

# Virtual Family Prayer Bag

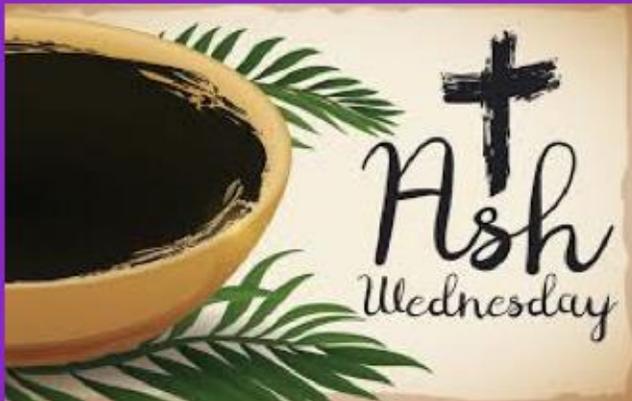
Dear Parent / Carer,

Here is our virtual Prayer Bag for Ash Wednesday and Lent

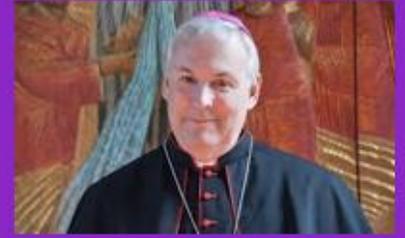


## Celebrating Ash Wednesday and Lent

Please take some time over the next few days  
to come together, as a family, in prayer.  
Ash Wednesday is celebrated on 17<sup>th</sup> February



## A Message from Bishop David



Dear young friends in Christ,

Ash Wednesday begins the time of Lent. This old English word means “Spring time”, and hopefully, during the weeks of Lent we will see signs that our world is waking up to new life, in the gardens, in the trees, lengthening days and better weather. Lent is an invitation for each of us to wake up to the Gospel in new ways too. So how can we do this? Traditionally, there are three things which Christians do during these weeks of Lent; prayer, fasting and almsgiving. I recently encouraged you to think about saying the rosary more often. Another lovely way of praying, is to choose some words in the Gospel, and to allow these words to sing into our hearts as well as our minds. Imagine that you are having a conversation with Jesus. The Gospel is full of loving words from Jesus to each one of us.

Secondly, we think about fasting from some food or other things. Many of us choose to live without chocolate puddings - or in my case, anything else which puts weight onto an already heavy me! So, give it some thought. Fasting can be hard, but I like to think of it as an opportunity to tell Jesus that I rely on him and him alone, and not on any other things in my life.

Almsgiving is about noticing those who are less fortunate than ourselves, and deciding to do something about that. It might be giving a little something to my school or parish charities. It could involve giving myself generously for a little time every week to serving others, perhaps an elderly person in my community.

Whatever we are doing, we are thinking about the 40 days Jesus spent in the desert. This was an important time in his life, marking the separation between his life as a child and a young man, and his time of ministry to those in need. We also remember the 40 years that the children of Israel spent marching through the desert towards the promised land. How often the people made mistakes and got things wrong. But at the end of the day, they trusted the Lord and found their way to the promised land. How often we make mistakes and get things wrong. The season of Lent reminds us that there is hope for us, and we can work with Jesus to turn things around and get things right.

Let's pray for each other, me for you and you for me, so that together, Lent 2021 will make a difference in our lives.

With every blessing,

✠ David

Rt Revd Dr David J Oakley  
Bishop of Northampton

Set aside some time in your day  
to gather together for prayer  
Make sure you are all sitting comfortably  
Light a candle



**In the name of the Father and of the Son and of the Holy Spirit. Amen**

# Lent

The Season  
of Lent,  
begins on  
Ash Wednesday.  
This year  
Ash Wednesday  
falls on  
17<sup>th</sup> February



The day before Lent begins is called  
Shrove Tuesday or Pancake Day.

