



Northeastern Catholic
District School Board

2008 LENT SEASON

Special Points of Interest

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- > Farewell to the Alleluia
- > The Meaning of Lent
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Tuesday, February 5th, 2008

Mardi Gras/ Shrove Tuesday

The word "Carnival" means "goodbye to meat" in Latin. So Carnival especially the last day before Ash Wednesday was an opportunity to finish off your supply of good meat and rich pastries. Carnival ends with Mardi Gras or "Fat Tuesday", a day when many

people eat pancakes running with butter and syrup. Doughnuts are also a favourite especially in Poland where they are called paczki (poonch-key) and are filled with jelly or custard.



Prayer at Mardi Gras

Leader:

Blessed are you, Lord our God,
Ruler of the Universe
for giving us this season
of Grace and happiness.
Let us all say, "Blessed
Be God for ever."

All: Blessed be God for ever.

Leader:

Loving God,

we thank you for the promise
that springtime will follow
these last days of winter.

We thank you for the promise
that Easter will follow the hard work of Lent.
We thank you for Mardi Gras
and the chance to rejoice together
We thank you through Christ our Lord.

All: Amen

Sing many "Alleluias"

Tuesday, February 5th, 2008

Farewell to the Alleluia



Before Lent, we all say good-bye to Alleluia. The word means “praise God” in the Hebrew language. The Church does not sing this song of joy during Lent, a season of penance and simplicity. Putting it aside gives greater delight to its return. On this day, you can also have a Farewell to Alleluia Service.

Preparation: Make a beautiful banner or scroll with the word “Alleluia” on it. Find a box to fit it. The tomb can be a cupboard, a trunk or chest. Gather bells or noisemakers, horns and other instruments. When you are ready to begin, form a procession. Carry the bells and other instruments, the banner and the chest that will house the banner.

Prayer at Farewell to the Alleluia

Begin and end with a song

Leader:

Let us go forth to bury our song of joy.
Let us go forth with strong voices and
happy hearts.

Go in the procession to the place of
“burial” singing joyfully all the Alleluias you
know and waving the banner. Raise the
Alleluia banner and have students play
their musical instruments for a minute.
The leader gives a signal of silence while
others collect the noise makers. The
banner is placed in the chest.

Leader:

Lord of joyful noise,
God of solemn silence,
Today we bury this word of praise

So that we can turn our thoughts
To the sadness of sin in this world
And the suffering that it causes.
You are a loving Father to us,
A forgiving Saviour,
A guiding Spirit,
Always ready to turn our steps
Toward goodness and peace.
Give us a good and holy Lent.
In forty days,
When Lent is finished
Bring us back to this place
To claim our right to Easter joy.
We ask this through Christ our Lord.

All: Amen

In perfect silence, return to your
customary place.



Humanity is never so beautiful as when praying for forgiveness,
or else forgiving another. Jean P.F Richter

Wednesday February 6th, 2008

The Meaning of Lent

Coming to know God more intimately through Jesus Christ is the work of our lives. That work began by baptism and when we went down into the waters with Christ and rose to new life with him. Each year during Lent and Triduum we ponder this mystery and we pray for the people who are preparing for Baptism at the Easter Vigil.

Life so easily carries us away! We get distracted from our relationship with Jesus. We turn away from God's love and do wrong. Lent is a time when we try with all our hearts to turn back to God. That turning back is called repenting (turning again). Repentance and penance are two

important works of Lent. Also during Lent we come closer to God by spending more time praying, by fasting, or giving up something that distracts us from knowing God; and by giving alms, which means giving money, time, or possessions to help people in need.

Will giving up candy for six weeks help us to love God more? Will putting a few coins aside help us to see and love Christ in the people who stand in front of us everyday? Everything depends on the attitude in our hearts. God only wants us to change the things we do if it will make our hearts, souls and minds overflow with love for him and for our neighbour. All of our

work during Lent leads to Easter, when we will join in celebrating the Resurrection and the risen life that we receive in Baptism.

Lent is not an unhappy time, but it is a serious time. It is an opportunity to think about how much God means to us and how we are living up to god's law of love. We choose actions that help us become more prayerful, live more simply, and teach us to share what we have with those who are in need.

The Meaning of Ashes

On Ash Wednesday, many Christians receive a cross of ashes on their foreheads. This powerful sign has been used by God's people for hundreds of years. The cross tells a friend and neighbour that we are not perfect. We do not always love God as we should, and we do not always act with love and care towards those around us. An Ash Wednesday we own

up to that and begin a six-week period of prayer, reflection, and almsgiving.

The cross is a sign of suffering, but suffering that can strengthen and redeem. Ashes are a sign of death, the event that will someday bring each of us face to face with our loving and forgiving God.





