

2020 Lent to Easter Calendar

Day	Date	Activity
Tuesday	February 25	Fat Tuesday (also known as Shrove Tuesday)
Wednesday	February 26	Ash Wednesday - Ask an adult about fasting and abstaining from meat
Thursday	February 27	Write down what you will give up for Lent
Friday	February 28	Read the <i>First Sorrowful Mystery: The Agony in the Garden</i>
Saturday	February 29	Think and pray about the first Station of the Cross
Sunday	March 1	First Sunday of Lent - Practice saying the <i>Apostles' Creed</i>
Monday	March 2	Think and pray about the second Station of the Cross
Tuesday	March 3	Say a <i>Hail Mary</i> for a family member
Wednesday	March 4	Think and pray about the third Station of the Cross
Thursday	March 5	Think and pray about the fourth Station of the Cross
Friday	March 6	Read the <i>Second Sorrowful Mystery: The Scourging at the Pillar</i>
Saturday	March 7	How is Lent going? Write or draw about your Lent so far.
Sunday	March 8	Second Sunday of Lent - Practice the <i>Act of Contrition</i>
Monday	March 9	Think and pray about the fifth Station of the Cross
Tuesday	March 10	Think and pray about the sixth Station of the Cross
Wednesday	March 11	Read the <i>Third Sorrowful Mystery: The Crowning with Thorns</i>
Thursday	March 12	Think and pray about the seventh Station of the Cross
Friday	March 13	Think and pray about the eighth Station of the Cross
Saturday	March 14	Think about the Spiritual Works of Mercy
Sunday	March 15	Third Sunday of Lent – Pray for the Holy Souls in Purgatory
Monday	March 16	Think and pray about the ninth Station of the Cross
Tuesday	March 17	Think and pray about the tenth Station of the Cross
Wednesday	March 18	Penance (Confession) - Read, think, and pray about going
Thursday	March 19	Talk to a parent about going to Stations of the Cross
Friday	March 20	Read the <i>Fourth Sorrowful Mystery: The Carrying of the Cross</i>

2020 Lent to Easter Calendar

Day	Date	Activity
Saturday	March 21	Think about the Corporal Works of Mercy
Sunday	March 22	Laetare Sunday - What color did the priest wear today?
Monday	March 23	Think and pray about the eleventh Station of the Cross
Tuesday	March 24	Think and pray about the twelfth Station of the Cross
Wednesday	March 25	Think and pray about the thirteenth Station of the Cross
Thursday	March 26	Read and pray about The First Word
Friday	March 27	Read the <i>Fifth Sorrowful Mystery: The Crucifixion</i>
Saturday	March 28	Think and pray about the fourteenth Station of the Cross
Sunday	March 29	Read and pray about <i>The Second Word</i> and <i>The Third Word</i>
Monday	March 30	Do something positive (example: say a prayer; exercise; fast)
Tuesday	March 31	Read and pray about <i>The Fourth Word</i>
Wednesday	April 1	Read and pray about <i>The Fifth Word</i> and <i>The Sixth Word</i>
Thursday	April 2	Say an <i>Our Father</i> for a priest
Friday	April 3	Say the <i>Apostles' Creed</i> for those entering the Church
Saturday	April 4	Say an <i>Our Father</i> for Pope Francis
Sunday	April 5	Palm Sunday - come to Mass and get your palm
Monday	April 6	Read and pray about <i>The Seventh Word</i>
Tuesday	April 7	Say a <i>Hail Mary</i> for someone in need
Wednesday	April 8	Read about the Triduum
Thursday	April 9	Holy Thursday - Consider attending the Mass of the Lord's Supper
Friday	April 10	Good Friday - Consider attending Stations of the Cross and Good Friday Service
Saturday	April 11	Holy Saturday - Consider attending the Easter Vigil and remember to get your food basket blessed
Sunday	April 12	Easter Sunday - Read the <i>First Glorious Mystery: The Resurrection</i>

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FEBRUARY 25

Fat Tuesday (Shrove Tuesday) is traditionally celebrated with sweets and baked goods. It is when we use up eggs, butter, etc. before our Lenten fast.

FEBRUARY 26

Ash Wednesday - Ask an adult about fasting and abstaining from meat. Rules for Fasting and Abstinence are found on the following USCCB page: <https://bit.ly/2HzPdJ9>

**Everyone over 14 years of age is bound to observe the law of abstinence. Abstinence from meat is to be observed on all Fridays within the season of Lent and Passiontide and on Ash Wednesday.

**On Ash Wednesday and Good Friday, everyone over 18 and up to the beginning of their 60th year is also bound to observe the law of fast. On these two days, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs; but together they should not equal another full meal. Ash Wednesday and Good Friday, therefore, are the only days of both fast and abstinence.

Did you get ashes at Mass? _____

FEBRUARY 27

Write down what you will give up for Lent: _____

FEBRUARY 28

Read the *First Sorrowful Mystery: The Agony in the Garden*.
Bible Verse: Matthew 26:36-56

Meditation:

1. Jesus comes with his disciples to Gethsemani: "Stay here, while I go yonder and pray."
2. Entering the garden with Peter, James, and John, Jesus prays, "My soul is sorrowful unto death."
3. Jesus sees the sins of all mankind, whose guilt He has taken upon Himself.
4. He sees the wrath of the Father which His sufferings must appease.
5. So great is his anguish that His sweat becomes as drops of blood falling to the ground.
6. An angel appears to Him from heaven to strengthen Him.
7. "Father, if it be possible, let this cup pass from Me; yet, not My will but Yours be done."

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8. Finding the disciples asleep: "Could you not watch one hour with me?"
9. Jesus is betrayed by Judas, cruelly bound and led away.
10. Father, by the merits of the agony of Jesus in the Garden, have mercy on us and on the whole world.

