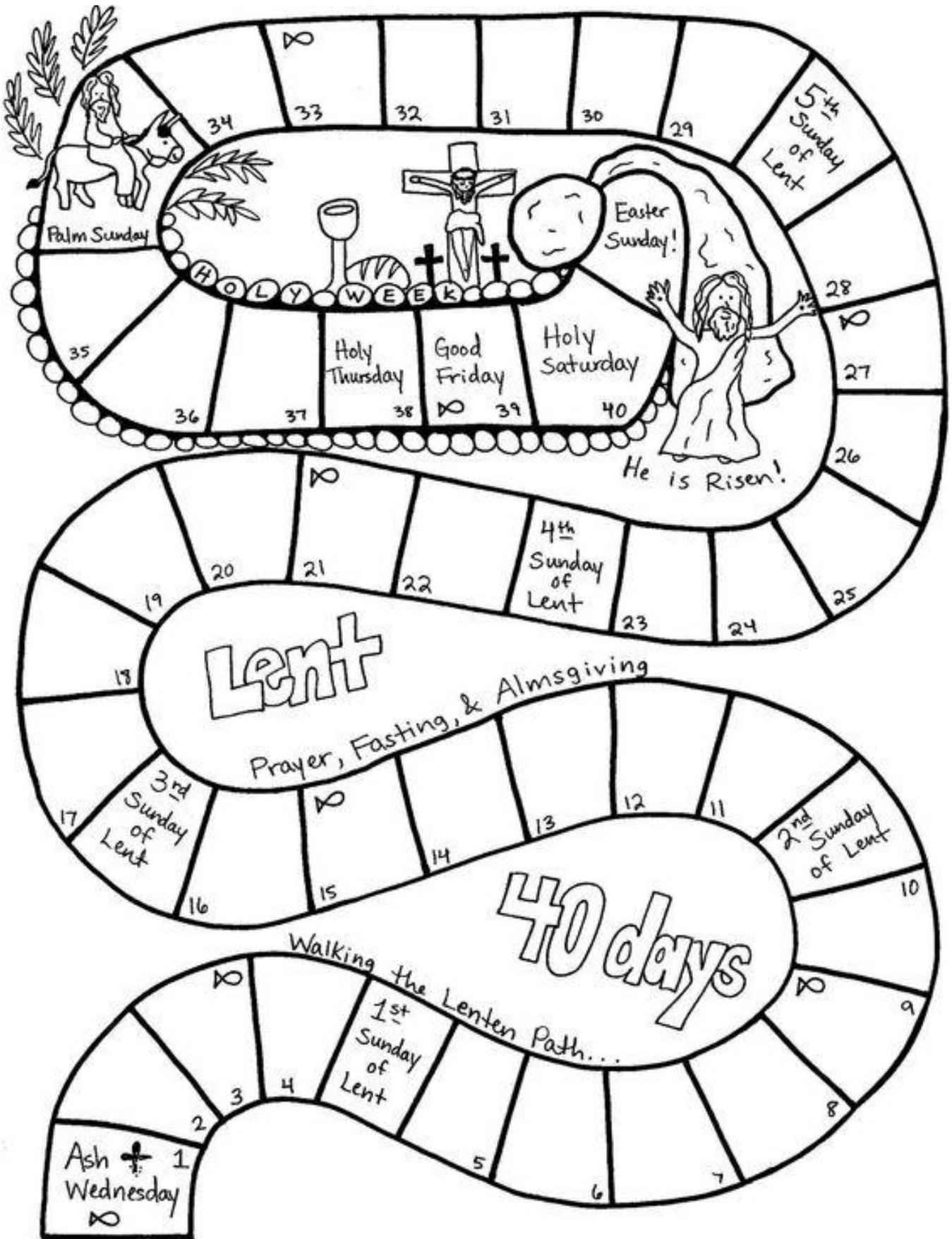
June 24

JOHN was the son of the priest Zechariah. His mother was Elizabeth, a cousin of the Blessed Virgin Mary. Mary came to spend three months with her to help her before the birth of John. The Angel Gabriel foretold the birth of John during a vision of Zechariah in the Temple, and told him that John would prepare the people for the coming of the Savior.

