



Wednesday 17th February marks the beginning of **Lent**, the most important time in the Church's calendar. **Lent is the 40 days** before Easter, beginning on **Ash Wednesday**. Lent is a season of reflection and preparation before the celebrations of **Easter**.

The 40 days of Lent, echo Jesus Christ's sacrifice and withdrawal into the desert for 40 days.

Ash Wednesday is often seen as a time to clean the soul and mind ready for Lent.

Purple is used throughout Lent as a sign of sorrow and also of royalty for the death of Christ the King.

Lent ends on **Thursday 1st April or Maundy Thursday** as the Church enters Holy Week and the death and resurrection of Jesus.

Our Lenten journey starts in half term so please find some ways for you to mark that day at home with your family. There is a page for each phase in school.



A good exercise for the heart



is bending down and helping someone to get up.

In his Pastoral letter, *Fratelli Tutti*, Pope Francis challenges us by saying

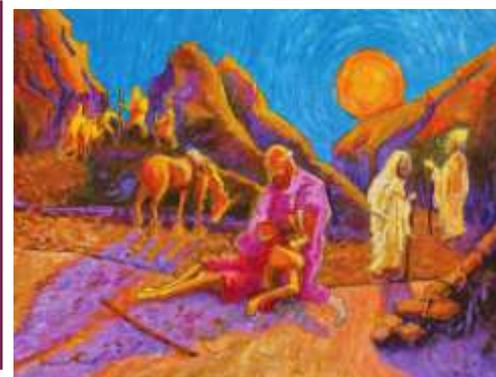
“Each day we have to decide whether to be Good Samaritans or indifferent bystanders.”

This year our Lenten challenge is not about ‘giving things up’ but just **giving!** During the 4 weeks of Lent what acts can you do that offer kindness and support to others within our families and our community.

Below are some ideas that you can do during Lent to show kindness and giving, We will also have a tree in school that the class teacher can add a Lenten promise or prayer on to from your home learning.



*Loving and compassionate God,
teach us to show love and mercy to
each other.
As we begin our journey through Lent,
inspire us to be generous and kind.
Amen*



EARLY YEARS

ASH WEDNESDAY 17 February 2021

Ash Wednesday marks the beginning of Lent. Usually Christians go to church and a Cross is made on our foreheads with ashes to show that we want to grow more like Jesus. It may not be possible for everyone to go to church this year.

Lent is the Church's season of preparation for the celebration of Easter. It lasts for six weeks or 40 days.

The day before Ash Wednesday is called Shrove Tuesday or Pancake Day. 'Shrove' means being forgiven for the times we get things wrong. Traditionally pancakes were made to clear out all the rich ingredients from the cupboard before the start of strict fasting in Lent. Today we still keep Shrove Tuesday but during Lent we don't have as strict a fast as people used to have.

During the forty days of Lent, Christians are encouraged to try to become more like Jesus by caring, sharing and helping. This helps us to think about other people. Lent is also a special time when we think about Jesus, how he grew in love and we try to grow in love, goodness, kindness and helpfulness like him.

How could you follow Jesus' example by caring, sharing and helping?

Make a Lenten promise card showing how *'I want to grow in love like Jesus by...'*

There are some ideas for each day on the Mission Together Lenten calendar. If you can, look at the other Mission Together resources: <https://missiontogether.org.uk/calendar/resources-for-lent-2021/>

Or the resources on the CAFOD website <https://cafod.org.uk/Education/Primary-teaching-resources/Lent-resources-for-children>

KEY STAGE 1

ASH WEDNESDAY 17 February 2021

Lent is a special time of preparation for Holy Week and Easter – the most important feast of the Church's year. Lent starts on Ash Wednesday and the day before that is called Shrove Tuesday. 'Shrove' means being forgiven for wrong-doings. Another name for Shrove Tuesday is Pancake Day. Traditionally it is the day to clear out all the rich ingredients from the cupboard before the start of strict fasting in Lent, using the ingredients to make pancakes. Today we still keep Shrove Tuesday but during Lent we don't have as strict a fast as people used to have.

There are 40 days in Lent starting with 'Ash Wednesday'. Usually people go to church and the priest makes a cross with ashes on each person's forehead, but that may not be possible this year. The ashes are made by burning the palms that were used at Palm Sunday last year. The priest says these words: *Repent, and believe in the Gospel.*

Christians use the opportunities of Lent to make a new start, remembering that Lent is a time to try to follow Jesus' example and become better people. Christians like to make an effort to pray more during Lent or to give something up or do something extra.

The Church uses the colour purple during Lent. The priest will wear purple vestments for Mass during Lent. Purple symbolises penance, a time of reflection on wrongdoing and of the need to choose good. During Lent there are no alleluias said or sung, because they are used at times of rejoicing, not times of penance.[Repentance is to turn away from sin/wrongdoing. Penance is how we show we are sorry.]



Sometimes ashes can be given in school on Ash Wednesday

You might like to make a Lenten tree, using twigs that are just about ready to burst into leaf. You can hang Lenten promises on the twig showing how you will try to grow and change during Lent.