Spiritual Lesson: God's Will be done
— From *Praying the Rosary without Distractions*



FEBRUARY 29

Think and pray about the first Station of the Cross.

1. Jesus is condemned to death.

Dear Jesus, you were condemned to death due to false witnesses. Help us to be always truthful and never lie.

MARCH 1

First Sunday of Lent - Practice saying the *Apostles' Creed*.

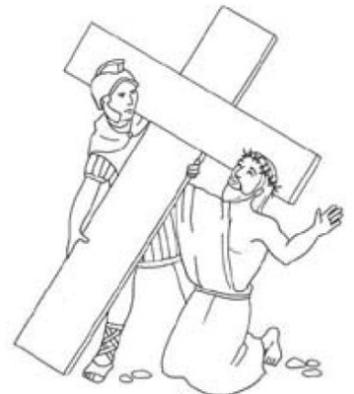
I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

MARCH 2

Think and pray about the second Station of the Cross.

2. Jesus takes up His Cross.

Dear Jesus, because of your great love for us you carried the cross. We want to be like you. Help us to accept our difficulties and to help one another with joy.



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MARCH 3

Say a *Hail Mary* for a family member.

Hail Mary, full of Grace! The Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



MARCH 4

Think and pray about the third Station of the Cross.

3. Jesus falls the first time

Dear Jesus, help us to be always good and if we fail, forgive us and help us to try again.

MARCH 5

Think and pray about the fourth Station of the Cross.

4. Jesus meets His mother

Dear Jesus, we want to always console you. Help us to console and pray for those who suffer.



MARCH 6

Read the *Second Sorrowful Mystery: The Scourging at the Pillar*.

Bible Verse: Matthew 27:26

Meditation:

1. Jesus is taken before the High Priest where He is falsely accused, buffeted and insulted.
2. The Jewish leaders take Jesus before Pilate, for only he can impose the death penalty.
3. The robber, Barabbas, is preferred to Jesus.
4. Pilate can "find no cause in Him", yet to appease the Jews, he orders Jesus to be scourged.
5. The scourge is made of leather thongs to which are attached small sharp bones.
6. Jesus is bound to a pillar and cruelly scourged until His whole body is covered with deep wounds.
7. The Lamb of God offers His suffering for the sins of mankind.
8. Jesus suffers so much in His sacred flesh to satisfy, especially, for sins of the flesh.

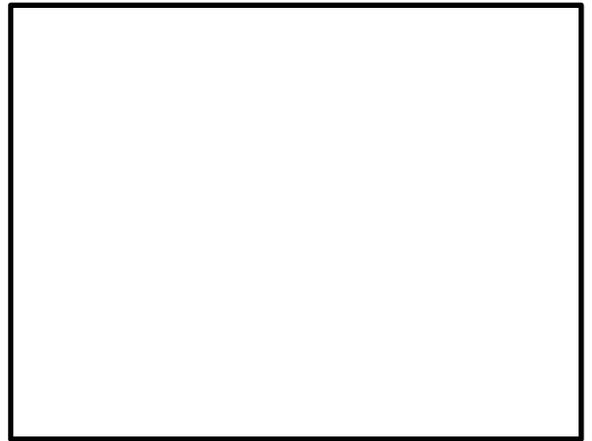
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9. The prophesy of Isaiah is fulfilled: "He was wounded for our iniquities, He was bruised for our sins."
10. Father, by the merits of Jesus in this painful scourging, have mercy on us and on the whole world.

Spiritual Lesson: Mortification of the senses
— From *Praying the Rosary without Distractions*

MARCH 7

How is Lent going? Write about or draw how your Lent is going so far.



MARCH 8

Second Sunday of Lent - Practice the *Act of Contrition*.

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.

MARCH 9

Think and pray about the fifth Station of the Cross.

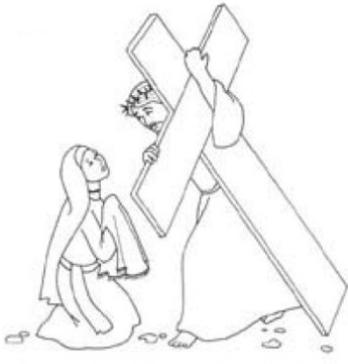
5. Simon of Cyrene helps Jesus

Dear Jesus, we promise to help everyone, as Simon did, especially Mom and Dad. Give us the grace to always help the one who needs it.



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March 10



Think and pray about the sixth Station of the Cross.

6. Veronica wipes Jesus' face

Dear Jesus, help us to have the courage to show kindness and compassion to others.

March 11

Read the *Third Sorrowful Mystery: The Crowning with Thorns*.

Bible Verse: Matthew 27:27-31

Meditation:

1. Pilate asks, "Are You a king?" Jesus answers: "I am a King, but My kingdom is not of this world."
2. In the praetorium, the soldiers place an old purple robe on Jesus in mockery of His claim to be a king.
3. They fashion a crown out of thorns, and forcefully press it down upon His head.
4. In His bound hands they place a reed, as a scepter, in mockery of His kingship.
5. Kneeling before Him in derision, they spit on Him, and cry out: "Hail, King of the Jews!"
6. Taking the reed from His hand they strike Him on the head, driving the thorns more deeply into His scalp.
7. Pilate brings Jesus before the people, hoping His pitiful sight will soften them: "Behold the man!"
8. Their response: "Crucify Him! Crucify Him!"
9. Our Blessed Lord submitted to this terrible humiliation to make reparation for our pride.
10. Father, by the merits of this painful humiliation, have mercy on us and on the whole world.

