



## LENT AND EASTER IN THE PRIMARY CLASSROOM

## LENT & EASTER IN THE PRIMARY CLASSROOM

Dear Teacher,

Welcome to this year's Lent and Easter Resource Book. In the following pages you will find some general resources on the Lent and Easter Seasons for teachers and then some class specific resources for Junior/Senior Infants; 1st/2nd; 3rd/4th and 5th/6th classes. I hope that you enjoy using these resources and wish you every blessing as you journey through Lent to the joy of the resurrection.

I would like to acknowledge the assistance of the following people's work in the developing this resource: Mícheál Kilcrann, Elaine Mahon, Hazel O'Connor and John Paul Sheridan

Maeve Mahon

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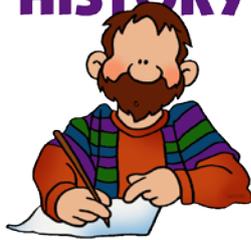
## HOW CAN WE MAKE OUR LENT A HOLY TIME?

The following information might help us understand more about Lent and how to make it a holy time in our classrooms, in our schools and in our lives.

### WHAT IS LENT?

Lent is the time we spend getting ready for Easter. Easter is the most important feast in our Church calendar and this is why we are asked to make a special effort to prepare for it.

### HISTORY



Christians began to fast in preparation for Easter very early in the Church's history. St Irenaeus, who died in 203 AD, wrote to the pope about the different length of time that people spent fasting before Easter. The early Christians believed that Jesus spent 40 hours in the tomb and so some fasted for 40 hours, others for just as day and others for longer. It seems that it may have been a simple mistake in translation that led to 40 hours becoming 40 days. But we also know that the number 40 is a very special number in the bible and that

Jesus spent 40 days fasting in the desert before he began his work for God. It probably doesn't really matter how they decided on the number and it is clear that by the end of the fourth century Christians were fasting for 40 days before Easter and we still do this today.

### A HOLY TIME?

The Church offers a lot of options to help us keep make Lent a holy time when we try and keep our hearts and mind fixed on Jesus, his love for us and his invitation to each one of us to live like he wants us to in everything we do and say. During Lent we are asked to Fast, Pray and Give Alms!

**FAST:** Many of us associate Lent with giving up something that we like or choosing to do something positive to help those who are not as lucky as we are. For many years Friday was a fast day for all Catholics and no meat was eaten. Friday was the day chosen because Jesus died on Good Friday. Although many Catholics still do this it is no longer common practice.

This Lent consider re instating Meat Free Friday. Talk to the pupils in senior classes about how they could fast from meat, choosing instead to bring lunch that includes vegetables, cheese, fruit or fish on the Fridays of Lent. Some of the pupils might talk about their decision on Ash Wednesday at an Assembly, Prayer Service or on a Thought for the Day over the Intercom and encourage staff members to fast with them. For junior pupils Friday might be a day when they are encouraged to fast from a treat that they really like.

#### HAVE A MEAT FREE FRIDAY

Encourage senior pupils and staff to give up meat on Fridays for Lent

**PRAY:** In Lent we are asked to spend more time in prayer, helping our relationship with Jesus to grow stronger. Take time to revise traditional prayers during the weeks of Lent. This could be a whole school activity with every class being encouraged to pray at the same time each day. If your school has an intercom system the prayers could be led over the intercom each day by a pupil or teacher. Create a Prayer Sheet for each week and send it home to encourage prayer at home. Begin with the simpler prayers and pray the Sign of the Cross, the Hail Mary and Glory be to the Father in week 1. Add the Our Father in week 2. In week 3 you could include some of the prayers associated with the sacrament of penance; Act of Sorrow, The Confiteor and include the Morning Prayer for the infant classes. In Week 4 pray a decade of the Sorrowful Mysteries of the Rosary each day to honour Mary our Mother in preparation for the celebration of Mother's Day on the fourth Sunday of Lent. In Week 5 teach the response to the Stations of the Cross and pray three of the Stations each day.

**PRAY TOGETHER**

Make a commitment to pray together as a school community during the weeks of Lent

**GIVE ALMS:** The Trocaire Box will arrive in every classroom during the first week of Lent. Remember that Trocaire is the official Development Agency of the Irish Catholic Church and it is really important that we support the work especially at this time of the year. Make the box with the children and use the Trocaire Resources that have also been delivered to schools or from [www.trocaire.org](http://www.trocaire.org) to tell the children about Mahlet, the 13 year old Ethiopian girl whose picture is on the box this year. Tell them how some of the money that Trocaire will get from this year's boxes will help Mahlet, her family and the community in which she lives to get water that will help them to grow crops and have a better life. Think about a whole school approach to the Trocaire Campaign this year. Decide on a target and put together a Trocaire Box Group made up of students from all classes to develop a strategy to reach the target before the end of Lent. Think of some activity to do each week. Make a display in a public area in the school so that everyone is aware of the target. Make sure that there is a Trocaire Box in every Sacred Space in every classroom and in public areas in the school. Encourage the use of the excellent Trocaire Resources by teacher during Lent.

**SUPPORT THE TROCAIRE CAMPAIGN 2015**

## ASH WEDNESDAY SERVICE

### YOU WILL NEED

- Purple Cloth, Class Bible, Cross, Candle, Trocaire Box
- 4 Readers and 4 Children to place the objects in the Sacred Space.
- Reader for Scripture
- Ashes and people to distribute them



**INTRODUCTION:** The cross of ashes that the priest or minister places on your forehead on this special day is a sign for everyone to see that you are willing to change the way you live and be the kind of person that Jesus asks us to be, people who believe and live the Good News. During Lent we are asked to make a special effort to be people of the Good News. We are asked to fast, pray and give to help people who are not as lucky as we are. In our prayer today we ask God to help us to make this Lent a holy time when we remember that we are loved by God and asked to shared that love with others.

