



On Ash Wednesday, February 14th, Catholics and Christians throughout the world will begin the season of Lent. On Wednesday, people of all ages gather to receive ashes in the form of a cross on their foreheads. By receiving ashes as a member of the church community, this helps children to recognize that they are an important part of the Catholic community.

Students, faculty and staff will attend the 9:00 AM Mass at Holy Rosary Church to begin our journey of Lent, through prayer, fasting and almsgiving.

Prayer is a way to talk, just talk to God. We can accomplish this simply by thanking God for all of our blessings, or by asking for a blessing for those who may have special needs. Setting time aside for prayer in our busy lives can be the most challenging, but most fruitful part of Lent.

The question of fasting can be difficult for children to understand. Fasting is not just “giving up” something, but “doing” something for someone else.

Almsgiving is another word for serving. Serving can be shown as a simple act of kindness, writing a note or visiting the elderly. Perhaps it can be eating one simple meal each week of Lent and donating the money you save to a charity. Our students will collect items for the homeless during Lent. Information on this will be forwarded on Friday.

Lent is not a time of sadness, but a time of anticipation and preparation for receiving the greatest gift of all, Our Savior’s Resurrection!

Mrs. Andrea M. Tavaska

Principal