Spiritual Lesson: Reign of Christ in our heart

— From *Praying the Rosary without Distractions*

March 12

Think and pray about the seventh Station of the Cross.

7. Jesus falls the second time

Dear Jesus, our sins hurt you. Help us to be sorry every time that we misbehave.



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March 13

Think and pray about the eighth Station of the Cross.

8. Jesus meets the kind women

Dear Jesus, sometimes we cry when things don't turn the way we want, and we make other feel bad. Help us not to hurt our parents again with our foolishness.

March 14

Think about the **Spiritual Works of Mercy**:

1. To instruct the ignorant.
2. To counsel the doubtful.
3. To admonish the sinners.
4. To bear patiently those who wrong us.
5. To forgive offenses.
6. To comfort the afflicted.
7. To pray for the living and the dead.

How can you help others? _____

March 15

Third Sunday of Lent – Pray for the Holy Souls in Purgatory.

Eternal rest grant to him, O Lord; and let light perpetual shine upon him. May his soul, and the souls of all the faithful departed, through the mercy of God, rest in peace.

Can you say it in Latin?

Réquiem ætérnam dona ei Dómine; et lux perpétua lúceat ei. Requiéscat in pace. Amen.
Eternal rest grant him O Lord; and let perpetual light shine on him. Rest in peace. Amen.

Réquiem ætérnam dona ei Dómine; et lux perpétua lúceat
Rr-eh-qwee-em ay-TER-nam doh-na ey-ee DOH-mee-neh; et loo-ks per-PE-too-ah LOO-chay-at
ei. Requiéscat in pace. Amen.
ey-ee. Reh-qwee-EHS-kat een pah-cheh. Ahh-men.

2020 Lent to Easter Calendar

March 16



Think and pray about the ninth Station of the Cross.

9. Jesus falls for the third time

Dear Jesus, you are teaching us that even if we fall many times, we can always start again with the help of your grace.

March 17

Think and pray about the tenth Station of the Cross.

10. Jesus' clothes are torn off

Dear Jesus, clothe us with your grace to protect our innocence.



March 18



Penance (Confession) - Read, think, and pray about going to Confession.

Confession times are posted in your Church bulletin or online. During Lent, there are usually extra confession times. The Sacrament of Penance the gift of God's boundless mercy. Not only does it free us from our sins, but it also challenges us to have the same kind of compassion and forgiveness for those who sin against us.

Jesus entrusted the ministry of reconciliation to the Church. The Sacrament of Penance is God's gift to us so that any sin committed after Baptism can be forgiven. In confession we have the opportunity to repent and recover the grace of friendship with God. It is a holy moment in which we place ourselves in his presence and honestly acknowledge our sins, especially mortal sins. With absolution, we are reconciled to God and the Church. The Sacrament reminds us we cannot live without God or His mercy. (From the USCCB)

March 19

Talk to a parent about going to Stations of the Cross. The Stations of the Cross help the faithful to meditate through prayer on the chief scenes of Christ's Passion. Read about a Monstrance (see coloring sheet).

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March 20

Read the *Fourth Sorrowful Mystery: The Carrying of the Cross*.

Bible Verse: Matthew 27:32

Meditation:

1. One condemned to death by crucifixion is forced to carry the cross to the place of execution.
2. The suffering of Jesus is intense as the cross is laid on His bruised & wounded back & shoulders.
3. Weak & exhausted from loss of blood, lack of food & rest, Jesus falls three times under the cross.
4. Jesus meets His afflicted Mother causing untold anguish in the Hearts of Son and Mother.
5. The countenance of Jesus is disfigured with blood and sweat, with dust and spittle.
6. Veronica wipes His face, leaving on her towel the image of His countenance.
7. Fearing that Jesus might die on the way, the soldiers force Simon of Cyrene to carry the cross behind Jesus.
8. Jesus speaks to weeping women; "Weep not for Me, but for yourselves and your children."
9. "If anyone is to be My disciple, let him take up his cross and follow Me."
10. Father, by the merits of this painful journey to Calvary, have mercy on us & on the whole world.

Spiritual Lesson: Patient bearing of trials

— From *Praying the Rosary without Distractions*

March 21

Think about the Corporal Works of Mercy. How can you help others?

Corporal Works of Mercy

- | | |
|----------------------------------|---|
| 1. To feed the hungry. | 5. To visit the sick. |
| 2. To give water to the thirsty. | 6. To visit the imprisoned
(ransom the captive). |
| 3. To clothe the naked. | 7. To bury the dead. |
| 4. To shelter the homeless. | |

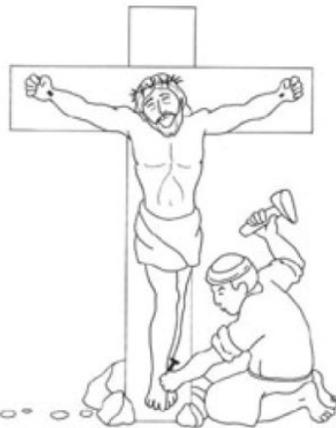
How can you help others? _____

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March 22

Laetare Sunday - What color vestment did the priest wear today? _____

How is your Lent going? Have you stuck to your promise to give up something? Have you prayed daily?



March 23

Think and pray about the eleventh Station of the Cross.

11. Jesus is nailed to the Cross

Dear Jesus, when you were nailed to the cross, you forgave all our sins. Help us to be obedient and good, and ready to forgive all those who offend us.

March 24

Think and pray about the twelfth Station of the Cross.

12. Jesus dies on the Cross

Dear Jesus, thank you for your great love, for giving your life for us. We want to love you more everyday and make our lives a source of joy for you.



March 25

Think and pray about the thirteenth Station of the Cross.

