



LENTEN ACTIVITIES

Lent is a 40-day (excluding six Sundays) penitential season of preparation for the feast of Easter. It begins on Ash Wednesday and ends with the evening Mass of the Lord's Supper on Holy Thursday. The 40 days of Lent remind us of the people of Israel wandering in the desert for 40 years and of Jesus' 40 days of temptation in the desert.

Originally, Lent was a period of instruction for catechumens who prepared to enter the Church at Easter, but it has developed into a season that is celebrated by the entire Church.

Catholics ages 14 and older are to abstain from eating meat on Ash Wednesday and all the Fridays of Lent. In addition, all Catholics who are 18 and older, until their 59th birthday, are to fast on Ash Wednesday and Good Friday by eating, at most, only one full meal and two smaller ones. Also, Catholics of all ages are urged to prepare their hearts for Easter through additional prayer, fasting, and almsgiving.

Lent is a time of prayer, penance, and sacrifice. It is a time for the entire family to be more attentive to the words and life of Jesus. It is a time to try harder to put Jesus' teachings into practice.

Lent is a journey to the fulfillment of our hope. We know that Lent will end with the glorious Resurrection of our Lord, and so, we welcome the 40 days of Lent as a walk toward God.