

Confraternity of Christian Doctrine (C.C.D)
Ash Wednesday: The Beginning of Lent

14 February 2018

Lent is from Ash Wednesday until Holy Thursday, 29 March 2018; Sundays are not included in Lenten Days. Sundays are considered “little” Easters, feasts of the Resurrection.

Fasting and Abstaining: NO meat on Ash Wednesday and ALL Fridays during Lent, including the Triduum (Good Friday).

Refrain from fast food and cheap snacks. Do not eat between regular meals. Give something UP!!

The Season of Lent is a journey, a pilgrimage—a trip to a holy place. Lent is a journey of prayer that helps us to follow Jesus more closely.

Let us focus on our Baptism and how we were united to Jesus. We died with Him and rise with Him.

Lent is a journey during which we prepare for the Paschal Mystery: the suffering, death, Resurrection, and Ascension of Jesus Christ.

NOTICE the theme of Absence: holy water, *Gloria, Alleluia*, Tabernacle Candle (Good Friday to the Vigil), bare or nearly bare altar. There is a sense of starkness and/ or simplicity.

PRAYER, FASTING ALMSGIVING:

At this point in your life, PRAYER is the most important. Learn your prayers. Then turn to God in silence, and speak to God from your heart. Have a conversation. Speak, and LISTEN in silence. Read a passage—a short passage from the Bible—and let it echo in your heart. Don't expect miracles; just listen. There may be dead silence, or maybe God will speak and direct you. Follow the Stations of the Cross: “We adore You, O Christ, and we praise You, for by Your Holy Cross, You have redeemed the world.”

FASTING: See above.

ALMSGIVING: “Alms” means compassion, a feeling of love for others, especially those who are in need of the basics of life: food, shelter and clothing. It means care for the sick and the lonely. It means care for those who have lost a loved one.

HINT: Each week, bring in a can of food for the food pantry. Throw your loose change into the POOR BOX in the Church. Save some money each day in your MITE BOX. Practice a Corporal Work of Mercy.

ENJOY LENT: Receive the Sacrament of Reconciliation also.