



St Gregory's Catholic Primary School

Lent 2024 Information
1st March 2024

Dear Parents, Children and Carers,

I hope you all enjoyed your half term break and have had a happy and successful start to this half term.

As we journey together during Lent, I share with you the words of Pope Francis in his Lenten message 2024, which this year takes as its theme these words from the book of Exodus:

"I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery" (Ex 20:2).

The Holy Father reflects on the freedom God wants to bring each of us. He writes:



"It is time to act, and in Lent, *to act also means to pause*. To pause *in prayer*, in order to receive the word of God, to pause like the Samaritan *in the presence of a wounded brother or sister*. Love of God and love of neighbour are one love.... For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us."

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Lent has traditionally been the season where we give something up, often sweets or a favourite food, in order to focus on the sacrifice Christ made on the cross. But fasting is much more than a means of developing self-control. Fasting is spiritual and physical purification. Fasting and abstinence help us to participate more fully in the cross of Christ. Lent is a time to fast from those things or habits that may have become a roadblock to our relationship with Christ. As part of our alms giving, St Gregory's will be participating in CAFOD's Big Lent Walk Campaign.

Lent Activities 2024

This Lent we are supporting CAFOD and joining other schools around the country to help fight global poverty. Around the world, 200 million children are at risk of malnutrition. By challenging ourselves to walk and get sponsored, we will be helping children to grow big and strong. Please do have a look at the CAFOD website for details of this National campaign at <https://cafod.org.uk>



All pupils will be participating in our Big Lent Walk in school on Wednesday 27th March (information about how to donate will be sent in due course) aiming to walk at least 200km collectively. Every £1 raised through the Big Lent Walk will help fight poverty globally in countries like Afghanistan, Colombia, the Democratic Republic of the Congo and South Sudan.

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St Gregory's Catholic Primary School
'Walking Together in the Light of the Lord'

This year, CAFOD's [Lent Appeal](#) is helping fishing communities feed their families in Liberia. With your support, together we will change lives.

Growing closer to God through Prayer

Throughout the season of Lent, we are called to deepen our prayer life. During this time each class will have a special Lent prayer bag that the children will take in turns to take home. Guidance on how to use the prayer bag will be included. Please look out for this and encourage your child to take special care of it, while in their care.



Events at the Parish of [St Gregory the Great](#) (NN3 2AG)

Sunday 10th March – Mothering Sunday, a craft activity for the children to participate in during the 9am Mass.

Wednesday 27th March - at 7pm at the Parish of St Gregory the Great, NN3 2AG – this is performed by young people and open to ALL ages. It tells the tale of the stations of the cross. Free to attend.

Friday 28th March – Activities in the Church from 10am-12pm for young people. £1 donation per child to attend

Sunday 31st March – Easter Activities in 9am Children's Liturgy

Important Dates to note:

Wednesday 14th February – Ash Wednesday

Thursday 7th March – PTFA Mothers' Day Gift Room

Sunday 10th March – Mothering Sunday

Thursday 14th March – Lent Reflection led by pupils from the four Catholic schools in Northampton. Begins at 5pm.

Sunday 24th March – Palm Sunday

Wednesday 27th March – Big Lent Walk in school - the children will walk laps of the field. Our target distance together is 200km. Please support us in this challenge by donating via our CAFOD page

Thursday 28th March – Maundy Thursday and End of Term.

We really appreciate your support and hope that everyone has fun helping us raise money for CAFOD. Together, we look forward to growing in our faith closer to God during this Lenten Season.

Yours Sincerely

Mrs K. Yuen

Executive Headteacher

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