13. Jesus is taken down from the Cross

Dear Mother, you cleaned your son's wounds with such love! Help us to love everyone who wounds us.



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MARCH 26

Read and pray about *The First Word*.

In the last hours as Christ was dying on the cross He made seven last statements. It is important for us to always remember and recall Christ's final words.

“Father, forgive them, for they don’t know what they’re doing.” (*Luke 23:34*)

MARCH 27

Read the *Fifth Sorrowful Mystery: The Crucifixion*.

Bible Verse: Matthew 27:33-56

Meditation:

1. The hands and feet of Jesus are nailed to the cross in the presence of His afflicted Mother.
2. "Father, forgive them for they know not what they do."
3. "This day you will be with Me in paradise."
4. "Woman, behold your Son. Son, behold your Mother."
5. "My God, My God, why have You forsaken Me?"
6. "I thirst."
7. "It is finished."
8. "Father, into Your hands I commend My spirit."
9. The side of Jesus is pierced with a lance. His body is taken down and placed in the arms of His Mother.
10. Father, by the merits of the crucifixion & death of Jesus, have mercy on us & on the whole world.

Spiritual Lesson: Pardoning of Injuries

— From *Praying the Rosary without Distractions*

MARCH 28



Think and pray about the fourteenth Station of the Cross.

14. Jesus is Laid in the Tomb

Dear Jesus, prepare our hearts for you, make us your home, and help us love you more.

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March 29

Read and pray about *The Second Word* and *The Third Word*.

“Amen I say to thee, this day thou shalt be with me in paradise.” (*Luke 23:43*)

“When Jesus therefore had seen his mother and the disciple standing whom he loved, he said to his mother: Woman, behold thy son. After that, he said to the disciple: Behold thy mother.” (*John 19:26-27*)

March 30

Do something positive (example: say a prayer; exercise; fast). The 40 days of Lent are a good, set time to work on personal discipline in general. Instead of giving something up, do something positive such as praying or exercising more. What positive thing will you do this lent?

March 31

Read and pray about *The Fourth Word*.

“And about the ninth hour Jesus cried with a loud voice, saying: *Eli, Eli, lamma sabachthani?* that is, My God, my God, why hast thou forsaken me?” (*Matthew 27:46*)

April 1

Read and pray about *The Fifth Word* and *The Sixth Word*.

“Afterwards, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, said: I thirst.” (*John 19:28*)

“Jesus therefore, when he had taken the vinegar, said: It is finished.” (*John 19:30*)

April 2

Say an *Our Father* for a priest.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

2020 Lent to Easter Calendar

April 3

Say the *Apostles' Creed* for those entering the Church.

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

April 4

Say an *Our Father* for Pope Francis.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.



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April 5

Palm Sunday - come to Mass and get your palm (see coloring page attached). The narrative of the Passion is read today and you get a palm. Why? Because they commemorate the entrance of our Lord into Jerusalem. This also marks the beginning of Holy Week.

April 6

Read and pray about *The Seventh Word*.

“And Jesus crying with a loud voice, said: Father, into thy hands I commend my spirit. And saying this, he breathed his last.” (*Luke 23:46*)

April 7

Say a *Hail Mary* for someone in need.

Hail Mary, full of Grace! The Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

April 8

Read about the Triduum.

Triduum comes from the Latin roots meaning "three days." The Easter Triduum begins with the evening Mass of the Lord's Supper, reaches its high point in the Easter Vigil, and closes with evening prayer on Easter Sunday.

Through the Paschal Mystery, Christ passed from death to life so we could have life with God in heaven. This is the most important part of our liturgical year because everything that happens in the Triduum is exactly what our faith is all about!

April 9

Holy Thursday - Consider attending the Mass of the Lord's Supper (see coloring page attached).

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April 10

Good Friday - Consider attending Stations of the Cross and Good Friday Service.

April 11

Holy Saturday - Consider attending the Easter Vigil. We welcome catechumens into the Church. Also, remember to get your food basket blessed (see attached sheet).

April 12

Easter Sunday! - Read the *First Glorious Mystery: The Resurrection* (see coloring page attached).

