

OUR LADY OF THE
HOLY † SOULS
CATHOLIC CHURCH

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Dear Holy Souls Family,

You may have overheard your students discuss what to give up for Lent. It's a sure sign that Ash Wednesday is here! For some people, it's easy to remember because it's the Day after Fat Tuesday, which wraps up Mardi Gras. While I'm sure everyone knows about Mardi Gras, I want to share with those that may be new to Holy Souls. Lent is a 40 day period of preparation for Easter. It has roots back to the time of Jesus, and it's a season where we fast and give to the poor to prepare ourselves spiritually for the Jesus' death on Good Friday and His resurrection on Easter. You'll see announcements for stations of the cross, fish dinners, and small groups for the Lenten season. It's a great time to grow closer as a family and a parish.

Ash Wednesday kicks off the season of Lent, and your student will come home with ashes in the form of a cross on their foreheads (if they aren't smudged). Traditionally, we get the ashes by burning the palms we get on Palm Sunday, when Jesus triumphantly entered into Jerusalem. It's a way for us to remember that God's time is our time and reminds us that triumph and tragedy sometimes go hand in hand. It's one of two days of the year where Catholics are asked to fast, and we also abstain from meat.

The ashes can be a great opportunity to talk to your students about our faith. While Mardi Gras is a giant Catholic party, Lent reminds us that life isn't always a party. As Christians, we know that Jesus walks with us through the parties, and through the hard times too. Ash Wednesday is an anomaly in our culture that we should embrace. It's a time to slow down, to help others, and to ask forgiveness. That means it may take some explaining at home, and some extra effort to stay on track all the way until Easter. But don't worry. It's well worth it. Please take some time to reflect on that and share with your students!

Sincerely

Holy Souls Church

LENT PLAN

2019

Read Matthew 6: 1-18 to help reflect on each of these areas:

Prayer

Fasting

Almsgiving