



## A Lent Resource Guide

### February 13 Shrove Tuesday

Shrove Tuesday is the last day of what was traditionally referred to as "Shrovetide," the week before Lent. "To shrive" meant to hear confessions and during the week before Lent everyone was expected to go to confession. Lent would then become a time for penance and renewal of faith. Shrove Tuesday had a special significance as pancakes were prepared to deplete the eggs, milk and butter which were part of the Lenten fast.



Pieter Aertsen's The Pancake Bakery, circa 1508

Farm Favourite Oatmeal Pancake Recipe:

<https://www.dairygoodness.ca/recipes/farm-favourite-oatmeal-pancakes>

### February 14 Ash Wednesday

Ash Wednesday is the first day of Lent which starts with the wearing of ashes on the forehead typically in the form of a cross. The ashes symbolize the dust from which God

made us and are a visible sign of penance. As the priest applies the ashes to a person's forehead, he speaks the words:

"Remember that you are dust  
and to dust you shall return."

or

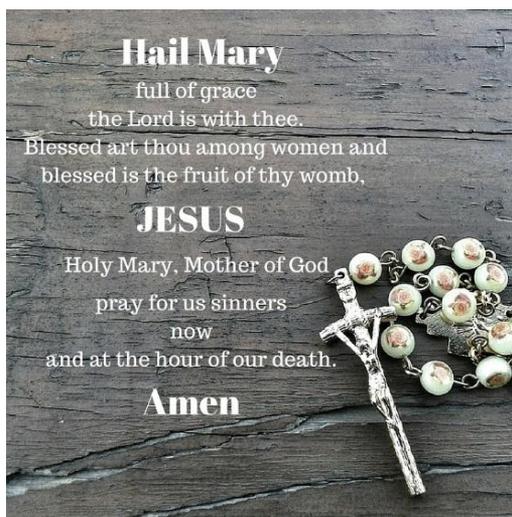
"Repent and believe in the Gospel."

The ashes are made from blessed palm branches, taken from the previous year's Palm Sunday Mass. Ashes are more than a symbol of penance and contrition, they also remind us that God is merciful to those who call on Him with a repentant heart.



"Dear brothers and sisters, let us begin our Lenten journey with joyful confidence. May we feel deep within us the call to conversion, to "return to God with all our heart", accepting his grace which makes us new, with that astonishing newness which is a share in the very life of Jesus. May none of us be deaf to this appeal, which also comes to us in the austere rite, at once so simple and so evocative, of the imposition of ashes, which we are about to celebrate." – Pope Benedict XVI

Lent is a time when we can rediscover prayer. It is the occasion to pick up the beads again to meditate with Mary the mysteries of the Lord's life  
– St. Dominic, Founder of the Order of Preachers



### **Fasting During Lent**

In the words of Archbishop Prendergast:

“During Lent, fasting (only one full meal) and abstinence (no meat) on Ash Wednesday and Good Friday (March 30), and abstinence on the other Fridays are obligatory. Why fast? A little self-denial is healthy. It gives you a tiny insight into Jesus’ agony on the cross for you. It gives you a hint of the suffering of the needy who do not share your abundance. It also asserts that you are not a slave to your appetites. The opposite of self-control, unbroken self-indulgence, is an idolatry: “Their end is destruction; their god is the belly.” (Philippians 3.19)”

## February 18 First Sorrowful Mystery

### Agony in the Garden

"Then Jesus went with them to a place called Gethsemane, and he said to his disciples, 'Sit here, while I go yonder and pray.' And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, 'My soul is very sorrowful, even to death; remain here, and watch with me.' And going a little farther he fell on his face and prayed, 'My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will'" (Mt 26:36-39).



### Going to Confession During Lent

Lent is a time for us to acknowledge our sins and all the ways that our behaviour hurts those around us and our relationship with God. Catholics must go to Confession at least once during Lent in order to receive communion in a state of grace on Easter Sunday.