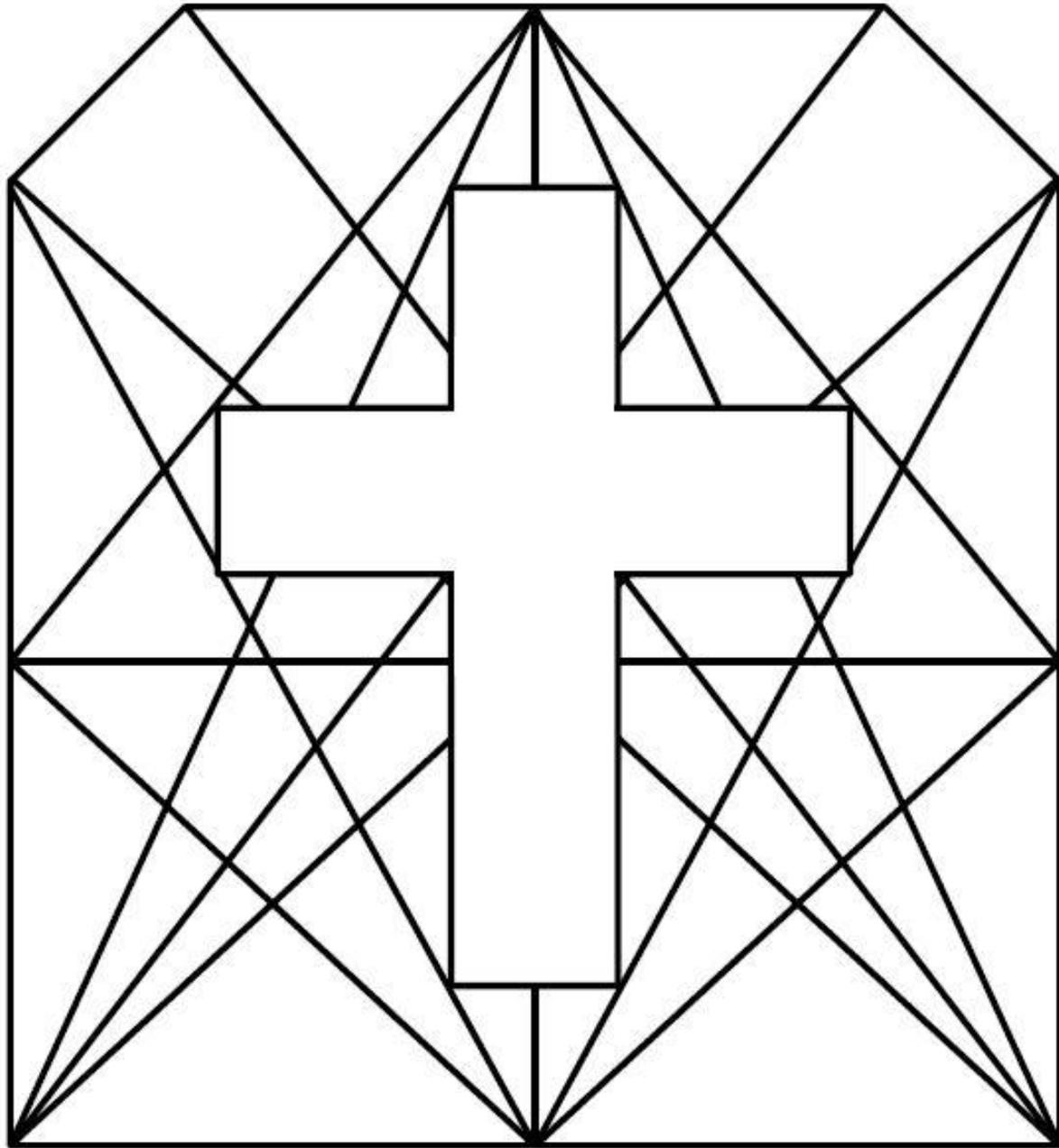
When John was a young man he lived in the desert for years. At the River Jordan he cried out: "Do penance, for the kingdom of heaven is at hand! I am the voice of one crying in the desert. Make straight the way of the Lord." Large crowds were baptized by him as a sign of penance and forgiveness of sins.

One day John pointed to Jesus with the words, "Behold the Lamb of God Who takes away the sins of the world!" And when John poured water over the head of Jesus in the Jordan River as a sign of penance, the Holy Spirit appeared in the form of a dove, and the heavenly Father said: "This is My Beloved Son in Whom I am well pleased." King Herod had John beheaded.





My Lenten Prayer Stained Glass



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During Lent, each day that you do something special for God such as saying extra prayers, fasting, abstaining from something you like, helping others, color 1 of the shapes in this picture. Can you color all of them before Holy Week?