'Shrove' comes from 'shriven'  
- to be forgiven



**The season of Lent  
begins on Ash Wednesday  
with the marking of ashes  
on our foreheads.**



# The season of Lent ends on Holy Thursday



**The marking of the cross on our forehead  
on Ash Wednesday  
is a sign that we are sorry  
for all we have done wrong  
and that we want to try to be  
more like Jesus and come closer  
to him everyday.**





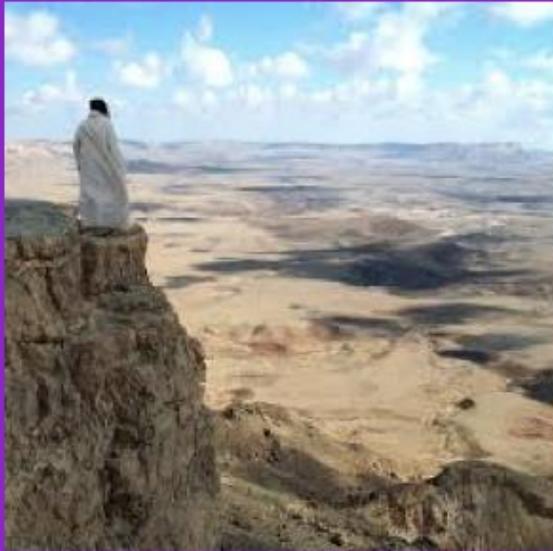
**When the priest makes the cross  
on our forehead he says:  
'Turn away from sin  
and believe the good news'**

**Lent lasts for 40 days.  
40 is a significant number in the Bible.**

**When Noah went into the ark with all the animals it rained for 40 days and 40 nights!**



**Moses led the people of God through the desert for 40 years.**



**Jesus was tempted by the devil, in the wilderness, for 40 days.**

**During Lent we have 40 days to think  
about the way we live our lives:  
How we speak to others,  
and what we do.**

**How could our words and actions be more  
loving and caring?**



**Lent is a special time  
of preparation for the celebration of Easter,  
when God invites us to:**



**Pray more - especially for others.**

**Do without something we enjoy.**

**Give something to those in need.**





**Pray more - especially for others**

**Could you make the effort to pray  
each day of Lent?**

**Maybe you could say an Our Father  
or a Hail Mary  
or make up a prayer of your own  
each day**



## Give something to those in need



Perhaps you could put some money in a charity box, or give some food to the foodbank, or sort out your clothes and toys to give to a charity shop or join in the CAFOD challenge 'Walk for Water'

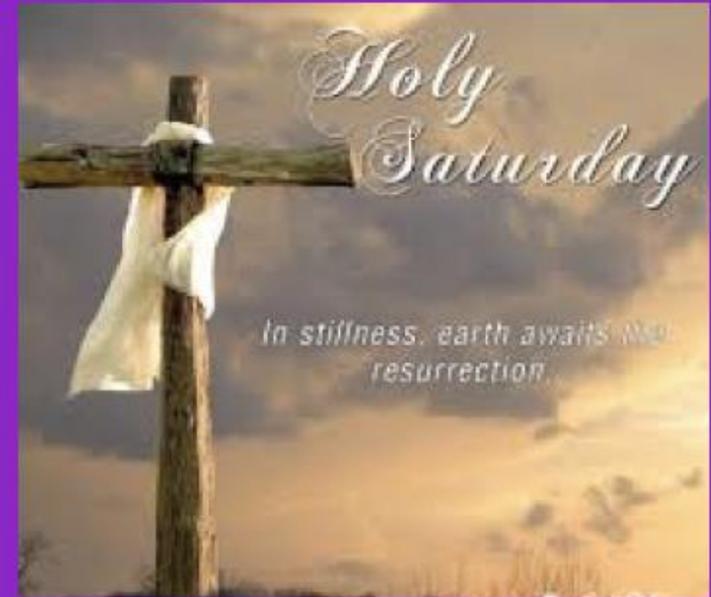


# Do without something we enjoy

Could you give up sweets or chocolate for 40 days?  
Could you go without your favourite game  
or TV programme for the whole of Lent?



