

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.

PAGE 81

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.

PAGE 81

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

PAGE 81

Holy Week is the last week of Lent.

PAGE 82

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.

PAGES 82–83

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

PAGE 82

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

PAGE 83

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

PAGE 83

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.

ART PRINT 20