

# *Celebrate Lent!*

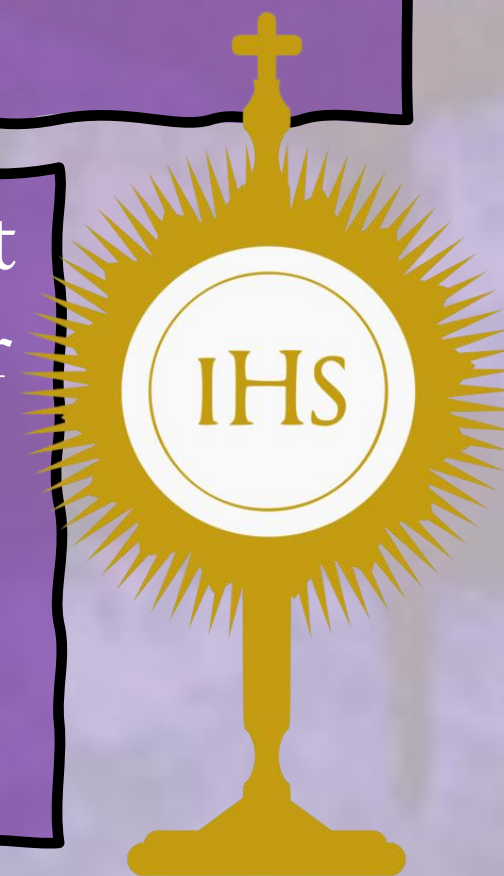
*Celebrating the Year of the Eucharist*

## *Mealttime Prayer*

*Bless us O Lord,  
and these thy gifts,  
which we are about to receive  
from thy bounty,  
through Christ, Our Lord.  
Amen.*

*Lenten Fact: Lent is the period of time in our liturgical calendar that is 40 days. During the season of Lent, we practice Prayer, Fasting and Almsgiving – which help us to focus on God and our relationship with God.*

*Visit our Year of the Eucharist page on our Parish website for more resources and ways you and your family can celebrate this special year!*



# Celebrate Lent!

Celebrating the Year of the Eucharist

## Ash Wednesday

Lent begins on Ash Wednesday - the day on which our foreheads are marked with ashes in the sign of a cross.

The ashes remind us that our beginning and our end is with God. Color in the image and in black crayon, make crosses on the foreheads of the four children pictured to the left!