Bible Verse: John 20:1-29

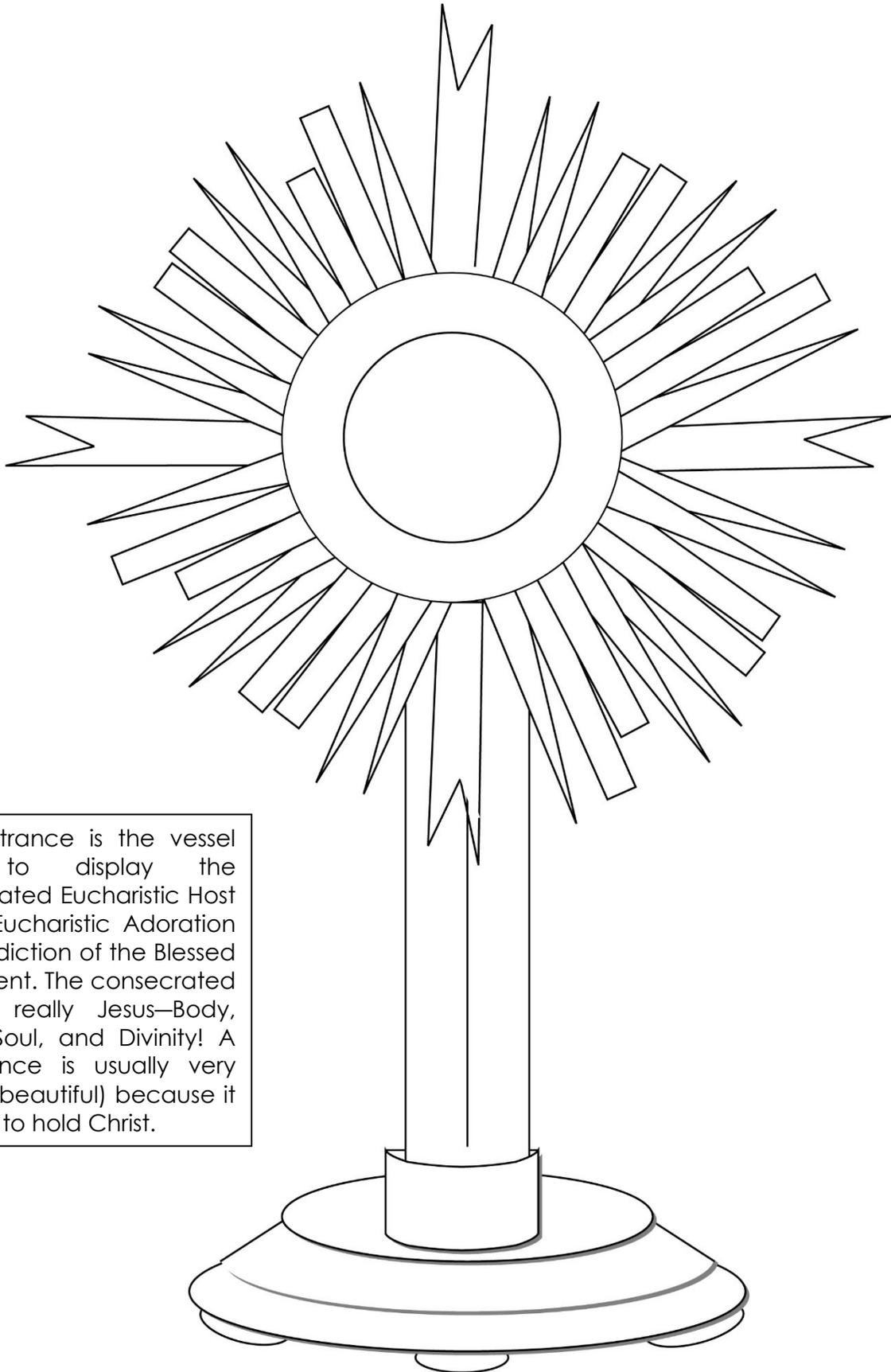
Meditation:

1. The body of Jesus is placed in the tomb on the evening of Good Friday.
2. His soul descends into the realm of the dead to announce to the Just the tidings of their redemption.
3. Fearing the body of Jesus will be taken, the chief priests place guards at the tomb.
4. On the third day Jesus rises from the dead, glorious and immortal.
5. The earth quakes as the angel rolls back the stone, the guards flee in terror.
6. The holy women coming to anoint the body of Jesus are amazed & frightened to find the tomb open.
7. An angel calms their fears: "He is not here. He has risen as He said."
8. Jesus appears to Mary Magdalen and Peter and two disciples on the way to Emmaus.
9. That evening He appears to the apostles behind locked doors: "Peace be unto you ... do not be afraid."
10. Jesus breathes on them and gives them the power to forgive sin.

Spiritual Lesson: Faith

— From *Praying the Rosary without Distractions*

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A monstrance is the vessel used to display the consecrated Eucharistic Host during Eucharistic Adoration or Benediction of the Blessed Sacrament. The consecrated Host is really Jesus—Body, Blood, Soul, and Divinity! A monstrance is usually very ornate (beautiful) because it is made to hold Christ.

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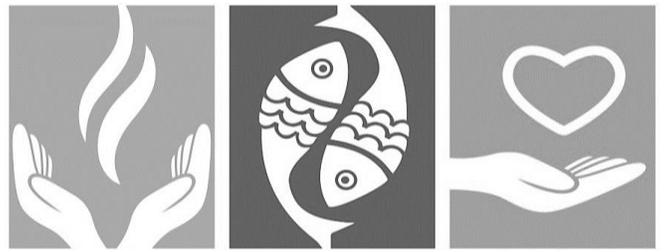


At the Lord's Supper before the crucifixion, Jesus washed the apostles' feet to teach them humility.

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Lent



Where does the term “Lent” come from?

“Lent” comes from the Anglo-Saxon word “*lencten*,” which means springtime. The Latin name for Lent, *Quadragesima*, means forty. It refers to the forty days Christ spent in the desert. This is also the origin of the Lenten season.

When is Lent?

“Lent runs from Ash Wednesday until the Mass of the Lord’s Supper (Holy Thursday), exclusive.”
(GNLY, 28)

When does Lent begin?

Lent begins on Ash Wednesday.

When does Lent end?

Lent ends before the Mass of the Lord’s Supper, on Holy (Maundy) Thursday.

How long is Lent?

It is approximately 40 days, which is a reference to the forty days Christ spent in the desert. It also reminds us of the 40 days Moses was on Mount Sinai.

What is the purpose of Lent?

Lent is a season of prayer and penance before Easter. During Lent we meditate on “The Four Last Things”: death, judgment, heaven, and hell.

“Lent is a preparation for the celebration of Easter. For the Lenten liturgy disposes both catechumens and the faithful to celebrate the paschal mystery: catechumens, through the several stages of Christian initiation; the faithful, through reminders of their own baptism and through penitential practices.”

(GNLY, 27)

How do you prepare during Lent?

We practice the three pillars of Lent (prayer, fasting, and almsgiving). We also fast and abstain. One of the best ways to prepare for Easter is to go to Confession. Many Churches have added Confession times so that people can go often during Lent.

What are the colors for Lent?

