

Dear Parents/Guardians;

The season of Lent started on Ash Wednesday. This year, Ash Wednesday was on February 26, 2020. Lent is the season of fasting, repentance, and inner reflection as we prepare for Easter. Lent goes for forty days, until Palm Sunday. The Sundays in Lent are not counted.

For your children ages 0-3, the packet includes a book called If Jesus Lived Inside My Heart. This board book asks, "If Jesus lived inside our hearts, would it show?" It shows ways even the youngest can be kind and generous. As you move through Lent, you can read it together and find ways to let Jesus shine through you.

There is also a simple craft that can help remind your child of things that are usually done during Lent.

Your sister in Christ,

Brenda Komarinski

LENTEN BUTTERFLY CRAFT

LENT

What do we do during LENT?

**We Celebrate Lent from
Ash Wednesday to Holy Thursday**

This year, Lent begins: _____



GIVE
How can I help others?

FAST
No meat on Fridays

PRAY
Remember my prayers!

SACRIFICE
Can I give something up?



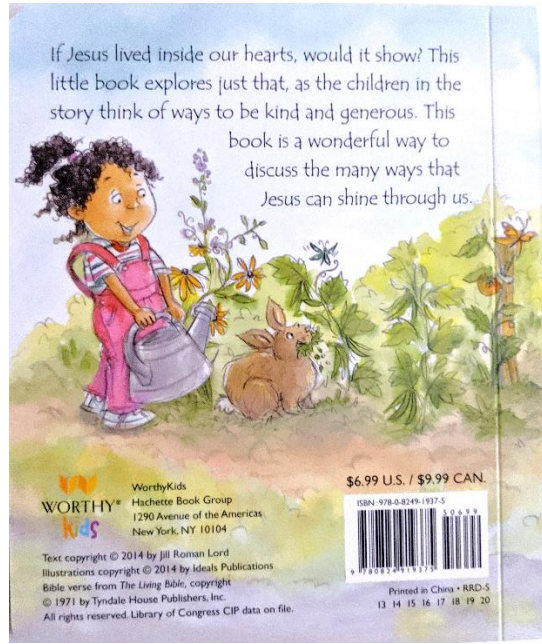
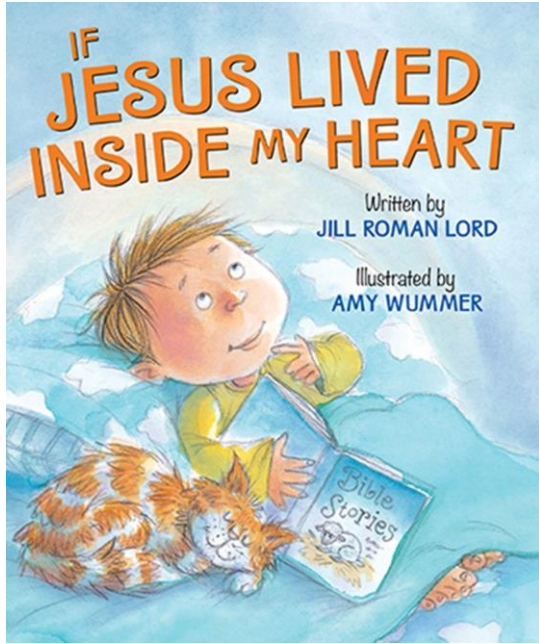
Print out

Color

Cut out

Attached pieces together with string or yarn to make a mobile

Included in the packet was a craft and the following book:



The book can be purchased at [Amazon.com](https://www.amazon.com)