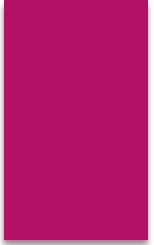


Lent



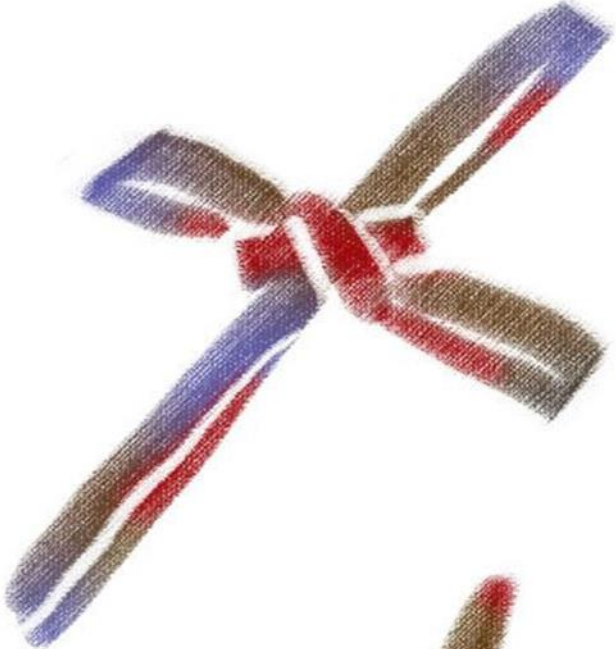
**In the name of
the Father
and of the Son
and of the
Holy Spirit.
Amen.**





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.

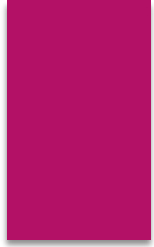
Time to help others.

It might be that we help our families at home.



Listen to the Word of the Lord.

Gospel of Matthew 6: 1, 3-4, 9-15



Teaching about Charity

6 “Make certain you do not perform your religious duties in public so that people will see what you do. If you do these things publicly, you will not have any reward from your Father in heaven.

3 But when you help a needy person, do it in such a way that even your closest friend will not know about it. **4** Then it will be a private matter. And your Father, who sees what you do in private, will reward you.

Teaching about Prayer

9 This, then, is how you should pray:

‘Our Father in heaven:

May your holy name be honored;

10 may your Kingdom come;

may your will be done on earth as it is in heaven.

11 Give us today the food we need.^[a]

12 Forgive us the wrongs we have done,
as we forgive the wrongs that others have done to us.

13 Do not bring us to hard testing,
but keep us safe from the Evil One.’^[b]

14 “If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. **15** But if you do not forgive others, then your Father will not forgive the wrongs you have done.

The Gospel of the Lord

Praise to You Lord Jesus Christ

A moment to reflect

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.





Sometimes we will have ashes in school but you may also be able to attend one of the Parish Ash Wednesday services.





Mass times for our Parish of St Wilfrid

<https://www.stwilfridswidnes.uk/mass-worship-times-/>

<https://www.stwilfridswidnes.uk/newsletter-/newsletter-8th-february-with-lent-and-holy-week-attachments.php>

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



Dear Lord
Be with us on our Lenten journey
Help us to be like Jesus in all that we do
Amen



Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.
Amen.'

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



