



### Ash Wednesday is February 10, 2016 The first day of Lent

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Lent is a time for turning away from bad habits and making room for prayer and penance. It is a time for your child to explore choosing, praying and growing as a friend of Jesus. Use the time of Lent to grow in faith, to show love, and to do penance. Ask your youngster to teach the family to pray. Just as Jesus was tempted in the desert during his fast of forty days, ask God for the grace to avoid temptations and to be faithful to the Gospel.



#### Pray Together

Lent is a special time when you can share the concepts of prayer and giving with your children. Take family time each day to offer devotional prayers. Consider as a family how you might help others in need by giving of your time or resources. Even very young children can understand and will enjoy participating in the process. As a parent, carve out time in your day for your own special prayer time. This may involve early rising or time spent away from a favorite hobby or activity. The benefits are awesome!

#### Play Together

Teach your child how to celebrate Lent at home and at church. Keep a piece of paper and color a cross every time your child prays and a heart every time your child does something for another.



## February Activities for Catholic Families

Name: \_\_\_\_\_

### ON THE ROAD TO EASTER WORD SEARCH

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G	O	L	P	A	S	S	O	V	E	R	P	A	S	F	O	R	L	S	S
T	T	M	Y	B	M	F	J	E	S	U	A	J	A	C	K	A	Y	U	U
N	W	S	P	S	C	O	L	O	V	E	L	E	C	E	D	N	T	R	R
N	A	G	R	F	A	R	L	P	A	L	M	B	R	A	N	C	H	E	R
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C	H	V	Y	S	O	Y	U	J	Y	N	U	A	F	T	A	E	R	U	C
J	I	I	E	T	R	D	R	R	M	T	N	S	I	E	H	S	S	S	T
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W	E	D	N	G	L	S	E	H	O	L	Y	W	E	E	K	H	Y	C	N

Ash	Holy Week	Palm Branch
Wednesday	Holy Thursday	Forty Days
Sacrifice	Good Friday	Jesus
Almsgiving	Holy Saturday	Passover
Prayer	Easter	Foot Washing
Fasting	Palm Sunday	Resurrection
Lent	Purple	Love

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