The Lent fast,  
for 40 days,  
starts on Ash Wednesday  
and ends on Holy Saturday



# Calendar 2021

January	February	March	April
1 Fr <small>New Year's Day</small>	1 Mo	1 Mo	1 Th <small>Holy Thursday</small>
2 Sa	2 Tu	2 Tu	2 Fr <small>Good Friday</small>
3 Su	3 We	3 We	3 Sa
4 Mo	4 Th	4 Th	4 Su <small>Easter Sunday</small>
5 Tu	5 Fr	5 Fr	5 Mo <small>Easter Monday</small> <sup>14</sup>
6 We	6 Sa	6 Sa	6 Tu
7 Th	7 Su	7 Su	7 We
8 Fr	8 Mo	8 Mo	8 Th
9 Sa	9 Tu	9 Tu	9 Fr
10 Su	10 We	10 We	10 Sa
11 Mo	11 Th	11 Th	11 Su
12 Tu	12 Fr	12 Fr	12 Mo <sup>15</sup>
13 We	13 Sa	13 Sa	13 Tu
14 Th	14 Su	14 Su	14 We
15 Fr	15 Mo	15 Mo	15 Th
16 Sa	16 Tu	16 Tu	16 Fr
17 Su	17 We <small>Ash Wednesday</small>	17 We	17 Sa
18 Mo	18 Th	18 Th	18 Su
19 Tu	19 Fr	19 Fr	19 Mo <sup>16</sup>
20 We	20 Sa	20 Sa	20 Tu
21 Th	21 Su	21 Su	21 We
22 Fr	22 Mo	22 Mo	22 Th
23 Sa	23 Tu	23 Tu	23 Fr
24 Su	24 We	24 We	24 Sa
25 Mo	25 Th	25 Th	25 Su
26 Tu	26 Fr	26 Fr	26 Mo <sup>17</sup>
27 We	27 Sa	27 Sa	27 Tu
28 Th	28 Su	28 Su	28 We
29 Fr		29 Mo <sup>13</sup>	29 Th
30 Sa		30 Tu	30 Fr
31 Su		31 We	

Add up the days  
from the first day of Lent  
to Holy Saturday  
and see how many days  
there are.....

Then  
take away the Sundays!  
How many days  
have you got now?

**Sunday is the day of Jesus' resurrection  
a day of celebration - even in Lent!  
So whatever you give up for Lent  
you can have on a Sunday!**



# A Reading from the Prophet Joel



**It is the Lord who speaks –  
‘Come back to me with all your heart.  
Turn to the Lord your God again,  
for he is all tenderness and compassion.**

**Sound the trumpet in Zion!  
Order a fast,  
proclaim a solemn assembly,  
call all the people together,  
summon the community,  
assemble the old people,  
gather all the children,  
because the Lord takes pity on his people.'**

**The word of the Lord**

**Thanks be to God**



Let us pray for.....

our families,  
our friends,  
the lonely,  
the homeless,  
the sick,  
those who look after them  
and all those who have died



## **As we pray together:**

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done  
on earth as it is in heaven.**

**Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

**Amen.**



Loving Father in heaven,  
the light of your truth gives sight  
to the darkness of sinful eyes.  
May this season of Lent  
bring us the blessing of your forgiveness  
and the gift of your light.  
We make our prayer through Christ our Lord

**Amen**



If my brother does me wrong  
how should I forgive him?

If my brother does me wrong  
how should I forgive him?

‘Sev’n times sev’n o!’

That’s what Jesus says  
you know

‘Sev’n times sev’n o!’

That’s what Jesus says.

If my sister lets me down  
how should I forgive her?