“Turn away from sin and be faithful to the gospel”

## **February 25 Second Sorrowful Mystery**

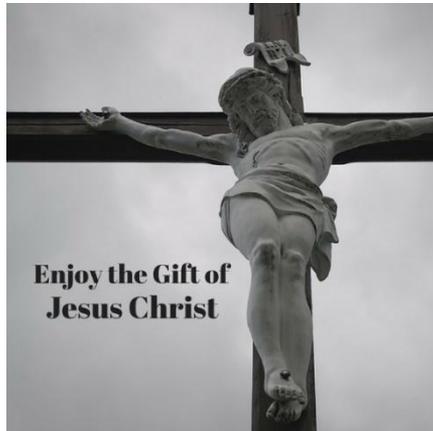
### **Scourging at the Pillar**

"Jesus' sufferings took their historical, concrete form from the fact that he was 'rejected by the elders and the chief priests and the scribes' (Mk 8:31), who 'handed him to the Gentiles to be mocked and scourged and crucified' (Mt 20:19)" (CCC, 572).

Salt and Light Catholic Media Foundation

Video – Praying the Sorrowful Mysteries:

[https://www.youtube.com/watch?v=m5W\\_Awabd6Y](https://www.youtube.com/watch?v=m5W_Awabd6Y)



### **Prayers for Vocations**

Pray for those within your family to remain open to hearing God's call

Pray for seminarians called to the priesthood, may they be holy and joyful priests.

Pray for an increase in vocations in our diocese.

**Jesus, Eternal Priest, we thank  
You for our faithful priests.**



## March 4 Third Sorrowful Mystery

### Crowning with Thorns

"Then the soldiers of the governor took Jesus into the praetorium, and they gathered the whole battalion before him. And they stripped him and put a scarlet robe upon him, and plaiting a crown of thorns they put it on his head, and put a reed in his right hand. And kneeling before him they mocked him, saying, 'Hail, King of the Jews!'" (Mt 27:27-29).

Family Activity: Salt Dough Crown of Thorns

<https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=1298>



## Contributing to the Needs of the Church

Tithing, time and talent – all important areas where you can make a contribution to your church community and parish. Use Lent as an opportunity to take your faith beyond simply showing up for Mass on Sundays. Make a financial contribution, offer to help with a project or build connections with local businesses to help sponsor the next parish event. Each and every one of us has something to offer up God to keep His home in order.

### March 11 Fourth Sorrowful Mystery

Carrying of the Cross

"And they compelled a passer-by, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry his cross. And they brought him to the place called Golgotha (which means the place of a skull)" (Mk 15:21-22).

"By accepting in his human will that the Father's will be done, he accepts his death as redemptive, for 'he himself bore our sins in his body on the tree' (1 Pt 2:24)" (CCC, 612).

### Please join us at 7:00pm on Good Friday For The Stations of the Cross

The Stations of the Cross are a 14-step Catholic devotion that commemorates the last day of Jesus as a man. The 14 stations focus on specific events of His last day starting with his condemnation and ending with being laid in the tomb. At each station we meditate on a specific event from Christ's last day and recite prayers.



Mattia Preti (Italy, 1613-1699)

## March 18 Fifth Sorrowful Mystery

### The Crucifixion

"And when they came to the place which is called The Skull, there they crucified him, and the criminals, one on the right and one on the left. And Jesus said, 'Father, forgive them; for they know not what they do'

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into thy hands I commit my spirit!' And having said this he breathed his last" (*Lk 23:33-46*).

### Receiving Holy Communion

Holy Communion is an intimate encounter with Christ. It is the most important of the seven sacraments because we receive the very body and blood, soul and divinity of Jesus Christ. In order to be properly disposed to receive Communion,

participants should not be conscious of grave sin and normally should have fasted for one hour.

"Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food, and my blood is real drink. He who eats my flesh and drinks my blood abides in me, and I in him."



### **Why do Catholics wear crucifixes?**

Wearing or displaying a crucifix in the home is unique to Catholics. Other Christians prefer the simple cross which to them symbolizes the resurrected Christ. To Catholics, the crucifix is a reminder of Jesus' sacrifice – a visible reminder that Jesus suffered, died and rose again for each one of us. The crucifix represents our level of commitment to Christ and our faith.

## March 25 Palm Sunday

Palm Sunday, mentioned in all four Gospels, is the beginning of Holy Week. This is the Sunday when Jesus rode triumphantly into Jerusalem riding a young donkey. The people of Jerusalem were excited to see Jesus and threw palm branches in front of his path to pay homage.

