

Response: *Be merciful O Lord.*

Leader: Give me back the joy of your salvation, and a willing spirit sustain in me.

Response: *Be merciful O Lord.*

Leader: O Lord, open my lips, and my mouth shall proclaim your praise.

Response: *Be merciful O Lord.*

PRAYER FOR THE BLESSING OF THE ASHES

Leader: Lord, bless these ashes by which we show that we are dust. Bless all those who seek your forgiveness and love and all those who receive these ashes. May they keep this lenten season in preparation for the joy of Easter.

(The leader sprinkles the ashes with holy water in silence.)

DISTRIBUTION OF ASHES

(The children come forward to receive the ashes on their forehead.)

Leader: Remember, you are dust and to dust you will return.

(After all have received the ashes the leader invites everyone to join in reciting the Our Father.)

Leader: Now, in obedience to Christ himself, let us join in prayer to the Father, asking him to forgive us as we forgive others.

All: Our Father...

Leader: Father, our source of life, you know our weakness. May we reach out with joy to grasp your hand and to walk more readily in your ways.

We ask this through Christ our Lord.

All: Amen.

CONCLUDING RITE:

Leader: May the Father bless us, for he has adopted us as his children.

All: Amen.

Leader: May the Son come to help us, for he has received us as brothers and sisters.

All: Amen.

Leader: May the Spirit be with us, for he has made us his dwelling place.

All: Amen.

Leader: And may almighty God bless you all, the Father, and the Son, and the Holy Spirit.

All: Amen.

Lent - 2011



What is Lent?

When Does Lent Occur?

What do Christians do During Lent?

Lent and Ash Wednesday.

Lent and Mardi Gras.

What is Lent?

In the Christian liturgical calendar, Lent is the penitential period of 40 days from Ash Wednesday to Easter. Traditional Christians observances of Lent include fasting and penitence, both in preparation for Easter and as a way of spiritually “joining” Jesus with the fasting and meditation he did in the wilderness. For early Christians the rules for fasting were strict: just one meal a day, in the evening, and no meat, fish, eggs, or butter was permitted. Lent is a time when many Christians prepare for Easter by observing a period of fasting.

The Bible does not mention Ash Wednesday or the custom of Lent, however, the practice of repentance can be found in 2 Samuel 13:19; Esther 4:1; Job 2:8; Daniel 9:3; and Matthew 11:21.

Origins of Lent:

The name lent is a Germanic word originally used to refer to the spring season. Over time, it replaced the Latin *quadragesima*, which means “forty days.” Lent lasts forty days because according to biblical accounts, Jesus went into the wilderness for forty days of fasting, meditation and reflection before beginning his ministry.

Lent & Ash Wednesday:

Where do the ashes come from for Ash Wednesday? It was traditional in ancient times for people engaged in special times of fasting, prayer, or repentance to rub ashes on their foreheads as an outward symbol of what they were experiencing internally. This custom entered Christianity through Judaism, and Christians today receive ashes on their foreheads to mark the beginning of Lent. Ideally, the ashes come from the burning of palm fronds from the previous year’s Easter celebrations.

Lent & Fasting Today:

In Western Christendom today, the strictest fasting rules were eliminated in the Roman Catholic Church in 1966. Only Ash Wednesday and Good Friday are required to be strict fasting days for Roman Catholics. Penance, however, is still observed and marked by alms giving, devoting time to prayer and scripture reading. During the early days of the church, this period was also the time when those who wanted to become Christians prepared for their baptismal rites.

BLESSING AND DISTRIBUTION OF ASHES

The season of Lent begins with the ancient practice of marking the baptized with ashes as a public and communal sign of penance. The blessing and distribution of ashes on Ash Wednesday normally takes place during the celebration of Mass. However, when circumstances require, the blessing and distribution of ashes may take place apart from Mass during a celebration of the word of God.

Leader: *All make the sign of the cross and reply:* Amen

In the name of the Father, and of the Son, and of the Holy Spirit.

Leader: The grace, the mercy, and the peace of God the Father and Christ Jesus our Saviour be with you.

All: And also with you.

Leader: My brothers and sisters, the hour of God’s favour draws near, the day of his mercy and of our salvation approaches, when death was destroyed and eternal life began.

