

Our Father in
Heaven,
Hallowed be your name.
Your Kingdom Come,
Your Will be done, on Earth
as it is in heaven.
Give us today our daily bread
and forgive us our sins
as we forgive those who
sin against us.
Lead us not into temptation,
but deliver us from evil.
For the Kingdom, the
power and the glory
are yours for ever and ever.
Amen

LENT

prayer • fasting • almsgiving

ROMANS 6:23 NRSV

FOR THE WAGES OF SIN IS DEATH, BUT THE GIFT OF GOD IS ETERNAL LIFE IN CHRIST JESUS OUR LORD.

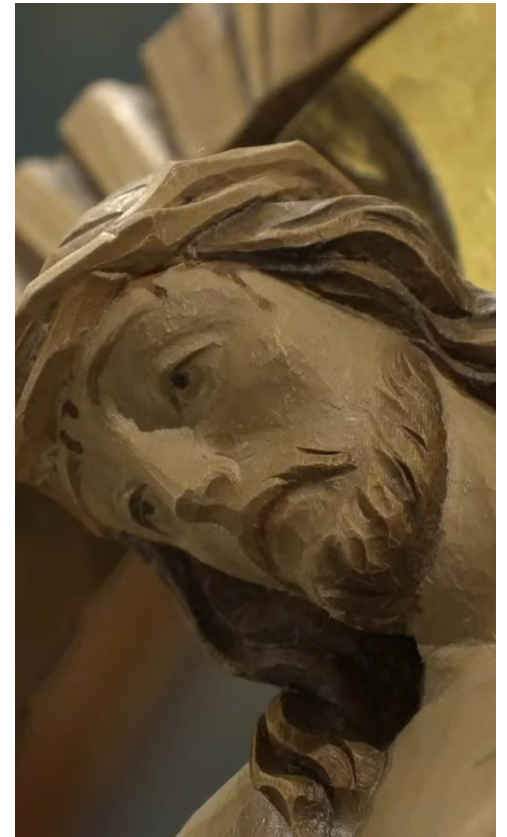
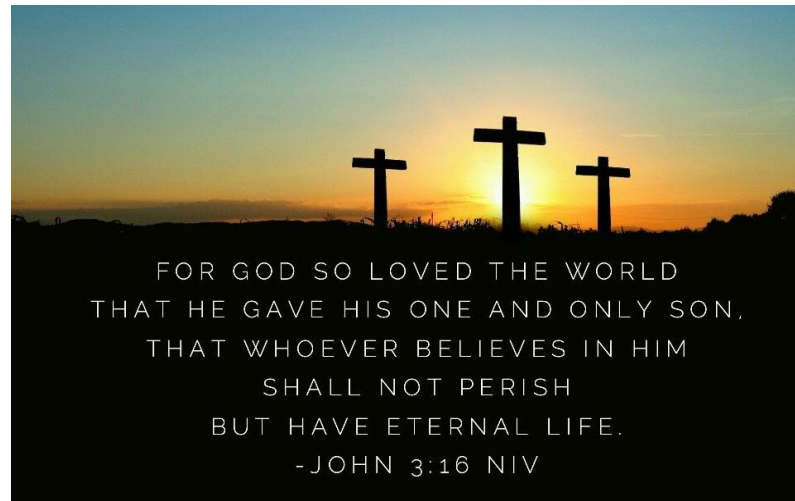


LENT

The word Lent derives from **the Old English word “lencten”** which referred to the **lengthening of days or springtime** (when Lent falls in the northern hemisphere).

What is Lent?

Lent is the **six-week period of preparation for Holy Week** (Christ's Passion and Death) and **Easter** (Christ's Resurrection).



HOW LONG IS LENT?

Lent is **approximately 6 weeks (46 days, or 40 days not counting Sundays)** and runs from Ash Wednesday to Easter Sunday.

Why aren't Sundays
"counted" in the 40
days?

Sundays are a
**celebration of Christ's
Resurrection** and so
they are days of joy
rather than penance.