Violet is used for all of Lent. Rose or violet may be used for Laetare Sunday.

What are the Sundays before Lent?

These Sundays are now part of Ordinary Time. In the old liturgical calendar the three Sundays preceding Ash Wednesday are thus:

Septuagesima – It is the 9th Sunday before Easter and the 3rd Sunday before Ash Wednesday.

Sexagesima – It is the 8th Sunday before Easter and the 2nd Sunday before Ash Wednesday.

Quinquagesima – It is the 7th Sunday before Easter and the Sunday just before Ash Wednesday.

What is Shrove Tuesday?

Also known as “Fat Tuesday,” this is the day preceding Ash Wednesday. Traditionally, this is the day when people went to Confession before Lent began. It is also a day of feasting before Lent when Catholics would use up “rich” ingredients (butter, eggs, etc.) before Ash Wednesday.

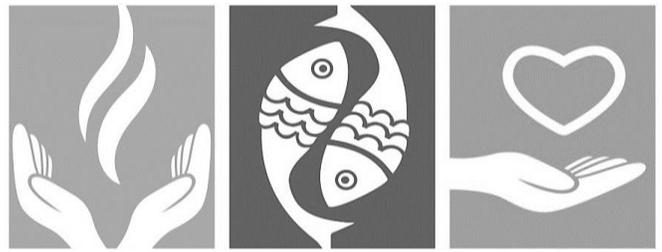
What is Ash Wednesday?

It is the first day of Lent. While not a Holy Day of Obligation, Ash Wednesday is a beautiful time to attend Mass and receive ashes on your forehead. We remember that we are dust and to dust we shall return. It is also a day of fasting and abstinence. We fast (2 small meals + 1 “regular” meal and NO snacking) and do not eat meat on this day.

What is Laetare Sunday?

It is the 4th Sunday of Lent and falls midway through Lent. The name is taken from the Introit at Mass, “*Laetare Jerusalem*” (Rejoice, O Jerusalem!). Laetare Sunday reminds us to look forward to the end of the penitential season and of the joy in anticipating the Resurrection (Easter).

Lent



What are the three pillars of Lent?

Taken from the Gospel reading on Ash Wednesday (Matthew 6:1-18), Christ tells His disciples how to live a truly Christian life.

Prayer – listening and talking to God. In Matthew 6, Jesus gives us the Lord’s Prayer and implores us to pray often.

Fasting – brings us closer to God. Christ tells us, “When you fast, do not look somber as the hypocrites do... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6:16-18).

Almsgiving – by giving to those in need we are putting them before ourselves. We need not be public about our almsgiving because that turns the focus on us, seeking praise.

Why do we give something up for Lent?

A good Lenten tradition is to give something up (fasting). Sacrifices help us to appreciate the true abundance in our lives. Many people also add good works: saying extra prayers, giving to the needy, etc.

What about fasting and abstinence?

On Fridays, we abstain from meat. St. Thomas Aquinas wrote about why we abstain from meat on Fridays. It is not just a form of penance, but also helps us to overcome the “passions of the flesh.”

On Ash Wednesday and Good Friday we not only abstain from meat, but we also fast. Fasting means we eat two smaller meals and one “regular” meal. The two smaller meals should be smaller than your one regular meal. You should also avoid snacking in between meals.

Why do we “bury the alleluia?”

“The Alleluia is not used from the beginning of Lent until the Easter Vigil.” (GNLY, 28) It is a kind of verbal “fast” that dates to the 5th century.

Are Precepts of the Church tied to Lent?

Yes! You should go to Confession in preparation for receiving the Holy Eucharist. (CCC 2042) Also, “you shall observe the prescribed days of fasting and abstinence.” (CCC 2043).

Why do we cover statues during Passiontide?

This is an ancient Catholic tradition that starts on the 5th Sunday of Lent. On that day, the old Gospel reading tells us how Jesus hid himself away when the Jews tried to stone Him. “They took up stones therefore to cast at Him: but Jesus hid Himself, and went out of the temple.” (John 8:46-59)

To help us better understand this mystery we veil Crucifixes and images with violet (purple) cloth from the evening before the 5th Sunday of Lent all the way through Holy Saturday.

What are some Lenten traditions?

Along with the three pillars of Lent—prayer, fasting, and almsgiving—many people also perform charitable acts. One of the best Lenten traditions is attending the Stations of the Cross, especially on Good Friday. Many Churches pray the Stations at 3 PM on Good Friday, the approximate time of Christ’s death. You can also find many Friday Lenten meals (soup suppers, fish fries, etc.) at area Churches.

What are the Stations of the Cross?

The 14 Stations of the Cross depict Christ’s last moments on Earth. They help us to remember His suffering and death by taking us from Pilate condemning Jesus, his climb up Calvary, death on the Cross, and being laid in the tomb.

HOLY WEEK & THE SACRED TRIDUUM



What does the term "Triduum" mean?

It means three days. The last three days of Holy Week, just before Easter, are especially sacred. We remember the Last Supper, Christ's suffering and death, and His descent into Hell where He freed the just souls.

What is Holy Week?

"Holy Week has as its purpose the remembrance of Christ's passion, beginning with his Messianic entrance into Jerusalem." (GNLY, 31)

When is Holy Week?

Holy Week is the sixth and final week of Lent.

When does Holy Week begin?

"The Sixth Sunday, which marks the beginning of Holy Week, is called Passion Sunday (Palm Sunday)." (GNLY, 30)

When is the Triduum?

"The Easter triduum of the passion and resurrection of the Lord begins with the Evening Mass of the Lord's Supper, reaches its high point in the Easter Vigil, and closes with Evening Prayer on Easter Sunday, the Sunday of the Lord's resurrection." (GNLY, 19)

When does the Sacred Triduum begin?

