

Celebrating Lent and Holy Week

Keep these ideas in mind as you study **Unit 4, Session 20**.

Lent begins with Ash Wednesday and ends during Holy Week on Holy Thursday. On Ash Wednesday we receive ashes on our foreheads as an expression of sorrow for our sins.

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Lent is a time of reflection, increased prayer, and self-denial. The Church tells adults to fast from meals and not eat meat on certain days. Fasting means limiting the amount of food eaten during the day.

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We can help those less fortunate by donating our money and time to organizations or the community. This is called almsgiving.

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Holy Week is the last week of Lent.

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The Easter Triduum is celebrated on Holy Thursday, Good Friday, and Holy Saturday. Mass is not celebrated on Good Friday because it is the day Jesus suffered and died.

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The 14 Stations of the Cross represent events from the Passion of Jesus.

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During Lent the Church is adorned in purple, the color of penance.

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The Veneration of the Cross acknowledges Jesus' great sacrifice for us. *Venerate* means "to show reverence and respect."

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Jesus shared a final meal with his disciples on Holy Thursday. That evening he was arrested. The next morning, Good Friday, Jesus came before Pilate.

ART PRINT 20

Pontius Pilate did as the crowd asked. He released the criminal Barabbas and condemned Jesus.

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