"LENT IS THE AUTUMN
OF THE SPIRITUAL LIFE
DURING WHICH WE GATHER
FRUIT TO KEEP US GOING
FOR THE REST OF THE YEAR."

~
ST. FRANCIS DE SALES

LENT

is a call
to renew
a commitment
grown dull,
perhaps,
by a life
more marked
by routine than
by reflection.

-Joan Chittister



LENT

a season of repentance,
prayer and fasting



Ash
Wednesday
2024
is
Wednesday,
February 14

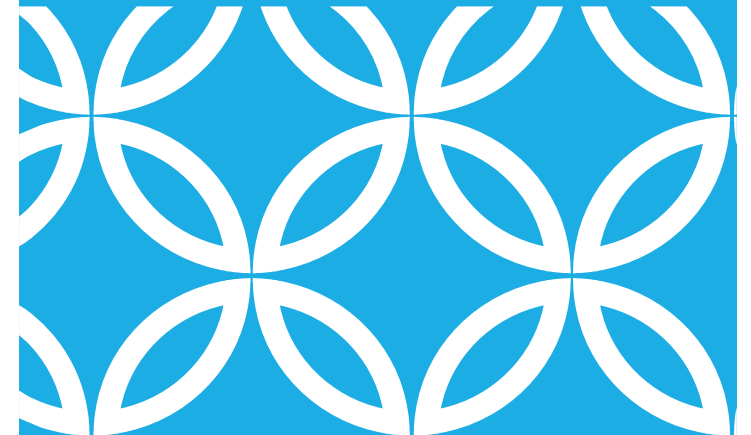


Being marked with
ashes is a public
acknowledgement that
one is a sinner, as we
all are.



ASH WEDNESDAY

The name “Ash
Wednesday” comes
from the blessed ashes
that are applied to the
foreheads of the
faithful.



WHAT IS ASH WEDNESDAY?

Ash Wednesday is the first day of the liturgical season of [Lent](#). It is a day when Catholics go to [mass](#) and in addition to receiving the word of God and the [Eucharist](#), we receive ashes on our foreheads in the shape of a cross.

We receive them as a sign of the beginning of [the season of Lent](#), the season of penance and preparation for Easter.



Ash Wednesday History

In the fourth century, public penitents dressed in sackcloth and were sprinkled with ashes to show their repentance. The practice of public penance gradually fell into disuse from the eighth to the tenth centuries.

Instead, it was replaced by private confession and private penance. Our current celebration of Ash Wednesday began to develop in the eleventh century. By this time had become customary to receive ashes at the beginning of Lent. The Christian use of ashes is rooted in the Jewish custom of sprinkling ashes on the head as a sign of repentance.

Contrary to popular belief, Ash Wednesday is not a holy day of obligation. It is, however, a spiritually and liturgically significant celebration which sets the penitential tone for the next forty days before Easter.



Distribution of Ashes

On Ash Wednesday, ashes may be distributed during Mass, usually after the homily, or outside of Mass. When done outside of Mass ashes are distributed as part of a Liturgy of the Word. Ashes are typically placed on one's forehead in the shape of a cross. The traditional formula for placing the ashes on the forehead is, "Remember you are dust and to dust you will return." However, today you may also hear the formula, "Turn away from sin and live the gospel."

In the Ash Wednesday Gospel (*Matthew 6:1-6, 16-18*), we hear Jesus say:

*When you fast,
do not look gloomy like the hypocrites.
They neglect their appearance,
so that they may appear to others to be fasting.
Amen, I say to you, they have received their reward.
But when you fast,
anoint your head and wash your face,
so that you may not appear to be fasting,
except to your Father who is hidden.
And your Father who sees what is hidden will repay you.*

ASH
WEDNESDAY



Remember that
You are dust, and to
dust You shall return.
Ecclesiastes 3:20

SIGNIFICANCE OF ASHES

The ashes are a symbol of penance and reconciliation. Ashes are used in the Catholic Church not only on Ash Wednesday, but also in the rites for the consecration of an altar and for the dedication of a church. The ashes are the burnt palms used on Passion Sunday/Palm Sunday of the previous year. These palms are burned in the Easter fire, lit on the Saturday night that marks the transition from Holy Saturday to Easter Sunday. Many parishes allow for you to bring back your palms so that they may be used on the next Ash Wednesday.

