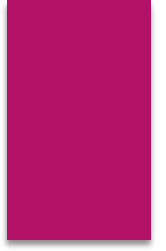


Lent 2024



**In the name of
the Father
and of the Son
and of the
Holy Spirit.
Amen.**



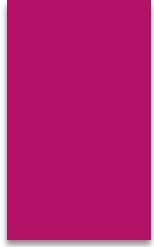


14th February 2024

Today is the first day of Lent

Today is ...

Ash
Wednesday





The ashes for Ash Wednesday come from burning the palms from the preceding year's Palm Sunday. On Palm Sunday, the Sunday before Easter, parishioners are given palm fronds to represent the fronds that people waved as Jesus returned to Jerusalem for the final time before he died.

Ash Wednesday is a time when we can think about doing the right thing and saying sorry for some of the wrong things that we have done.



During Lent we do our best to be like Jesus in the way we live and in our everyday actions.



PRAY



FAST



GIVE



During Lent we try to pray a little more.
Praying for others – those who are less
fortunate than us.
We pray to be more like Jesus – in all that
we do.



FAST

Jesus fasted in the desert

We often give up things that we enjoy –
such as chocolate, sweets, cakes, meat
and so on.



GIVE

We make links to Jesus and how he gave himself for us.

We often give a little more at this time of year.

We may give money to charities or give time to someone else.

Time to help others.

It might be that we help our families at home.

You are created by God, to be like God.

You are God's people, his saints. God loves you.

You should be kind and gentle, and patient and forgiving, and loving like God.

You are all different.

You come from different places, speak in different ways, have different customs.



But the important thing is that you are God's children.

So love one another, help one another, be at peace with one another, and let the love of Jesus fill your hearts and minds.



Based on Colossians 3: 10-17
(God's Story 2)

During Lent how will you try to be more like Jesus? What will you do during Lent? Can you think of your own Lenten promise and share it with your class and your family?



PRAY



FAST



GIVE



Maybe you can put aside a few minutes today to make a Lenten promise to fast, pray or give during this Lenten season.





This year we will not have ashes in school as it is half term but you may be able to attend one of the Parish Masses.





Mass times for our Parish of St Wilfrid

Ash Wednesday – 14th February

<https://www.stwilfridswidnes.uk/>

Please check the Parish link above to check for times when you will be able to receive ashes.

**In the name of
the Father
and of the Son
and of the
Holy Spirit.
Amen.**

