



# PREP PARENT NEWS

March 2022

## What is Lent?

Lent gets us ready for Easter! It lasts from Ash Wednesday to the Saturday before Easter Sunday. Sundays are not included in the forty days of Lent since each Sunday is a "mini-Easter." During Lent, we reflect on how much Jesus sacrificed for us. Jesus, you see, is God's particular Son. Despite the fact that he was God, Jesus became a human. Jesus sacrificed his life so that we could be set free from the grip of sin and death. (In Philippians 2:5-11, Jesus' buddy Paul elaborates on this. Look it up!)

We commemorate Jesus' sacrifice for all people during Lent, and we choose to give up things as well. During Lent, some people choose to fast. That is, they choose to spend their time thinking and talking about Jesus rather than eating, watching TV, or playing video games. It's a small way for us to demonstrate our love and thankfulness for Jesus by sacrificing something.

With your family this Lenten season, try carving out 10 minutes each day to spend time thinking about Jesus and talking with your family. It's okay if you miss a day or two—after all, things happen. But the time you do spend together with Jesus is sure to be sweeter than your favorite Easter candy!

*Make Lent*  
**40 DAYS**  
OF AWESOME

## What's your Catholic IQ?

1. Catholics are encouraged to receive the sacrament of \_\_\_\_\_ during Lent.  
a) Matrimony      b) Holy Orders  
c) Reconciliation      d) Baptism
2. \_\_\_\_\_ is the Lenten spiritual practice of self-denial from items such as meat or desserts.  
a) Starving      b) Prayer      c) Almsgiving  
d) Fasting
3. The "passion" of Christ refers to his suffering and death on the cross. True or False
4. The Stations of the Cross is a common spiritual devotion during Lent. True or False
5. Mary as the title of Our Lady of \_\_\_\_\_ because she suffered so much watching her son crucified.  
a) Snows      b) Queen of Peace      c) Sorrows  
d) Guadalupe
6. People continue to build up God's creation through their \_\_\_\_\_.  
a) work      b) sin      c) laughter      d) silence

Answers: (1) c; (2) d; (3) true; (4) true; (5) c; 6(a)

## ANNOUNCEMENTS:

*Reminder:* Religious education classes begin immediately following the 9:30 a.m. Mass in the basement until further notice.