WHY WERE WEDNESDAY AND FRIDAYS DEDICATED TO FASTING IN THE CATHOLIC FAITH?

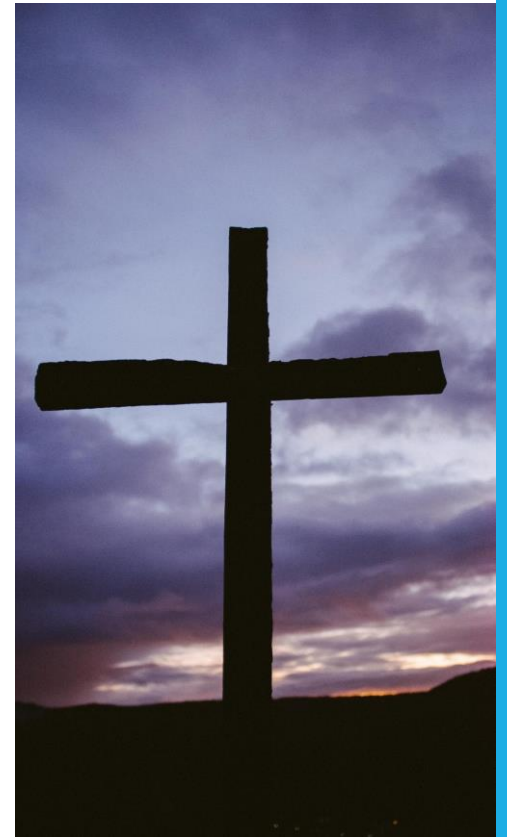
In the early Church, Wednesdays and Fridays were appointed as days of fasting.

*Their choice was most appropriate, for **Wednesday was then dedicated by the pagans to Mercury**, the god of theft and injustice, and Friday was consecrated to Venus, the goddess of carnal love and debauchery; wherefore, fasting on those days was well calculated both to **atone for the countless sins of injustice and impurity** committed everywhere almost without restraint, and to keep the Christians from indulging in them.*

While that may have been an early reason why those days were chosen, the primary reason **Wednesday became a fasting day was in memory of Judas' betrayal**, who according to tradition betrayed Jesus on a Wednesday.

The Wednesday fast then has a direct link to Jesus' Passion and recalls a sorrowful event in Jesus' life. The fast became a way to atone for this betrayal as well as a **reminder of how often we betray Jesus** through the bad choices we make daily.

While Wednesday is no longer a fasting day throughout the calendar year, a remnant of this tradition is found on Ash Wednesday, when the Church begins its Lenten fast.



KEEP LENTEN GOALS REALISTIC!

REFLECT, EVALUATE, MODIFY, MEASURABLE, REALISTIC



- **The ABC...of Lent**
 - A.** Adoration
 - B.** Bible
 - C.** Confession
 - D.** Devotion (Pray, Rosary, Divine Mercy Prayer etc.)
 - E.** Eucharist
 - F.** Faith Sharing (friends to share with)
 - G.** Generosity
- **The goal is to grown in God**

WHAT ARE THE “RULES”?

ABSTAIN- Ash Wednesday, Good Friday, and all Lenten Fridays

Catholics (14 years of age and older) are required to abstain from meat.