Lent Prayer Celebration

Ash Wednesday

Today we begin the season of Lent. We remember the time Jesus entered the desert for 40 days to fast and pray. Lent is a time when we are called to pray, to change our hearts and to grow closer to God. We must try harder to live lives of love just as Jesus taught us.

Today ashes will be blessed and placed on our foreheads. They are reminders of our human weakness and littleness before God. These ashes were once the palms used on Palm Sunday, so they are also ashes of hope. We take them to remind us that we are part of the creation of God. We are made by God as is the earth and its dust. We are nothing without God. In him we live and move and have our being.

Opening Hymn

*Everyone Moved by the Spirit
Lord Jesus of You I Will Sing as I Journey
Come and Journey With A Saviour
Lord Who Throughout These 40 Days
Blest Be the Lord
In Him We Live*

Celebrant: In the name of the Father, and the Son, and the Holy Spirit.

All: Amen.

Celebrant: The Lord be with you.

All: And also with you.

Penitential Rite

Celebrant: O God, our Father, you are always ready to forgive us. We do not always act as your loving children. Sometimes we do not love as Jesus taught us. As we begin the season of Lent, let us ask the Lord to forgive us for the times we have not listened to his word and ask him to help us try harder to live lives of goodness.

Lord Jesus, you taught us how to pray as we should.
Lord have mercy.

All: Lord have mercy.

Christ Jesus, you taught us how to forgive others or ask them to forgive us. Christ have mercy.

All: Christ have mercy.

Lord Jesus, you encouraged us to grow and be a shining light to others. Lord have mercy.

All: Lord have mercy.

Celebrant: May Almighty God have mercy on us, forgive us our sins and bring us to everlasting life.

All: Amen

Opening Prayer

Celebrant: Father in Heaven, the light of your truth gives sight to the darkness of sin. May this season of Lent bring us the blessing of your forgiveness and the gift of your light. Grant this through Christ our Lord.

All: Amen.

First Reading: Joel (2:12-18)

A reading from the book of the prophet Joel
Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.

Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm (Psalm 51)

R. Have mercy on me, God in your kindness.

Have mercy on me, God,

In the greatness of your love,

Cleanse me from my sin.

Wash me.

All: Have mercy on me, God in your kindness.

In truth, I know my faults;

I am always aware of my sins.

Against you, you alone, I have sinned

I have been sinful in your sight.

All: Have mercy on me, God in your kindness.

Create a pure heart in me, O God,

And put a new and loyal spirit in me.

Stay close to me, O God.

Fill me with your Spirit. Renew me.

All: Have mercy on me, God in your kindness.

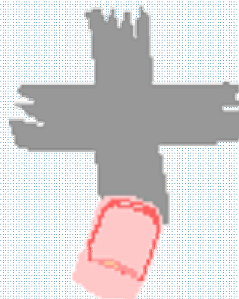
Your salvation is joy to me.

In your wisdom show the way.

Lead me back to you.

Teach me.

All: Have mercy on me, God in your kindness.





Ash Wednesday (cont.)

Second Reading: based on (2 Corinthians 5:20-6, 2)

I beg you to ask God to forgive you for the sins you have committed. Please change your life and stop sinning. If you are going to change your life, there's no better time to do it than right now.

The Word of the Lord.

R. Thanks be to God

Gospel: Matthew (6:1-6, 16-18)

A reading of the Holy Gospel according to St. Matthew

"Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

The Gospel of the Lord.

All: Praise to you Lord Jesus Christ.

Blessing and Giving of Ashes:

Celebrant:

Dear friends in Christ, let us ask our Father to bless these ashes that we use as the mark of our repentance.

Pause for silent prayer.

Lord, bless the sinner who asks for your forgiveness and bless all those who receive these ashes. May they keep this Lenten season in preparation for the joy of Easter. We ask this through Christ our Lord.

The priest sprinkles the ashes with holy water in silence. He then places the ashes on those who come forward, saying to each:

Turn away from sin and be faithful to the gospel. (Mark 1:15)

Meanwhile sing a hymn such as Ashes or the Gift of Love

Prayers of the Faithful:

Celebrant: God's Word calls us to forgiveness and love. As one body in Christ, let us offer our petitions for all who look to us for forgiveness and love.

Response: Lord, Hear our prayer.

That all of us will speak to God in daily prayer, especially during this season of Lent, and listen to his spirit within us, we pray to the Lord.

All: Lord, Hear our prayer.

That we will seriously try to change ourselves by being more aware of our thoughts, words and actions and try to grow more like Christ each day, we pray to the Lord.

All: Lord, Hear our prayer.