If my friends won’t play with me  
how should I forgive them?

# This year CAFOD is inviting us to:

## Walk for Water

**Are you ready to change your life and transform someone else's this Lent?**

[Sign up now](#)

Walk for Water is the only Lent challenge you need: 10,000 steps a day - done your way. Every day. For 40 days. Go the distance this Lent and help to end water poverty.

You don't have to get tied in a knot about how to do it: whether you hop it; skip it; slide it; run it; jump it; dance it; stamp it; stomp it. It doesn't matter how you do it, just as long as you put your heart and soul into it.

Sign up now, raise money and do something different to fight poverty.

[Sign up now](#)





**Abdella  
walks 10 hours a day  
to find water  
for his family**



**Abdella lives in an extremely remote and mountainous region of Ethiopia. It is one of the hottest places on the planet.**



**Clean water is a long way away.  
The journey to collect water is so long  
he has to leave early from the village while it is still dark.**





**Can you see Abdella in the photo?**



The journey is long and hard. Abdella says:  
I feel tired, I feel hungry.





**Finally Abdella gets to the water**



**He is able to fill his container with the clean water and then has to make the long journey back home**



By the time he gets back home with the water  
He has no time or energy left for anything else.

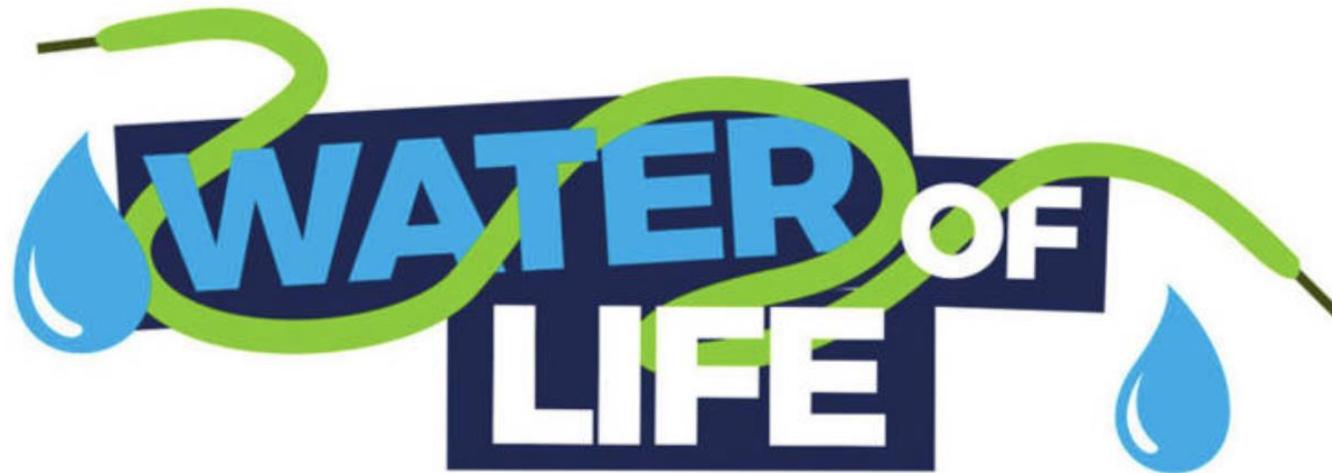
# Can we walk by Abdella's side?



In our world 1 in 3 people  
don't have clean drinking water.  
With CAFOD we can help them.

**Don't let people like Abdella walk alone!**

# Water of Life national assembly



## NATIONAL ASSEMBLY

[Click here to watch the Cafod Water of Life Assembly](#)

## Let us pray

Loving God,  
we hear your call to  
all who are thirsty  
To come to the water.  
Pour out your Spirit upon us  
and help us to walk alongside  
each another.  
As a stream wears away stone,  
may we reshape our world together  
to reflect your kingdom of love for  
all.  
Amen.