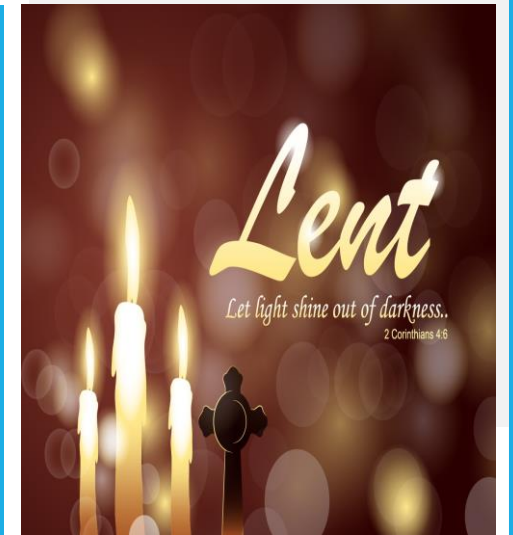
FAST-Ash Wednesday and Good Friday

Catholics (age 22 – 58) are required to fast. This excludes those who cannot fast for medical reasons including pregnant and nursing mothers.

What does it mean to “abstain?”

Abstain means to fast from all meat from land animals (cows, sheep, chickens, etc.) and birds.

Fish and shellfish are permitted.



Is “Lent” Biblical?

While the term “Lent” is not found in the Bible, our 40 days reflect the 40-day preparation of Jesus in the desert before his public ministry.

What constitutes a Lenten fast?

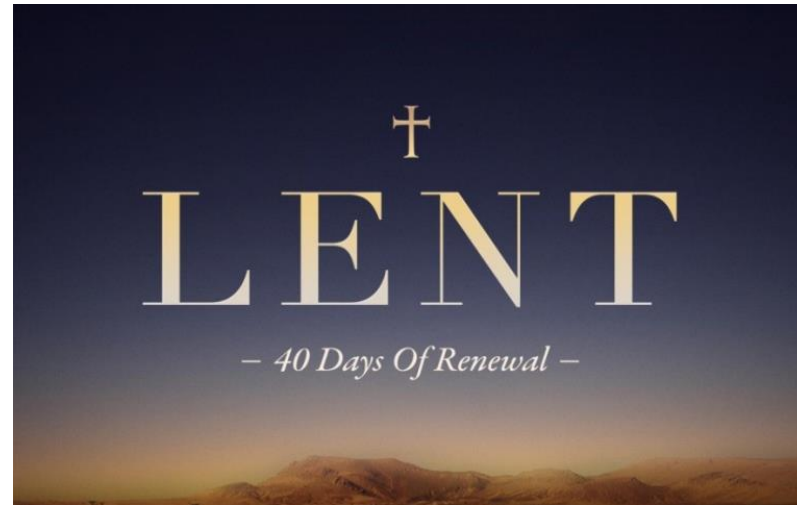
To fast means to limit food to one full meatless meal and other food taken during the day to less than one full meal when combined.

LENTEN REGULATIONS

The Catholic Church, to help Catholics do at least a minimum during Lent, asks all Catholics to **fast and abstain** from meat on certain days.

Fasting means to limit food to one full meal a day with the possibility of two smaller meals (not adding up to a full meal) as needed.

Abstinence means not eating meat, although fish is allowed. Catholics are required to observe all days of fasting and abstinence which is one of **the precepts of the Church**.



A list of 16 possible foods to give up for Lent (not all, chose 1)

- Chocolate
- Candy
- Desserts
- Coffee
- coffee creamer
- Pop
- Alcohol
- Tea
- drink only water
- Red meat
- all meat (go vegetarian!)
- Animal products (go vegan!)
- Condiments
- Snacking
- take out
- take up intermittent fasting

7 Activities to give up

- Social media
- watching YouTube/Netflix/TV
- games on your devices
- listening to the radio
- Pinterest
- unnecessary shopping or shopping at a specific store (Walmart, Costco?)
- secular music



9 Things to ADD as a Lenten sacrificial practice

Don't forget that we can also add in spiritual practices or other activities as a Lenten sacrificial practice.

