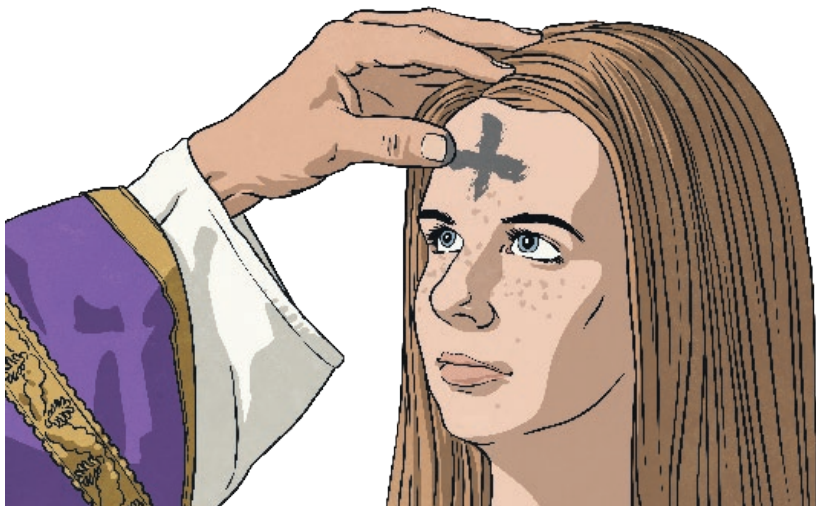


The Three Traditions of Lent



Prayer

During Lent, we can pray for others who are in need. We also use this time to talk to God about what is happening in our lives.

Some things that we may do are:

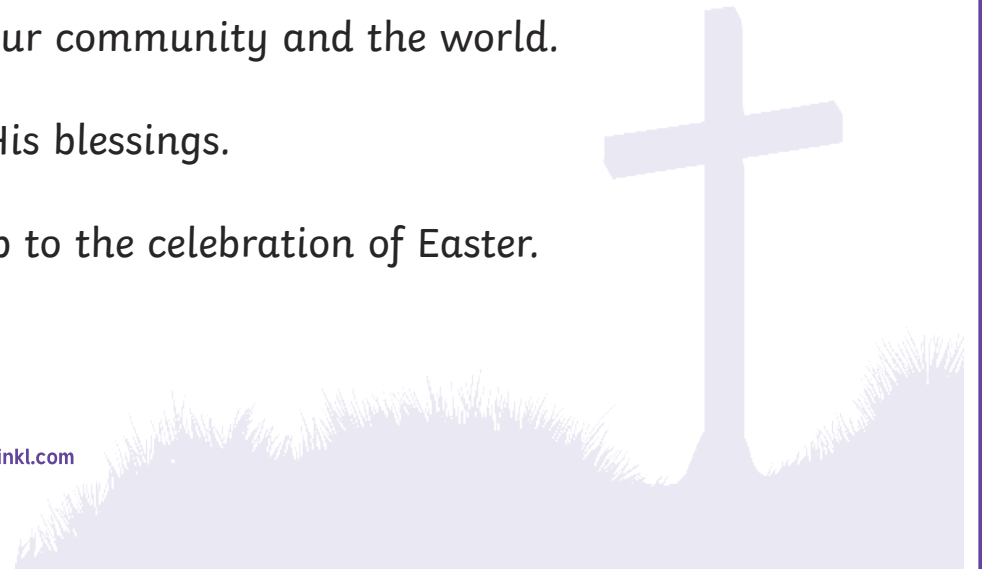
Pray for the sick and needy.

Pray for those who are less fortunate.

Pray for those who are suffering in our community and the world.

Thank God for all His blessings.

Participate in the masses leading up to the celebration of Easter.



Fasting

During Lent, we can give something up to show that we are thinking of the sacrifice that was made by Jesus. We may also decide to share our time with people in need, or do things we wouldn't normally do.

Some things that we may do are:

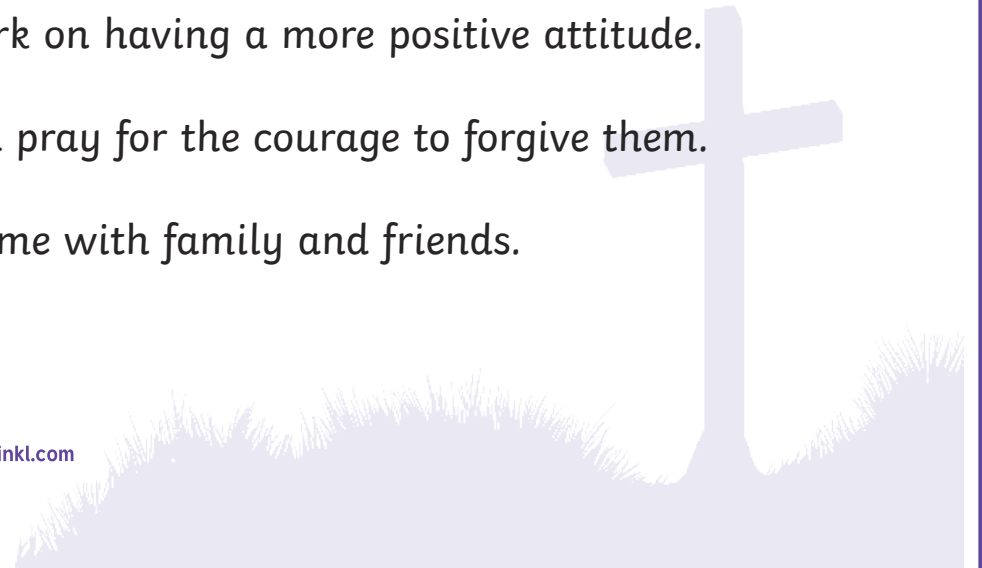
Stop spending money on things we want, and make a donation to a charity.

Give up our favourite food, snack or drink.

Stop being negative towards people, and work on having a more positive attitude.

Stop getting angry or upset with people, and pray for the courage to forgive them.

Give up television to spend more time with family and friends.



Almsgiving

During Lent, we can show our love for others by helping. We might choose to donate money to projects or charities and organisations in our community.

Some things that we may do are:

Donate clothes, books, shoes and food to people in need.

Show an act of kindness to a family member each day.

Cook a meal for someone who needs it.

Volunteer to help at the local church (clean or help around the grounds).

Support the work of local charities and see what can be done to help.

