



Holy Cross Parent RE Newsletter

*One School Family, Achieving Together,
Anchored in the Love of Christ*



Our new topic is: **Lent**

What is Lent?

The 40 days of Lent lead up to Easter.

Lent starts on Ash Wednesday. The last week of Lent is called Holy Week.

This year, Lent starts on Wednesday 5th March.



Ash Wednesday

Ash Wednesday marks the beginning of Lent – a time for turning again to the practice of our faith in prayer, fasting and almsgiving.

*'Give alms...Pray to your Father...Fast without a gloomy face...'
(Matthew 6:1-18)*



On Ash Wednesday, we often receive ashes applied in the shape of a cross on our foreheads. These ashes recall the shortness of our time on earth to do God's work. We are also reminded that we are called to turn away from sin, to repent and to believe the Good News of our salvation through Jesus Christ. The ashes themselves come from the burned palms from last year's Palm Sunday celebration.

'All came from the dust and all return to the dust.' (Ecclesiastes 3:20)



How do we prepare? There are many things we can do:

- Many people make a Lenten promise. They may choose to give something up like a favourite food or maybe take up a new challenge each day, such as carrying out a random act of kindness
- Pray the Stations of the Cross
- Go to Confession



Our main themes in the Lent topic are different for each year group. We will learn:

St Jude Class: Lent is a time when we get ready for Easter, and we look at the example and teaching of Jesus.

St Mary Class: Lent is preparing for Easter. It begins on Ash Wednesday and it is a time of seeking forgiveness.

St John Class: That Jesus changed the people he met and how he deepened his relationships with the Father through prayer.

St Teresa Class: How prayer, fasting, almsgiving and living out the Beatitudes helps us to prepare for Easter.

St Veronica Class: Preparation for Easter involves becoming more like Jesus through the teaching of St Paul. The concept of temptation is also explored.

St Michael Class: The means by which we prepare for Easter are explored in depth, through the teachings of Jesus and his parables. The Beatitudes are also revised as fulfilment of God's promise.

You can find ideas for family activities to complete during the Lenten season by following the link below:
<https://www.casportsmouth.org.uk/lent-family-activities/>