- listen to religious music only
- decluttering (40 bags in 40 days?)
- donate your time
- donate gently used items
- daily Mass
- daily Rosary
- weekly adoration
- confession
- exercising

10 Habits to sacrifice for Lent

- Swearing
- Sleeping in
- Comparison
- Complaining
- Gossiping or listening to gossip
- Negativity
- Overeating
- Checking your phone
- Skipping schedule exercise
- Arguing



7 Luxuries as a Lent sacrifice

- hot showers/baths
- wearing makeup
- turn the heat down
- checking your reflection
- choice of clothing (limit to several outfits)
- headphones
- buying new clothes

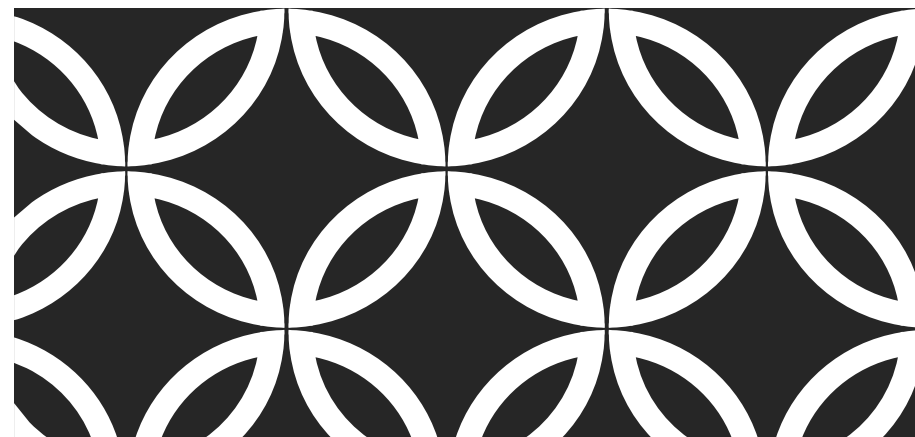
Commonly Asked Question:

Every year during Lent I'm asked why Catholics fast and abstain. How can I explain our Lenten practice?

Answer:

Lent is the 40 days before Easter in which Catholics pray, fast, contemplate, and engage in acts of spiritual self-discipline. Catholics do these things because Easter, which celebrates the Resurrection of Christ, is the greatest holy day of the Christian year (even above Christmas) and Catholics have recognized that it is appropriate to prepare for such a holy day by engaging in such disciplines.

WHY DO CATHOLICS PRACTICE FASTING AND ABSTINENCE DURING LENT?

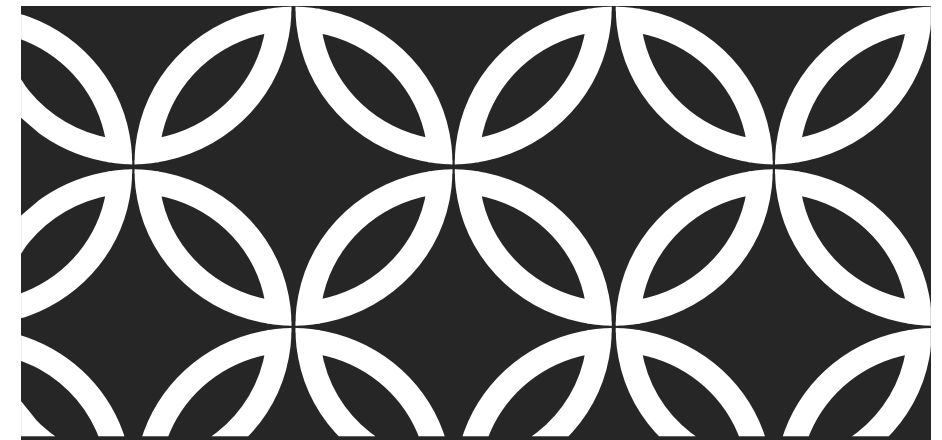


(Archbishop Fulton Sheen noted that the Protestant attitude is summarized by the line, "First comes the feast, then comes the hangover," while the Catholic attitude is "First comes the fast, then comes the feast.")