The Triduum begins after Vespers on Holy Thursday with the Mass of the Lord's Supper.

When does the Sacred Triduum end?

Evening prayer of Easter Sunday (Saturday night).

How long is Holy Week?

It is a week, 7 days, from Palm Sunday to Holy Saturday.

What is the purpose of Holy Week?

"Holy Week has as its purpose the remembrance of Christ's passion, beginning with his Messianic entrance into Jerusalem." (GNLY, 31) The purpose of Holy Week is our time of final preparation for Easter. It is also when remember Christ's triumphant entrance into Jerusalem and His final moments before His Crucifixion and death.

What is the purpose of the Sacred Triduum?

We remember the Last Supper, Christ's suffering and death, and His descent into Hell where He freed the just souls.

What are the colors for Holy Week?

The liturgical colors used during Holy Week depend on the day. They are significant to each day and are thus:

Palm Sunday – Red

Monday, Tuesday, and Wednesday – Violet

Holy Thursday, Chrism Mass – White

Holy Thursday, Mass of the Lord's Supper – White

Good Friday – Red

Holy Saturday (before the Easter Vigil) – Violet

Holy Saturday (during the Easter Vigil) – White

HOLY WEEK & THE SACRED TRIDUUM



What are the different days during Holy Week?

Palm Sunday – We celebrate Christ’s triumphant entry into Jerusalem when the people put palms at His feet.

Spy Wednesday – It is the final Wednesday before Easter. The Gospel recalls Judas’ betrayal: “Then went one of the twelve, who was called Judas Iscariot, to the chief priests, and said to them: What will you give me, and I will deliver him unto you? But they appointed him thirty pieces of silver. And from thenceforth he sought opportunity to betray him.” (Matthew 26:14-16)

Maundy Thursday – The Chrism Mass takes place in the morning, when the Bishop blesses the Holy Oil to be used throughout the year. In the evening is the Mass of the Lord’s Supper. We recall Christ’s institution of the Eucharist and the washing of the Apostles’ feet (the institution of the priesthood).

Good Friday – We remember Christ’s suffering and death.

Holy Saturday – We recall Christ storming the gates of Hell and freeing the just souls. At the Easter Vigil we welcome the Catechumens into the Church.

What are the Stations of the Cross?

The 14 Stations of the Cross depict Christ’s last moments on Earth. They help us to remember His suffering and death by taking us from Pilate condemning Jesus, his climb up Calvary, death on the Cross, and being laid in the tomb. We especially pray these on Good Friday at 3PM when Christ died.

What is the Chrism Mass?

It is when the Bishop blesses the Holy Oils to be used throughout the year. The Chrism Mass takes place in the morning on Holy Thursday.

What about fasting and abstinence on Good Friday?

On Fridays during Lent we abstain from meat. St. Thomas Aquinas wrote a lot about why we abstain from meat on Fridays. It is not just a form of penance, but also helps us to overcome the passions of the flesh.

On Good Friday we not only abstain from meat, but we also fast. Fasting means we eat two smaller meals and one “regular” meal. The two smaller meals should be smaller than your one regular meal. You should also avoid snacking in between meals.

What are some Holy Week and Sacred Triduum traditions?

On Palm Sunday we receive blessed palms. The final week of Lent is a special time for preparation for Easter.

Holy Thursday gives us the Chrism Mass in the morning (where the Bishop blesses the holy oils to be used throughout the year). The Mass of the Last Supper takes place in the evening. We remember Christ’s Last Supper and His institution of the Eucharist. Many Churches also incorporate the foot washing ceremony to remember Christ’s institution of the priesthood.

Good Friday reminds us of Christ’s suffering and death. The Stations of the Cross are typically prayed at 3 PM.

Easter to Pentecost



Where does "Easter" come from?

Pascha is the Greek term for Easter. It comes from the Hebrew word for Passover, *pesach*.

Where does "Pentecost" come from?

The term Pentecost comes from the Greek Πεντηκοστή (Pentēkostē) meaning fiftieth.

When is Easter?

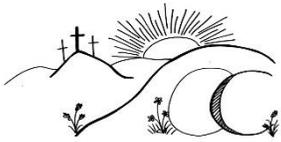
Easter follows immediately after Lent and the Triduum. It begins with the Easter Vigil and goes for fifty days, until Pentecost.



How long is the Easter Season?

Fifty days: from Easter to Pentecost.

What is the purpose of Easter?



We celebrate Christ's Resurrection! "The fifty days from Easter Sunday to Pentecost are celebrated in joyful exultation as one feast day, or

better as one 'great Sunday.' These above all others are the days for the singing of the Alleluia." (GNLY, 22)

Are any Precepts tied to Easter?

Yes! You are required to receive the Eucharist at least once during the Easter season (CCC 2042). You should be without mortal sin when receiving the Eucharist. You should receive the Sacrament of Penance prior to receiving the Body, Blood, Soul, and Divinity of our Lord, Jesus Christ. "You shall confess your sins at least once a year." (CCC 2042)

What are some Easter symbols?

Easter is a season of joy. Some symbols are the empty tomb, the Paschal Candle, the lamb, Lilies, etc.

What are some Easter traditions?

Joyful celebrations! Easter is also a time when many children receive their first Eucharist. It is also when we break our Lenten fasts. The most beautiful Easter tradition is the return of the Alleluia to Mass.

What colors are Easter and Pentecost?

The Easter season is white. Red is used for Pentecost.

What is the Easter Vigil?

