

Dear Student;

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.

Your packet includes a book called Prepare Your Heart. It uses the prayer beads you made back in September. Each day, it gives you a Biblical reading, a reflection, and a response in prayer. Even if you only do a day a week, you will find your Lenten journey to be more grounded in God's love.

There is also a Lenten 2020 countdown sheet. As we move through Lent, you can check off the days.

There is a space to write your resolutions for Lent. You can resolve to read your book each day. Or maybe you want to say a prayer of Thanks every morning. Or remember a loved one who is sick.

Are you going to try to fast (give up food) for a meal? Maybe give up eating meat on Friday, or stay away from chocolate until Easter. Maybe your fast will be to give up a behavior, like teasing a sibling. Can you abstain (stop) doing something for all of Lent?

Also, there is a spot for Alms giving. Alms are things (food, clothing, money) given freely to someone in need. What will you give this Lent?

On the countdown sheet, there are pictures of fish for each Friday. It is a tradition that people eat fish on Fridays in Lent. Will your family do this?

Each Sunday is marked with an empty cross, to remind us that Sundays are a day to celebrate the Risen Jesus.

There are some special Saint days during Lent. Saints are people (just like you) who lived a good life that sets an example of what it means to be a follower of Jesus. It is always good learn about saints. The saints whose days are in Lent are as follows:

- St. Katherine Drexel (1858-1955) was born wealthy and used her money to start schools for Native Americans and African Americans. She became a nun and started an order that continues to help children receive an education.

- St. Casimir (1458-1484) was a prince of Poland. He was known for devotion to God and generosity to the sick and poor.
- St. Perpetua and St. Felicity share a day. These women were killed by the Roman government in the year 203, simply for believing in Jesus.
- St. Frances of Rome (1384-1440) was a rich Italian woman who ministered to the sick and poor. During a flood, she turned her house into a hospital.
- St. Patrick lived in the 5th century. He was born in England, captured as teenager and taken to Ireland as a slave. He grew to love God and escaped slavery. When he returned home, he studied and became a priest. He went back to Ireland to share God's love.
- St. Joseph is the man God chose to raise Jesus. He was a carpenter and listened to God when God told him that Mary would have God's son.

On these days, think about ways you can listen to God, help someone to learn, or help someone who is sick. Can you make a card to let someone know that you are thinking of them? Can you help someone younger than you? How can you share the love of Jesus?