For those who are sick, that the Lord will heal them in his love, we pray to the Lord.

All: Lord, Hear our prayer.

For the children of third world countries, that they may receive the help they need with the assistance of the Share Lent Campaign, we pray to the Lord.

All: Lord, Hear our prayer.

That Jesus, the Light of the World, will guide us to help others in a true spirit of love by speaking God's words of peace and encouragement, we pray to the Lord.

All: Lord, Hear our prayer.

Celebrant: God of love, you call us out of darkness and you give us the grace to respond to your call. Grant that we may follow Jesus closely during this special time of prayer and penance. Send your Holy Spirit to direct our ways. Make us one Body in Christ through Jesus Christ our Lord.

All: Amen.

All: Amen.

Blessing:

Celebrant: The Lord be with you.

All: And also with you.

Celebrant: May almighty God bless you, the Father, and the Son, and the Holy Spirit.

All: Amen.

Dismissal:

Celebrant: As we begin this season of Lent, go in peace to love and serve the Lord.

All: Thanks be to God.

Closing Hymn:

People of Peace

And They'll Know We are Christians






Children of the Light;

City of God








February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Shrove Tuesday Enjoy Pancakes 	6 Ash Wednesday Thank God for the gifts you have to share with others.	7 As a class/ school choose a charity to support during Lent.	8 Do a good deed for someone you love.	9 Help prepare breakfast or help clean up after breakfast.
10 Attend Mass and say a special prayer for someone in your class.	11 Complete your homework without being asked.	12 Give someone a compliment today.	13 Remember to say please and thank you today.	14 Write someone a nice letter.	15 Play nicely with your brother and sister today.	16 Recycle 
17 Attend Mass and say a special prayer for someone in your family. 	18 Smile to someone for no reason.	19 Share your favourite toy with someone.	20 Play with someone who has no one to play with during recess.	21 Read a book to your brother or sister.	22 Pray before every meal. 	23 Do a job that you don't often do.
24 Attend Mass and say a prayer for a friend.	25 Instead of eating sweets, eat a fruit or vegetable.	26 Tell someone in your family why you love them. 	27 Ask God to help you forgive someone who has hurt you.	28 Make someone happy today.	29 Share with others.	



March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Clean up your room.
2 Attend Mass and pray for someone who has upset you.	3 Be extra nice to someone in your family.	4 Make someone happy today. 	5 Try not to watch television.	6 Say sorry to those you hurt.	7 Choose to say no to chocolate today.	8 Help clean up after dinner. 
9 Attend Mass and try to bring food for the needy. 	10 Pray for children in other countries.	11 Forgive someone who has hurt you.	12 Tell someone you love them.	13 Make your bed without being told.	14 Help someone clean up without being asked to.	15 Recycle. Take care of the planet.
16 Palm Sunday Attend Mass and listen attentively. 	17 Shine your light today!	18 Before you go to bed, thank God for all the special people.	19 Play nicely with your brother and sister.	20 Holy Thursday Drink water instead of pop or juice.	21 Good Friday Attend Mass today. 	22 Holy Saturday Attend Mass today or say a special prayer to Jesus.
23 Easter Sunday Attend Mass and thank Jesus for all that he has given you.	24	25	26	27	28	29

Recommended Books for Lenten and Easter Season

- Benjamin's Box by Melody Carlson
- He is Alive by Helen Haidle
- The Tale of the Three Trees by Angela Elwell Hunt (in your book room)
- The Golden Rule by Ilene Cooper (in your book room)
- The Easter Story by Carol Heyer
- Easter by Fiona French
- The Story of Easter by Christopher Doyle
- Chicken Sunday by Patricia Polacco
- Rechenka's Eggs by Patricia Polacco
- The Story of the Cross – The Stations of the Cross for Children by Mary Joslin
- The Legend of the Easter Egg by Lori Walburg
- The Parable of the Lily by Liz Curtis Higgs
- What is Heaven by Beverly Lewis
- The Giving Tree by Shel Silverstein



A Lenten Reflection

Give up complaining ~ focus on gratitude.
Give up pessimism ~ become an optimist.
Give up harsh judgments ~ think kindly thoughts.
Give up worry ~ trust Divine Providence.
Give up discouragement ~ be full of hope.
Give up bitterness ~ turn to forgiveness.
Give up hatred ~ return good for evil.
Give up negativism ~ be positive.
Give up anger ~ be more patient.
Give up pettiness ~ become mature.
Give up gloom ~ enjoy the beauty that is all around you.
Give up jealousy ~ pray for trust.
Give up gossiping ~ control your tongue.
Give up sin ~ turn to virtue.
Give up giving up ~ hang in there!



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