

FAMILY PRAYER

At Home

All Saints
Catholic Academy Trust



Thursday 8th February 2024

Preparing for the season of Lent

Mardi Gras 2024 will fall on Tuesday 13th February.

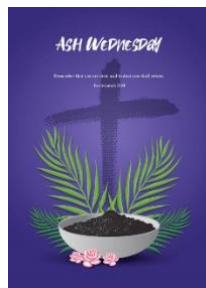


The name **Shrove Tuesday** comes from the practice of Anglo-Saxon Christians going into confession the day before Lent and being 'shriven' (absolved of their sins). A bell would be rung

to call people to confession, which became known as the 'Pancake Bell' and is still rung in some places today.

The festival dates back thousands of years to pagan spring and fertility rites. Also known as Carnival or Carnaval, it is celebrated in many countries around the world, mainly those with large Roman Catholic populations on the day before the season of Lent begins. Mardi Gras has evolved into a week-long festival.

The first day of **Lent** is **Ash Wednesday** on February 14th. On this special day of reflection, Catholics wear a marking of the cross in ash on their foreheads. The ashes symbolise our mortality – 'Remember you are dust, and to dust you shall return.'



Lent is a special time when we prepare for Easter. We take time in Lent to pray more, and to think about how we live our lives. This time can help us to change for the better and grow in our faith.

As we grow closer to God, we also realise that we are called to put our faith into action, and to live our lives as God wants us to, loving and caring for all people and for the earth.

Scripture - Mark 1:12-15

At once the Spirit made Jesus go into the desert, where he stayed forty days, being tempted by Satan. Wild animals were there also, but angels came and helped him.



After John had been put in prison, Jesus went to Galilee and preached the Good News from God. "The right time has come," he said, "and the Kingdom of God is near! Turn away from your sins and believe the Good News!"

Reflect

Jesus goes out into the desert for 40 days. He had hardly any food to eat or water to drink. How do you think Jesus felt while he was in the desert?

Jesus might have been hungry, thirsty, and afraid. He might have been lonely.

But we also hear that in the desert, the angels helped him. We all need people to help us sometimes. Even when we work really hard, we can't always do everything on our own.

Closing Prayer

Loving God, as we grow in faith this Lent, help us try to live as you call us to – helping and supporting each other, loving and caring for all people and for the earth.

Amen

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