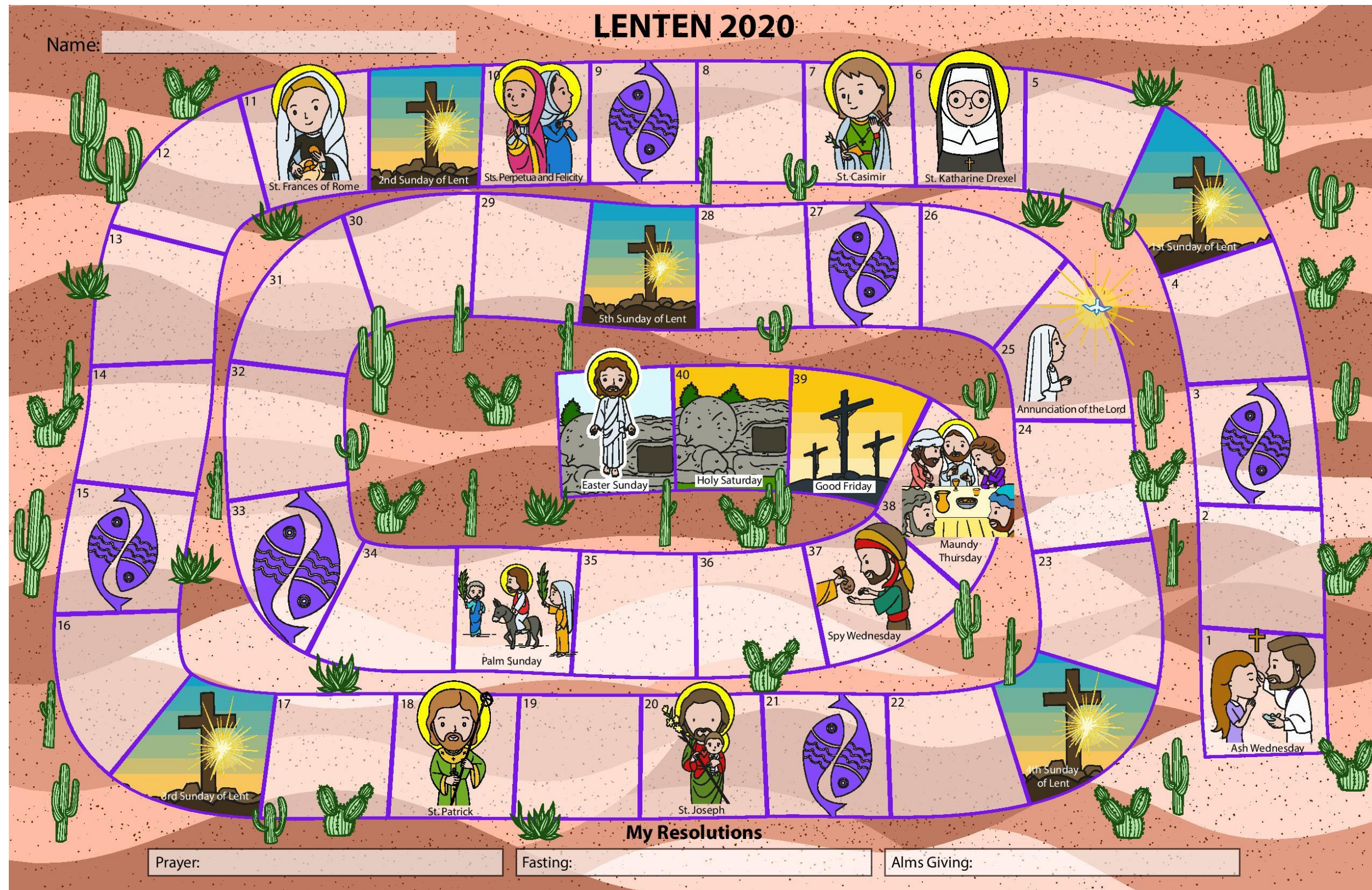
On one of the bulletin boards at church is the Lent Madness Saint countdown poster. Lent Madness is a fun way to learn more about saints during Lent. For more information, go to www.lentmadness.org or [Facebook.com/lentmadness](https://www.facebook.com/lentmadness). There is a Lent Madness scorecard in your packet.

I hope your Lenten journey is filled with prayer and love.

