

Cottesmore St Mary Catholic Primary School

LENT 2022 Parent Information



Wednesday 2nd March marks the beginning of Lent, the most important time in the Church's calendar. Lent is the 40 days before Easter, beginning on Ash Wednesday. Lent is a season of reflection and preparation before the celebrations of Easter.

The 40 days of Lent, echo Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Purple is used throughout Lent as a sign of sorrow and also of royalty for the death of Christ the King.

Lent ends on Thursday 14th April or Maundy Thursday as the Church enters Holy Week and the death and resurrection of Jesus.

In his Pastoral letter, Fratelli Tutti, Pope Francis challenges us by saying

“Each day we have to decide whether to be Good Samaritans or indifferent bystanders.”

A good exercise for the heart



is bending down and helping someone to get up.

This year our Lenten challenge is not about ‘giving things up’ but just giving! During the 6 weeks of Lent what acts can you do that offer kindness and support to others within our families and our community.

Each week there will be 5 challenges as ideas for you to try. We would like you to share photos with your class teacher via Seesaw/ Email colettefairbanks@cottesmore.brighton-hove.sch.uk so we can share our acts of care and kindness within our school.



Loving and compassionate God,
teach us to show love and mercy
to each other.

As we begin our journey through
Lent, inspire us to be generous
and kind.

Amen