The reason Lent lasts 40 days is that 40 is the traditional number of judgment and spiritual testing in the Bible (Gn 7:4, Ex 24:18, 34:28, Nm 13:25, 14:33, Jon 3:4). Lent bears particular relationship to the 40 days Christ spent fasting in the desert before entering into his public ministry (Mt 4:1-11). Catholics imitate Christ by spending 40 days in spiritual discipline before the celebration of Christ's triumph over sin and death.



THERE ARE ALSO MANY BIBLICAL REFERENCES TO LENTEN THEMES LIKE REPENTANCE, FASTING, SELF SACRIFICE, AND ALMSGIVING.

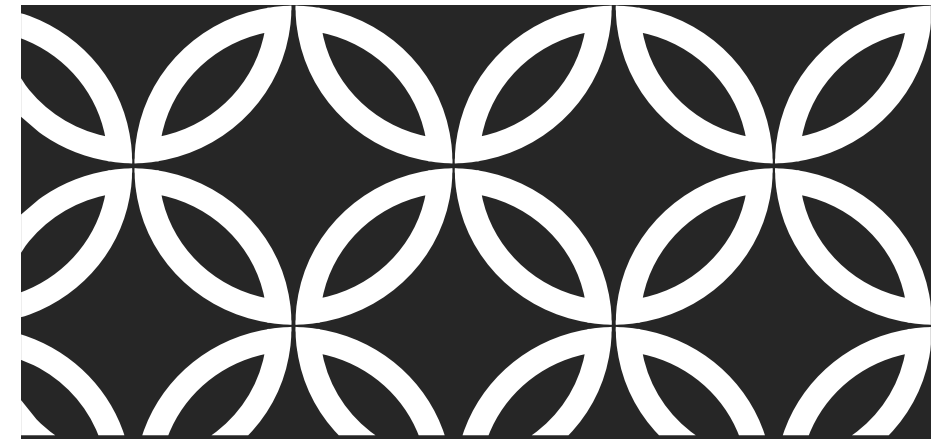


Is Ash Wednesday a holyday of obligation for Catholics?

Nope. But participation is encouraged.



WHAT IS THE DEFINITION OF ALMSGIVING?



The Catholic Church considers almsgiving "a witness to fraternal charity" and "a work of justice pleasing to God" (Catechism of the Catholic Church, No. 2462).

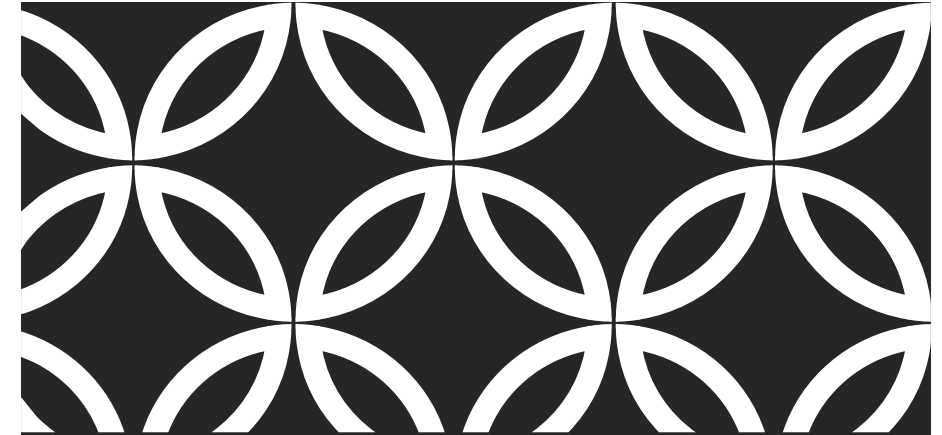
Almsgiving is the act of donating money or goods to the poor or performing other acts of charity. However, when defining almsgiving, it helps to understand the meaning behind the word itself.

The roots of the word "alms" can be found in ancient Latin and Greek words meaning mercy and pity. Similarly, the root of the word "charity" comes from the Latin "caritas," meaning love.