"The Easter Vigil, during the holy night when the Lord rose from the dead, ranks as the 'mother of all holy vigils.' Keeping watch, the Church awaits Christ's resurrection and celebrates it in the sacraments. Accordingly, the entire celebration of this vigil should take place at night, that is, it should either begin after nightfall or end before the dawn of Sunday." (GNLY, 21)

During the Easter Vigil, those who were preparing to enter the Church (catechumens) are welcomed. If needed, they receive the Sacrament of Baptism. They also receive the Sacraments of Confirmation and Holy Eucharist.

What is an "octave"?

Octave comes from Latin *octava* (eighth).



What is the Octave of Easter?

"The first eight days of the season of Easter make up the octave of Easter and are celebrated as solemnities of the Lord." Since these days are elevated to solemnities, the Friday during the Octave of Easter "lifts" the Friday obligation to do some sort of penance, as determined by the conferences of bishops.

When is the Ascension of the Lord?



"On the fortieth day after Easter the Ascension of the Lord is celebrated, except in places where...it has been transferred to the Seventh Sunday of Easter. The weekdays after the

Ascension of the Lord until the Saturday before Pentecost inclusive are a preparation for the coming of the Holy Spirit, the Paraclete." (GNLY, 25 and 26)

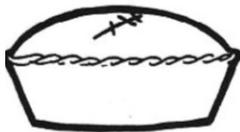
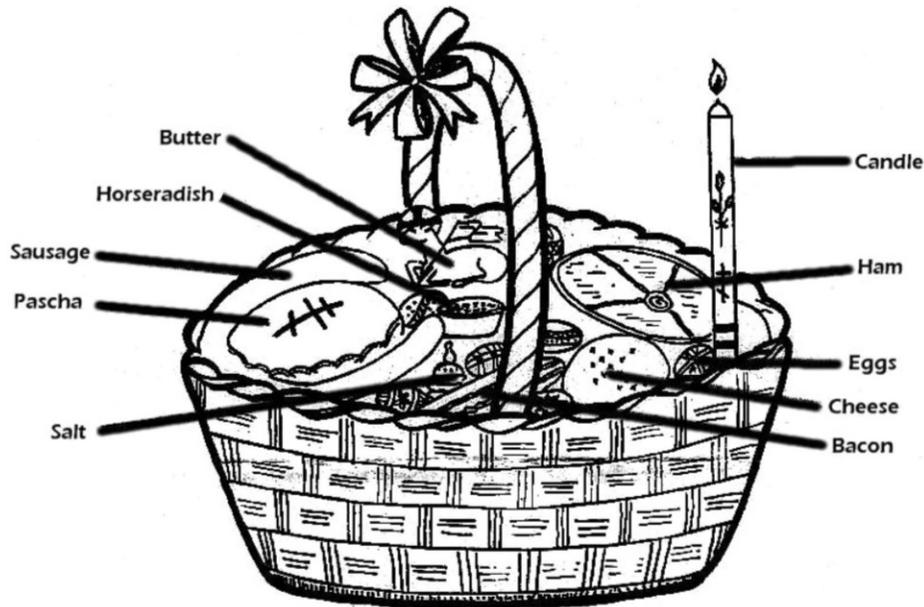
When is Pentecost?

Fifty days after Easter. It is known as the Church's birthday, when we celebrate the descent of the Holy Spirit upon the Apostles and followers of Christ.

2020 Lent to Easter Calendar

How to put together a traditional Easter Basket

Text by: Rev. Basil Kraynyak • Illustrations by: Mary Ellen Petro



PASKA - The Easter Bread (pron. paska). A sweet, yeast bread rich in eggs, butter, etc. Symbolic of Christ Himself who is our True Bread. Usually a round loaf baked with a golden crust decorated with a symbol

indicative of Christ. Sometimes a cross of dough is placed on top encircled by a plait giving it a crowned effect, or Greek abbreviations for the name of Christ. The letters XB indicate the Slavonic for "Christ is Risen."



HAM (Sunka - pronounced shoon-ka) The flesh meat popular with Slavs as the main dish because of its richness and symbolic of the great joy and abundance of Easter. Some may prefer lamb or veal. This is usually well

prepared in advance so that the festivity of the day will not be burdened with preparation and all may enjoy the Feast.



SAUSAGE (Kolbasi - pronounced kol-bus-i) A spicy, garlicky sausage of pork products, indicative of God's favor and generosity.



EGGS (Pisanki - pronounced - pi-sun-ki) Hard boiled eggs brightly decorated with symbols and markings made with beeswax. Indicative of new life and resurrection.



HORSERADISH (Chrin - pronounced - khrin) Horseradish mixed with grated red beets. Symbolic of the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bitter-sweet red colored mixture reminds us of the sufferings of Christ.



CHEESE (Hrudka or Sirets, pronounced - hrood-ka or si-rets) A custard-type cheese shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. Also,

creamed cheese is placed in a small dish and both are decorated with symbols made of cloves or pepper balls.



BUTTER (Maslo - pronounced ma-slo) This favorite dairy product is shaped into the figure of a lamb or small cross and decorated as the cheese. This reminds us of the goodness of Christ that we should have toward all things.



BACON (Slanina - pronounced - sla-ni-na) A piece of uncooked bacon cured with spices. Symbolic of the overabundance of God's mercy to us.



SALT (Sol - pronounced sol') A condiment necessary for flavor reminding the Christian of his duty to others.



These articles are placed in a wicker basket and a ribbon or bow is tied to the handle. A decorated candle is placed in the basket and is lit at the time of blessing. A linen cover usually embroidered with a picture of the Risen Christ or symbol with the words "Christ is Risen" is placed over the foods when brought to the church. In some places a large Easter Bread (Paska) is made and brought separately in a large linen cloth. If the origin of the people was from a wine growing region, a sweet wine may be brought.