Palm branches are a symbol of peace and victory and the donkey is a symbol for the humble and hard working. Red and white are the colors for this Mass to symbolize the redemption given through the shedding of Christ's blood.

During Mass, the palms are blessed, distributed and carried into the church in a ritual procession.

How to make a palm frond cross:

<http://www.catholicicing.com/how-to-fold-a-palm-cross-in-10-easy-steps/>



## March 29 Holy Thursday

Holy Thursday is the commemoration of the Last Supper of Jesus. During this Passover celebration Christ establishes the sacrament of Holy Communion. The re-enactment of the Last Supper takes place at every Mass as part of the Liturgy of the Eucharist. Catholics believe, as an article of faith, that the unleavened bread and wine

are transformed into the body and blood of Jesus Christ through a process known as transubstantiation.



## **BEHOLD THE LAMB OF GOD WHO TAKES AWAY THE SIN OF THE WORLD**

During this last meal with the Disciples, Jesus predicts his betrayal. Christ knows he will soon be fulfilling his role as the sacrificial lamb for all our sins.

Prior to the Last Supper, Jesus performs a final act of service for his Disciples by washing their feet. "You should wash one another's feet," Jesus told them. "I have set an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them." Jesus is giving us a final reminder that we are here to serve each other.

### **Adoration Vigil**

On the night of Holy Thursday, Adoration of the Blessed Sacrament takes place where the faithful remain in the presence of the Eucharist just as the Disciples kept a vigil with Christ.

## What is the Easter Triduum?

The Easter Triduum is the period of three days that starts with the vigil on Holy Thursday and ends on Easter Sunday. The Triduum marks the end of Lent and the beginning of our celebration of the death and resurrection of Jesus.

### **March 30 Good Friday**

Good Friday is the day we remember the crucifixion of Jesus Christ. A celebration of the Lord's Passion is read which covers the time period from the betrayal by Judas all the way through to the suffering and death of Christ.



Good Friday is a day of abstinence and fasting. All celebration of the sacraments on this day is strictly prohibited, except for the sacraments of Penance and Anointing of the Sick.

Good Friday Confessions at St. George's Parish  
2:00pm to 2:50pm and 4:30pm to 5:30pm

## Why Are Crucifixes & Statues Covered During Lent?

Just at the time of year you would think we should be sitting and contemplating the suffering of Christ on the cross, it gets covered up. The reason is because we are building up our longing to see Christ. The veils also act as a reminder that this is a special time of year. You can even extend the practice to crucifixes and statues within your home.

On Good Friday there is Communion and Veneration of the Cross. After the celebration, the altar is stripped and the cross remains with four candles.



## March 31 Easter Vigil

The Easter Vigil is the highpoint of the Easter Triduum celebrating the passion and resurrection of Jesus. It also happens to be the most beautiful and moving celebration of the year. The Vigil begins in darkness outside the church where the lighting of the fire and the Easter candle become the first sign of the Risen Christ, "the light of the world". This is a celebration of Christ's triumph over death and darkness.

Candles, Holy Water, Incense, Kneeling, Bells and  
the Eucharist : How The Traditional Mass  
Engages All Five Senses

<https://www.catholicgentleman.net/2016/01/mass-appeal-how-the-traditional-mass-engages-all-five-senses/>

During the Easter Vigil there are extra readings from the Old and New Testament to guide us as we reflect on all that God has given us. Additionally, those preparing for Baptism then receive the Sacraments of Initiation and all the faithful are blessed with water and renew their baptismal promises.



“There is no evil to be faced that  
Christ does not face with us.

There is no enemy that  
Christ has not already conquered.

There is no cross to bear that  
Christ has not already born for us,  
and does not now bear with us.”

– St. John Paul II

## April 1 Easter

Easter is the fulfillment of God's promise to us – Christ's resurrection from the dead.

Easter is the third day following Christ's crucifixion when we know from the Gospels that he rose from the dead. The resurrection of Jesus reveals that good triumphs over evil and that those who seek forgiveness for their sins will find mercy and love in Christ.

Easter marks the end of Holy Week, the end of Lent and is the last day of the Easter Triduum. Now it becomes the season of Easter which lasts for seven weeks, ending with Pentecost.



To download an e-copy of this Lent Resource Guide or to find out more about St. George's Church please visit us at:

<http://www.saintgeorges.ca/>

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