



Living in faith

A CATHOLIC STUDENT'S GUIDE TO LIFE-LONG LEARNING

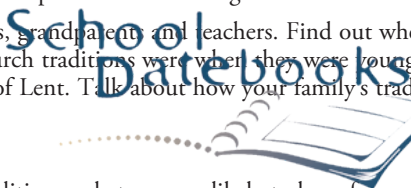
THE SEASON

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 fast observed during Lent in earlier years.

LENTEN TRADITIONS – Lent is a season rich with tradition and practice for Catholics. Many families share the same customs and 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 are you likely to keep for years to come?

**DO NOT SUBMIT
FOR PRINT**

WHAT NEW LENTEN
ACTIVITIES MIGHT YOU
CONSIDER ADDING?

"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