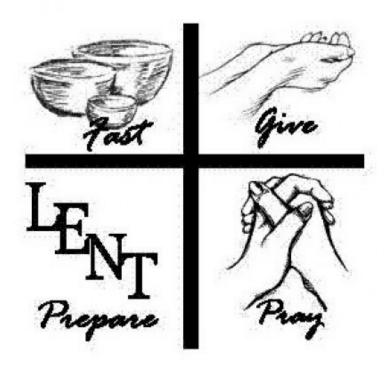
Lent Programme 2024



Every year Christians use Lent to prepare themselves for the death and resurrection of Jesus Christ at Easter. We do this in 3 ways: by fasting, praying and giving to charity.

At Sacred Heart, we will be doing this in the following ways:

- The children will make Lent promises and take part in a daily Lent reflection
- Each family will bring home a Lent bag for one night during Lent to aid a time of reflection and prayer.
 Please return this the next day so all families can have a turn
- We will be raising money for Cafod 'The Big Lent Walk' with a sponsored event – more details to follow
- Families are invited to a short weekly Lent reflection on these dates: Wed 21/2, Wed 28/2, Wed 6/3, Wed 13/3, Wed 20/3 and Wed 27/3 after school in the Shalom room
- We will be fundraising for the Bishop's Good Shepherd collection. Each class is planning a fundraising activity for each Friday in Lent. 50p / £1 suggested donation

Fri 23rd Feb – Y3 Fun Run

Fri 1st Mar – YR/Y1 Bun Sale

Fri 8th Mar – Y5 Mothers' Day sale

Fri 15th Mar – Y6 Penalty Shootout / Y4 Teddy Tombola

Fri 22nd Mar – Y2 Keyring and Magnet sale

 Each child who has made their First Confession will be given the opportunity to receive the Sacrament of Reconciliation during Lent:

Mon 26th Feb – Y6 Mon 4th Mar – Y5 Wed 6th Mar – Y4

- There will be an opportunity for Adoration of the Eucharist for children during Lent on Wed 13th March
- Each class will visit church to explore the Stations of the Cross
- KS1 will present Palm Sunday on Monday 25th March in church at 2pm
- The school term will end on Maundy Thursday (28th March) with a Solemn Liturgy in church at 2pm
- These activities will add to our usual Gospel collective worship, class liturgical prayer, daily prayers and Friday prayers which will all continue during Lent

Lent At Home

Below are some ideas of ways to mark Lent as a family.

- Make Lent promises linked to fasting (perhaps from social media / consoles as well as food), prayer (singing hymns, reading scripture, saying) or giving (time and energy as well as money)
- Create a Lent focus with a purple candle, a cross and some stones
- Make a jar of good deeds or Acts of Kindness and pick one out each day
- Be a Hidden Hero do something nice for someone but don't get caught!
- Create a Stations of the Cross box for each station, use a household object as a symbol e.g. 'Veronica wipes the face of Jesus' – a wipe or piece of fabric