There are some ideas for each day on the Mission Together Lenten calendar. If you can, look at the other Mission Together resources: <https://missiontogether.org.uk/calendar/resources-for-lent-2021/>

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LOWER KEY STAGE 2

ASH WEDNESDAY 17 February 2021

Ash Wednesday is the first day of Lent, the Church's season which lasts six weeks (forty days set aside to prepare for Easter). These 40 days remind us of the time Jesus spent in the desert after he had been baptised by John in the river Jordan. Jesus needed to be alone to pray to prepare for his ministry. It was not an easy time for Jesus. He was tempted, but he resisted temptation, and the experience strengthened him for his mission. This is Luke's story of what happened.

Jesus went out into the desert. There was nobody there; nothing but sand and rock.

He was all-alone for forty days. He ate nothing, so at the end of forty days he was extremely hungry. He heard a voice telling him that he could change stones into bread, if he wanted.

Jesus knew that eating was not the most important thing in life. He remembered God's word: 'No one lives on bread alone'.

Again he was tempted. The voice promised him all the kingdoms of the world. Jesus knew that the only true ruler of the world is God. He remembered God's word: 'I am the Lord your God, you shall serve no one before me'.

A third time the tempting voice came to Jesus. "If you are God's Son you can do anything and God will take care of you. Even if you threw yourself off the highest place, God would protect you." Jesus remembered God's word, 'You must not put God to the test'. The voice of the tempter was silent.

Based on Luke 4: 1-12 (God's Story 3)

Jesus went into the desert to think and pray, and work out what God wanted him to do. In the same way, it is important that we stop every now and again, to think about how we are following Jesus, and doing what he wants of us. We have Lent as a special time to do this, and we pray that the Spirit of God will help us to be strong, to make good decisions, and to be generous in our giving.

During Lent, Christians try to make changes to their lives in order to become more like Jesus and to prepare for the celebration of Easter. During Lent Christians try to grow in holiness, to grow in God's way. Traditionally Christians go to church on Ash Wednesday to receive ashes, but that may not be possible this year. The ashes are a symbol of penance and contrition, and a reminder that God is loving and merciful to those who call on Him.

The palms left over from last year's Palm/Passion Sunday are burned leaving the ashes. The priest blesses the ashes and prays: "Lord God, bless all who ask for your forgiveness. Bless all those who receive these ashes. May they keep this Lenten season in preparation for the joy of Easter." The priest then makes a cross with the ashes on the forehead of everyone who comes in procession to the altar: he says, "Turn away from sin and be faithful to the Gospel."

These words remind Christians that they are beginning a time when they are making a new start by giving themselves to God and others, through **prayer**, giving up things (**fasting**) and doing good for others (**almsgiving**). During Lent, the Church uses the colour purple, to symbolise repentance and does not use the word Alleluia until Easter. The Church family tries to do something extra during the 40 days of Lent:

Make a Lenten promise showing how you can be more generous to others: e.g. During Lent I promise to ... because ...

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UPPER KEY STAGE 2
ASH WEDNESDAY 17 February 2021

Ash Wednesday is the first day of Lent, the Church's season which lasts six weeks (forty days set aside to prepare for Easter).

These 40 days remind us of the time Jesus spent in the desert after he had been baptised by John in the river Jordan. Jesus needed to be alone to pray to prepare for his ministry. It was not an easy time for Jesus. He was tempted by the devil, but he resisted him, and the experience strengthened him for his mission. This is Luke's story of what happened.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The Devil said to him, 'If you are God's Son, order this stone to turn into bread'. But Jesus answered. 'The scripture says, people cannot live on bread alone'.

Then the Devil took him up and showed him in a second all the kingdoms of the world. 'I will give you all this power and all this wealth, the Devil told him. 'It has all been handed over to me, and I can give it to anyone I choose. All this will be yours, then, if you worship me.'

Jesus answered, 'The scripture says, Worship the Lord your God and serve only him!'

Then the Devil took him to Jerusalem and set him on the highest point of the Temple, and said to him, 'If you are God's Son, throw yourself down from here. For the scripture says, 'God will order his angels to take good care of you'. It also says 'They will hold you up with their hands so that not even your feet will be hurt on the stones'. But Jesus answered, 'The scripture says, 'Do not put the Lord your God to the test'. When the Devil finished tempting Jesus in every way, he left him.

Luke 4: 1-12

We are all tempted at times, at different stages of life, in all sorts of ways, and we need to stay close to God in order to have the strength to resist and to live in his way. Like Jesus' 40 days in the desert, we can use Lent as a special time of the year when we think and pray about how we live our Christian life, showing our love of God and neighbour; it is a time of 'turning back' to God, a chance to start again and follow the way of Jesus.

Traditionally Christians go to church on Ash Wednesday to receive ashes to start their Lenten journey, but that may not be possible this year. The ashes are made by burning the palms left over from last year's Palm/Passion Sunday. The priest would then make a cross with the blessed ashes on the forehead of everyone who comes in procession to the altar: he says, "Turn away from sin and be faithful to the Gospel."

The ashes are a symbol of the repentance of the person who receives them.

Lent is a time to choose a new way of life and start again. During Lent, Christians try to make changes to their lives in order to become more like Jesus and to prepare for the celebration of Easter. There are three particular ways that the Church recommends: firstly, **prayer** and reflection, through reading scripture and spending more time each day speaking to God; secondly, **fasting**, that is giving up something and thirdly, **almsgiving**, that is doing good for others.

Make your own Lenten calendar showing how you will spend the forty days of Lent preparing for Easter. Make a Lenten promise – to give something up or to do something extra - throughout Lent.

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