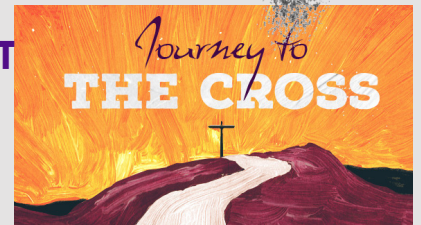


What's on?
Wed: Ash Wednesday
Services, where we
will mark the start of
Lent together and
receive the ashes.



ALL HALLOWS CATHOLIC HIGH SCHOOL Lent: ASH Wednesday

**ASH WEDNESDAY IS THE START OF LENT, A TIME WHEN WE PRAY, FAST
AND GIVE AS WE PREPARE TO CELEBRATE EASTER. FOR 40 DAYS, WE
ACCOMPANY JESUS ON HIS JOURNEY TO THE CROSS.**



WORD OF THE WEEK

Matthew 6: 1-6, 16-18

Jesus said to his disciples: "Be careful not to parade your good deeds before others to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets, to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father, who sees all that is done in secret, will reward you. And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues, and at the street corners, for people to see them. I tell you solemnly, they have had their reward. But when you pray, go to your private room and when you have shut your door, pray to your Father who is in that secret place, and your Father, who sees all that is done in secret, will reward you.

When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father, who sees all that is done in secret, will reward you.

PRAYER FOR THE WEEK

Lord, may the ashes we receive be a sign to us that our Lent has begun. Bless us during this time of Lenten preparation. Help us to keep our promises to fast, motivate us to share what we have, and guide us to pray and become closer to you. Strengthen us so that we may grow in faith, hope and love and be transformed ready to celebrate Easter.

Amen.

+ Did you know?

The ashes for Ash Wednesday are made from the burnt palms left over from last year's Palm Sunday!



CAFOD
Catholic Agency for
Overseas Development

**WALK
AGAINST
HUNGER**

Walk against Hunger

Last week we launched our Lent Appeal for CAFOD. We are challenging you to walk as many KM as you can during Lent and be sponsored to do so.

Each of us has a target of £70 to fundraise. That £70 provides rice for a whole community to plant and makes a real and lasting difference to global hunger.

CAFOD have also provided us with the Lent calendar which has a different reflection for us for each day during lent. Your form tutor has been emailed the calendar and it would be great if you could use each day's reflection for your time of prayer each morning, helping to keep us focused, in prayer and action, on our Lent Appeal.

+ SOMETHING TO THINK ABOUT...

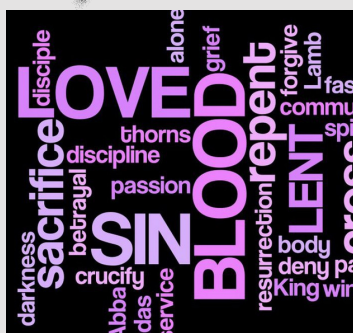
Lent is a time when we practise new ways of giving up sin and doing good, so we can be closer to God.

Silently for 2 minutes think about 2/3 things you are sorry for, things that you regret. Then think of how you can ensure that you don't do these things again.

Make this a Lenten promise.



+ SOMETHING TO TALK ABOUT...



As a class discuss all the different things or words associated with Lent that you can think of.

And talk about what words and things you know are useful for you to make the most of Lent, as a time to reflect and do things differently, to become a better person.

+ SOMETHING TO DO...

During Lent we are asked to fast, give and pray.

Fasting: Lent is a time when we think about giving things up that we take for granted or depend on- then at the end of Lent we have a renewed thankfulness for these gifts. What do you take for granted or rely on? How could you fast from these things? Could you spend less time on social media, could you give up chocolate or sweets, could you walk to school each morning rather than relying on a lift or the bus?

Giving: Lent is a season we traditionally think about giving, maybe to charity or in service to others who need our help. Maybe think of 40 things you can give this Lent, one for each day of the season. This doesn't have to be money, one day you could give money, the next you could share something with a friend, the next you could give a kind note to someone. Another way you can give is by being involved in our CAFOD Lent appeal, fundraising by walking 5km for CAFOD and being sponsored to do so!

Praying: Lent is a time when we should seek to get closer to God. A great way to do this is through prayer. Could you read the bible more to try and understand the life of Jesus better? Could you say a prayer each night to thank God for all the goodness in the day and say sorry for any mistakes we have made? Could we start each day with a prayer asking for help with anything we are worried about in the day ahead?

**Help stamp out hunger,
one step at a time.**