ACTS OF ALMSGIVING DURING LENT ALLOW US TO:

- LET GO OF OUR OWN DESIRES AND FOCUS ON THE NEEDS OF THE LESS FORTUNATE
- SACRIFICE OUR TEMPORAL COMFORT FOR THE GOOD OF ANOTHER PERSON
- RELY ON GOD TO MEET OUR NEEDS RATHER THAN PROVIDING FOR OURSELVES



Recap:

Why do Catholics observe it?

Lent is a time of penance and preparation for Easter mimicking Jesus's withdrawal and sacrifice into the desert before His public ministry.

It is a time to more fully realize our need for a savior so we can more fully enter the joy of Easter.

PRAYERS

Chaplet of the Precious Blood

The Chaplet of Divine Mercy

The Stations of the Cross



The First Station
Jesus is Condemned to Death



The Second Station
Jesus Carries His Cross



The Third Station
Jesus Falls the First Time



The Fourth Station
Jesus Meets His Sorrowful Mother



The Fifth Station
Simon Helps Jesus to
Carry the Cross



The Sixth Station
Veronica Wipes the Face of Jesus



The Seventh Station
Jesus Falls the Second Time



The Eighth Station
The Women of Jerusalem
Weep over Jesus



The Ninth Station
Jesus Falls the Third Time



The Tenth Station
Jesus is Stripped of His
Garments



The Eleventh Station
Jesus is Nailed to the Cross



The Twelfth Station
Jesus is Raised upon the
Cross, and Dies



The Thirteenth Station
Jesus is Taken Down
from the Cross



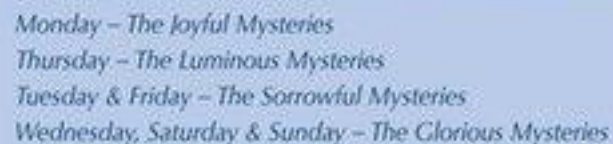
The Fourteenth Station
Jesus is Laid in
the Sepulcher

1. Make the Sign of the Cross and say the "Apostles Creed."

- ### For each Decade of the Rosary

- ### Concluding Prayers

11. Say the "Hail Holy Queen" with the concluding prayer.



- 1st – The Annunciation
- 2nd – The Visitation
- 3rd – The Nativity
- 4th – The Presentation
- 5th – The Finding in the Temple

- 1st – The Baptism in the Jordan
- 2nd – The Wedding at Cana
- 3rd – The Proclamation of the Kingdom
and the Call to Conversion
- 4th – The Transfiguration
- 5th – The Institution of the
Holy Eucharist

1st – The Agony in the Garden
2nd – The Scourging at the Pillar
3rd – The Crowning with Thorns
4th – The Carrying of the Cross
5th – The Crucifixion

- 1st – The Resurrection
- 2nd – The Ascension
- 3rd – The Descent of the Holy Spirit
- 4th – The Assumption of Mary
- 5th – The Crowning of Mary as Queen of Heaven



vevo



VENI, SANCTE SPIRITUS (COME, HOLY SPIRIT)

Come, Holy Spirit,
send down those beams,
which sweetly flow in silent streams from Thy bright throne above.

O come, Thou Father of the poor;
O come, Thou source of all our store, come, fill our hearts with love.

O Thou, of comforters the best,
O Thou, the soul's delightful guest, the pilgrim's sweet relief.

Rest art Thou in our toil, most sweet refreshment in the noonday
heat; and solace in our grief.
O blessed Light of life Thou art; fill with Thy light the inmost heart of
those who hope in Thee.

Without Thy Godhead nothing can, have any price or worth in man,
nothing can harmless be.
Lord, wash our sinful stains away, refresh from heaven our barren
clay, our wounds and bruises heal.
To Thy sweet yoke our stiff necks bow, warm with Thy fire our hearts
of snow, our wandering feet recall.
Grant to Thy faithful, dearest Lord, whose only hope is Thy sure word,
the sevenfold gifts of grace.
Grant us in life Thy grace that we, in peace may die and ever be,
in joy before Thy face.

Amen. Alleluia.