As we begin the season of Lent, we gather to acknowledge that we have been unloving to others. As we express our sorrow, may God be merciful to us and restore us to his friendship.

READING OF THE WORD: Matthew 6: 1-6

“Watch out! Don’t do your good deeds publicly, to be admired by others, for you will lose the reward from your Father in heaven. When you give to someone in need, don’t do as the hypocrites do - blowing trumpets in the synagogues and streets to call attention to their acts of charity! I tell you the truth, they have received all the reward they will ever get. But when you give to someone in need, don’t let your left hand know what your right hand is doing. Give your gifts in private, and your Father, who sees everything, will reward you.”

Psalms 51

Response: *Be merciful, O Lord!*

Leader: Have mercy on me, O God, in your goodness; in the greatness of your compassion wipe out my offense.

Response: *Be merciful, O Lord!*

Leader: A clean heart create for me, O God, and a steadfast spirit renew within me. Cast me not out from your presence, and your holy spirit take not from me.

2. Make a well in the centre of the flour and break the eggs into it.
3. Whisk the eggs making sure any bits of flour from around the edge of the bowl are mixed in with the egg.
4. Gradually add small quantities of milk, still whisking.
5. Continue whisking until the batter is smooth, with the consistency of thin cream.
6. Melt the 60g/2oz of butter in a non-stick frying pan.
7. Spoon 2 tbsp of the melted butter into the batter and whisk it in.
8. Let the pancake mix stand for at least 30 minutes before cooking.
9. Pour any left over butter into a dish. This will be used later to grease the frying pan after each pancake has been made.
10. Make sure the non-stick frying pan is really hot before adding about 2 tbsp of the batter mixture.
11. As soon as the patten hits the hot pan, tip the pan around from side to side to get the base evenly coated with batter.
12. Carefully lift the edge of the cooked pancake with a palette knife to see if it's tinged gold as it should be.
13. Flip the pancake over with a palette knife to cook the other side.
14. Slide it out of the pan onto a plate.
15. Stack the pancakes as you make them between sheets of greaseproof paper on a plate.



Pancakes are now ready to be served.

For larger gatherings, pancake mixes can be purchased where only an egg and some water needs to be added to create a perfect batter.

Pancakes can be garnished with a sprinkling of icing sugar; a fruit condiment, or maple syrup which is a more traditional garnish.

Enjoy!

Lent & Mardi Gras (Carnival):

In many places around the world, the last day before Lent (known variously as Mardi Gras, Shrove Tuesday, Carnival, or Pancake Day) is celebrated as a last fling before the solemn days of Lent. Carnival is a common name because, for centuries, people were expected to fast by abstaining from meat during Lent (just as they were expected to abstain from meat every Friday), and the term *carnival* is Latin for “farewell to meat.”

Days of Lent:

Calculating the days of Lent varies between Western (Protestants, Catholics, Anglicans) and Eastern Orthodox, Oriental Orthodox, eastern-rite churches affiliated with the Roman Catholic Church) churches. In Western churches, Sundays are skipped when counting because Sundays commemorate Jesus’ supposed resurrection. In 2006, Lent in the West begins March 1st and ends April 8th. In the Catholic Church, the official end of Lent occurs on Holy Thursday with the mass of the Lord’s Supper.



SHROVE TUESDAY

What is Shrove Tuesday

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February and 9 March.

Why do Christians call the day 'Shrove Tuesday'?

The name **Shrove** comes from the old word "shrive" which means **to confess**. On Shrove Tuesday, in the Middle Ages, people used to confess their sins so that they were forgiven before the season of Lent began.

What is Shrove Tuesday?

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent. Throughout Canada and in other countries as well, people indulge themselves on foods that traditionally aren't allowed during Lent. Pancakes are eaten on this day because they contain fat, butter and eggs which were forbidden during Lent.

In 2010, Shrove Tuesday also known as Pancake Day is Tuesday February 16th.

Many of our schools participate in Pancake Day annually and we include a recipe for those teachers who want to participate with their students.

Pancake Recipe

Ingredients:

220g/8oz plain flour, sifted

pinch of salt

2 eggs

1 pint of milk

60g/2oz butter

Method for making the batter

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets a airing.

Shrove Tuesday



Ash Wednesday

