

St. Mun's Monthly

For our young parishioners

Welcome to the season of Lent which began on **Ash Wednesday**.

Note that the priest's vestments are now **PURPLE !**

Look back to your February magazine to find out again about Ash Wednesday.

The word Lent comes from the Anglo-Saxon word, meaning 'spring' or 'springtime.'

It is a time to remember the temptation, suffering and sacrifice of Jesus.

Most of all, it is a time to prepare ourselves for **Easter**.

We do this by making a special effort to be like Jesus.

Lent lasts for 40 days and Sundays are not counted because they are always a day of worship.

Please colour these spring flowers and name them if you can.









3 special things we think about during Lent are;

1. Prayer In Lent we should all try to pray a little more often.

We pray to God for all sorts of things;

- we pray to God because we love Him
- we pray to God to ask for His help
- we pray to God to give Him thanks
- we pray to God to ask His forgiveness of our sins and we promise we will try to do better. We can say sorry for anything we may have done wrong. Lent is a good time for a new start! Try hard to forgive others too.

Write your own ideas of the best times to pray;

1.
2.
3.

2. Fasting Lent is a time for fasting, meaning going without food. Jesus fasted for 40 Days, remember, in the desert.

It's not good for children to fast but there are things, other than food, you can do without during Lent. Perhaps give up something you like, but don't really need. You could give up some of the time you might normally spend watching TV, playing on the computer or 'phone to do something helpful.

Why not try to give up complaining during Lent? You might be surprised how difficult it is to do!

3. Good Deeds

During Lent we try to be more generous with our time and love. Good deeds come from the heart so remember not to expect to be paid money. You will get rewards just by doing them. Sometimes it's a thank you, a hug or a smile. More importantly it's a good feeling you will have inside you.

Try to think of a good deed you can do each of the 40 days.

Feast Days in March.

17th March Feast of St Patrick.

St Patrick is the patron saint of Ireland who told the people about God. Today is a particularly special day for Irish people.

19th March Feast of St Joseph.

St Joseph was the spouse of Our Lady, Mary, mother of Jesus. He looked after his family with great gentleness and care. He was a carpenter in Nazareth and in the Gospel of St Matthew he is called 'a just man'.



25th March The Annunciation



We remember on this day when the Angel Gabriel appeared to Mary to ask her to become the mother of Jesus.

The 40 Days of Lent

40 is a special number in the Bible and the 40 days of Lent mark the 40 years it took the Israelites to go through the desert and the 40 days Jesus spent fasting in the desert.

