

LENT & EASTER

ASH WEDNESDAY LENT BEGINS



Emphasizes our mortality and our need for ongoing repentance.

PALM SUNDAY



Commemorates Jesus' triumphal entry into the city of Jerusalem.

HOLY THURSDAY



Celebrates the Last Supper with the disciples and Passover.

GOOD FRIDAY



We remember the Passion and Jesus' sacrifice for us on the cross.

EASTER SUNDAY HE HAS RISEN!



Alleluia!
The principal feast of the ecclesiastical year. Jesus has risen!

Easter is an 8 day celebration leading to Easter Season, which ends on Pentecost.

DAYS OF FASTING

ASH WEDNESDAY
GOOD FRIDAY

WHAT IS FASTING?

One full meal and two smaller meals.

DAYS OF ABSTINENCE

ASH WEDNESDAY
GOOD FRIDAY
EVERY FRIDAY DURING LENT

WHAT IS ABSTINENCE?

No meat.

40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

The key to understanding the meaning of Lent is simple: Baptism.



What are you doing for Lent? 10 IDEAS

1

Give up sin

Show your love for God by keeping his commandments, especially by loving others as he has loved us. Turn away from sins, laziness in prayer, and unwillingness to do better.

2

Fast

Cut down on the amount and richness of food and drink. An empty stomach can lead to more attentive prayer. Give the money saved on food to others in alms.

4

Do good works

Help those in need, pray for other people and be ready to serve them in their time of need; help Jesus by helping others.



5



Give alms

Help the poor and support the good works of the Church. Give cheerfully to God, who has given us everything we have.

6

Abstain

Give up meat or other desirable foods during Lent, especially on Friday, the day of Christ's saving death on the cross.



7

Do meditative reading

Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day opens our hearts to the Spirit, and lets God's thoughts and ways influence ours.



8

Control desire for possessions

Build up treasures in heaven rather than on earth. Cut down on material possessions, eliminate frills, lessen wants, share yourself – your time and your talents – with others.

9

Control desire for entertainment

Too much entertainment – TV, movies, radio, spectator sports and other distractions – can lead to less or no time for the works of the Lord.

10

Carry out duties in life

Serve God by living out your vocation in love each day. Be a good mother, father, teacher, worker, student, religious, minister, priest... God is calling each of us to be a living sacrifice. Offer your daily life through Christ!



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