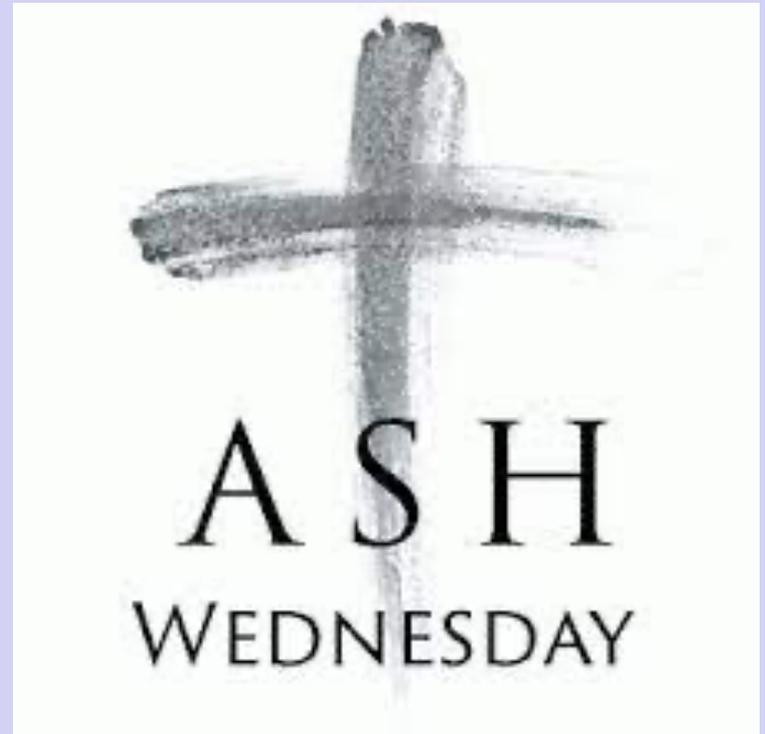
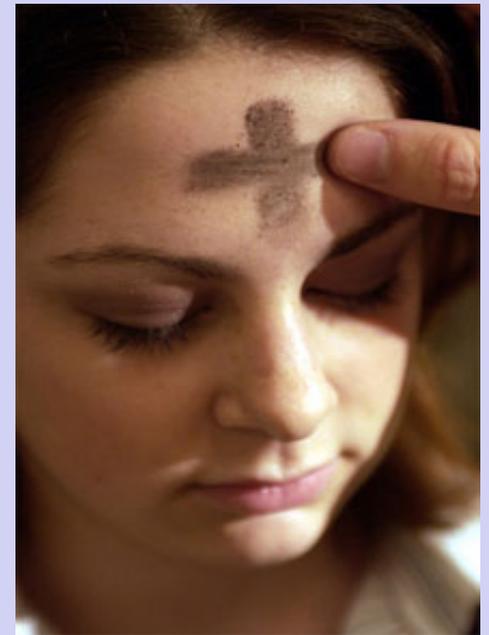


Ash Wednesday and Lent

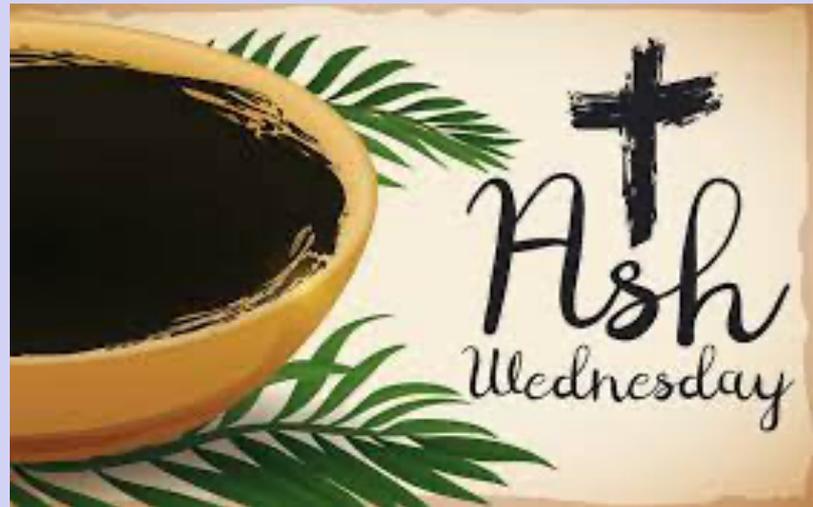


Lent is a very special time.
Ash Wednesday is the first
day of Lent.
We go to mass and get ashes
put on our forehead.



The Ashes are holy ashes
and they are blessed by the
priest.

They are made by burning
last year's palm crosses.

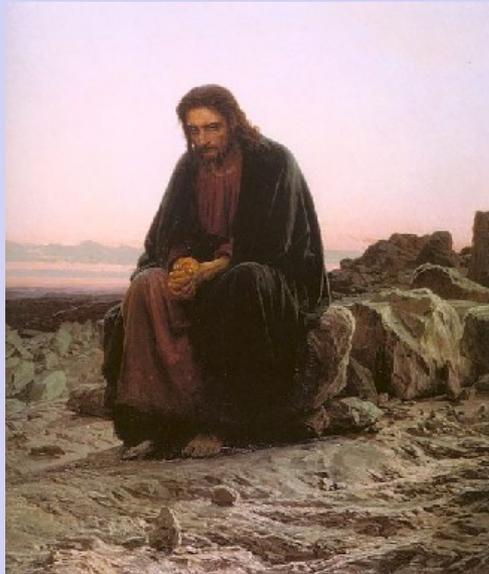




Here is a priest with a Palm Cross
and some ashes.

Lent lasts for 40 days and 40 nights because that's how long Jesus went to pray for.

We must remember this.



The Ashes are in a cross shape to remind us that Jesus died for us on a cross.



We use purple at special times in the church year and when it is Lent our Prayer Table will change from green to purple.



During Lent we must remember to pray like Jesus and show each other Acts of Kindness.



This year we are not in school to celebrate Ash Wednesday together. Take some time today to think about a promise you can make during Lent.

- You can give something up
- Promise to do something extra
- Help others



Let us pray.

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Amen.

