

# 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.



We mark our foreheads with ashes to remind ourselves that **we are not of this world** and are made for **eternity with God.**

*"For You have made us for Yourself, and our hearts are restless until they find rest in You."*  
-St. Augustine of Hippo

### Where do the ashes come from?

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year.



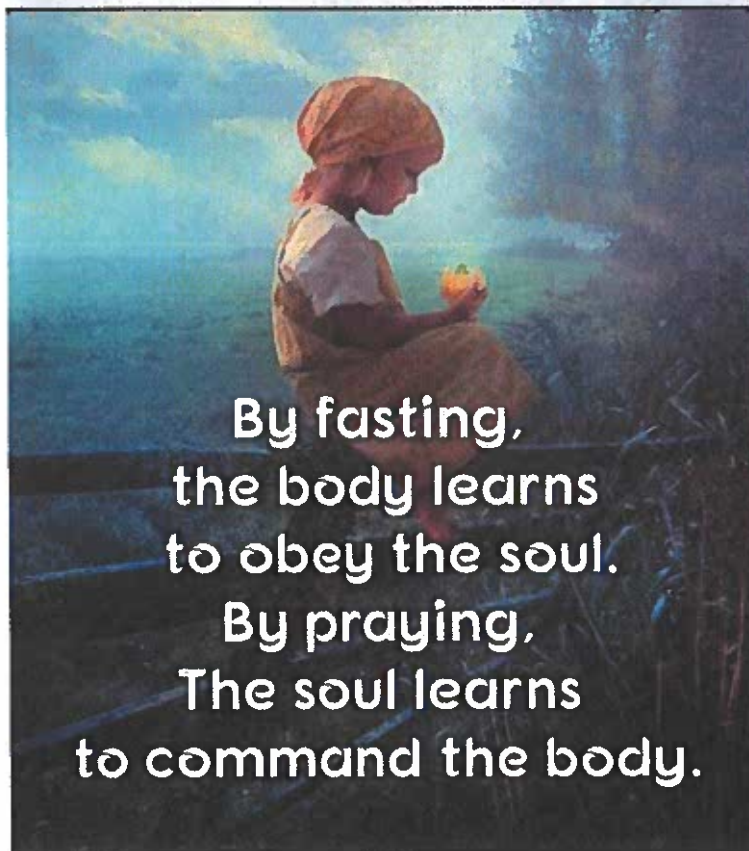
# WHY THE ASHES?

Ashes are a public sign of our intent to **die to our worldly desires** and **live in Christ.**

As our foreheads are marked with ashes, these words are said: **"Remember, that you are dust, and unto dust you shall return."**

**Ashes were used as a sign of repentance in the Old Testament:**

*"Then I turned to the Lord God, to seek an answer by prayer and supplication with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession"* -Daniel 9: 3-4



**By fasting,  
the body learns  
to obey the soul.  
By praying,  
The soul learns  
to command the body.**

# LENT

is a call to renew a commitment grown dull, perhaps, by a life more marked by routine than by reflection.

**-Joan Chittister**