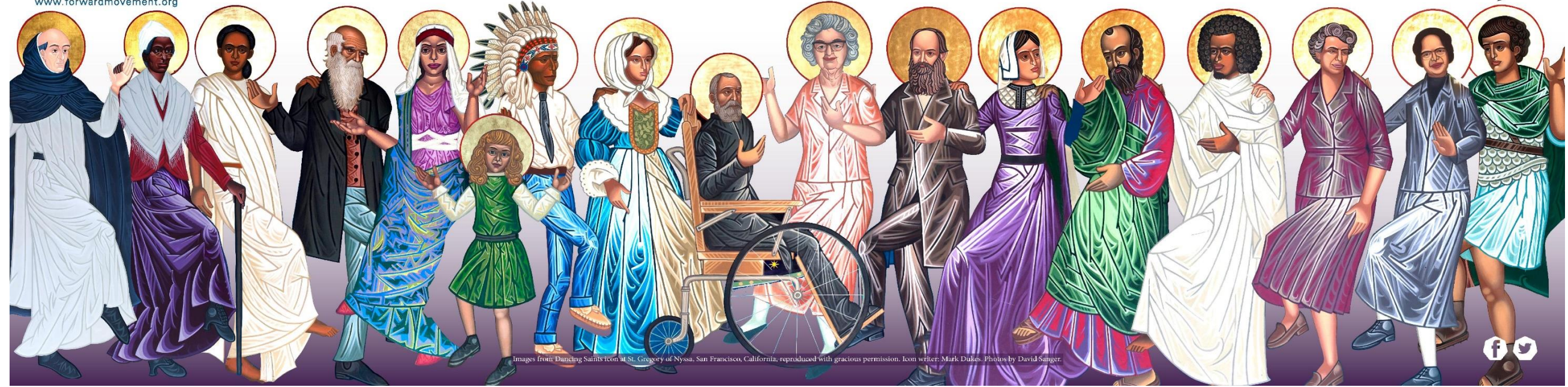
Brenda Komarinski

LENTEN 2020

Name: _____



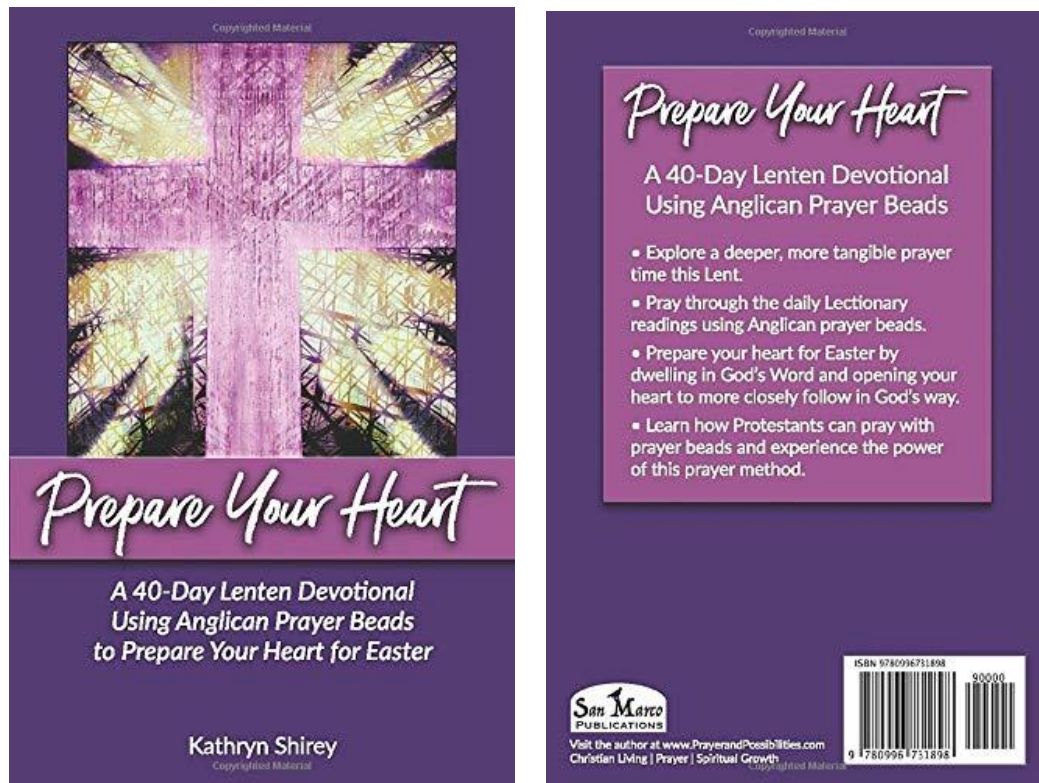
2020 LENTMADNESS.ORG



Images from: Dancing Saints Icon at St. Gregory of Nyssa, San Francisco, California, reproduced with gracious permission. Icon writer: Mark Dukes. Photos by David Sanger.



Included in the packet was the Lenten 2020 countdown, the Lent Madness Scorecard, and the following book:



The book can be purchased at Amazon.com