Living in Faith

A CATHOLIC STUDENT'S GUIDE TO LIFE-LONG LEARNING

The Season

Lent begins on Ash Wednesday, which falls anywhere from February 4 to March 10, depending on the date of Easter.

Although we refer to Lent as a 40-day period, the time from Ash Wednesday until Easter is actually 46 days, because Sundays were not counted in the days of [illegible] Lent in earlier years.

> **"If you want God to hear your prayers, hear the voice of the poor. If you wish God to anticipate your wants, provide for the needy without waiting for them to ask you."**
>
> **— St. Thomas of Villanova**

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Lenten Traditions – Lent is a season rich with tradition and practice for Catholics. Many families, churches and communities repeat their traditions year after year. Others modify them to reflect changing times. Around the United States and the world, different Lenten practices have emerged.

Talk to your parents, grandparents and teachers. Find out where they grew up and what their family and church traditions were when they were youngsters. Ask them how they felt about the time of Lent. Talk about how your family's traditions are similar and different.

Of your family's traditions what [illegible] likely to keep for years to come?

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What new Lenten activities might you consider adding?

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