### OPENING PRAYER:

**LEADER:** Dear God, you love us always and we are made in your image. Sometimes we turn away from your love but we know you are always with us. Help us to see these ashes as a sign of your healing and forgiving presence. Amen

**SACRED SPACE:** *Place a purple cloth in a prominent position in your classroom or assembly hall.*

**READER 1** As we begin our Lenten journey we place this candle in our Sacred Space. The light of this candle helps us to remember that God is always with us.

**READER 2** We place our Class Bible in our Sacred Space. The stories we read in this book help us to live the Good News of God's love for us every day.

**READER 3** Now we place a cross on our Sacred Space which reminds us that God sent his only Son, Jesus, to live and to die on the cross so that we might know how much he loves us.

**READER 4** Finally we place our Trocaire Box in our Sacred Space. This reminds us that Jesus always wants us to help those who are not as lucky as we but we are asked to do this especially during Lent.

**READING:** *A reading from the Prophet Joel. (Joel 2:13)*

Come back to the Lord your God. He is kind and full of mercy; he is patient and keeps his promise; he is always ready to forgive and not punish.

## DISTRIBUTION OF ASHES

**LEADER:** If you are ready to carry the Good News of Jesus to everyone that you know, come forward to receive the ashes on your forehead.

*Repent and believe the Good News* is said as the ashes are distributed to each person.

When everyone has received ashes:

**LEADER:** Let us pray together in the words that Jesus taught us:

Our Father.....

**CLOSING PRAYER:** Dear God, these ashes remind us of your everlasting love. May we never be too busy to know your presence in our daily lives. Help us to turn away from anything that keeps us from your love. **Amen**



## LENTEN PROMISE



When the Ash Wednesday Service is over you might like to take some time to discuss the making of a Lenten Promise with the children. Talk about the kind of things that the children might promise to do over the weeks of Lent. Now is the time to talk about **Fasting, Praying and Giving**, the three things that we are asked to do during Lent.

If you are considering fasting from meat or a particular treat on the Fridays of Lent use this as an example of how the children can fast as part of their Lenten Promise. There might be other things they can also fast from, social media, games, a habit they are trying to stop. Alternatively they may want to focus on trying harder or taking on something for Lent, going to daily or weekly Mass, reading rather than watching TV, helping out more at home, the list is endless.

Encourage conversation about how they might pray during Lent as a class, individually and at home.

Use the Trocaire Box as the focus on giving and talk about how the class can help Mahlet and her family this Lent.

When the children have completed the worksheet have them write their promises in their Homework Journals so that they can talk to their parents/guardians about what they have decided. Display their promises around the Classroom Sacred Space so that they can be reminded of what they have chosen to do during the Season of Lent.

# My Lenten Promise

This Lent I promise

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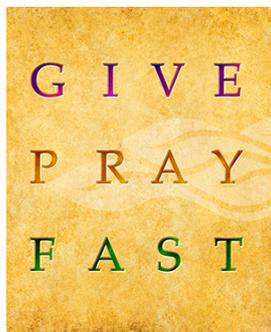
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## PENANCE SERVICE

This prayer service can be used in the classroom by the teacher as a preparation for the celebration of the Sacrament of Penance. It could also be used by a school chaplain, with addition of the option for individual absolution to celebrate the sacrament

**LEADER:** Let us begin by marking ourselves with the sign of our faith:  
**ALL:** **In the name of the Father and of the Son and of the Holy Spirit. Amen**

**LEADER:** In this season of Lent, we are called to '*repent and believe the Good News.*' As we pray together to day, we have an opportunity to do that. Our reading today comes from the Gospel for the First Sunday of Lent – and tells us how Jesus was tempted in the desert by the devil. We are all tempted from time to time, but we know that God understands us when we give in and forgives us for those times. Let us turn to God our Father as we pray....

**ALL:** I confess to almighty God and to you my brothers and sisters....

**LEADER:** Lord, hear the prayers of those who call to you, and forgive us for all those times when we find it hard to be the kind of people you know we can be. In your mercy and love let us know your forgiveness and your peace. We ask this through Christ our Lord. **Amen**

### We listen to a reading from St Mark

**Mark 1:12-15**

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

### **WE TOO CAN BE TEMPTED...**

In the Gospel story Jesus was tempted and each time he was able to say no. The word 'devil' or 'Satan' can mean the one who is our enemy or the one who tempts us. Jesus stayed strong and was able to leave the desert and go and do God's work. Sometimes we are tempted to do things that we shouldn't. Let's take a moment to think about the times when we haven't been able to be strong like Jesus and have allowed ourselves to be tempted:

Sometimes we take things that don't belong to us or we take more than our fair share.  
Sometimes we don't share what we have.

Sometimes we bully others, we start fights and we aren't always willing to make peace after a quarrel.

Sometimes we say hurtful things to our friends, our parents, our teachers, or our families.  
Sometimes we hold grudges against other people.

Sometimes we don't pray and we don't thank God for all that we have been given.  
Sometimes we can be lazy and unhelpful.  
Sometimes we are not thankful for our parents, our brothers and sisters, and all the people who love us and take care of us.  
Sometimes we don't really pray with other people when we are together in church.

**LEADER:** We ask God to help us when we are tempted as Jesus was:

**READER:** For our forgetfulness

**ALL:** We are sorry

**READER:** For our unkindness to one another

**ALL:** We are sorry

**READER:** For our selfishness or refusal to help

**ALL:** We are sorry

**READER:** For our broken promises

**ALL:** We are sorry

**READER:** For our failure to do good

**ALL:** We are sorry

**LEADER:** Let us pray together our Act of Sorrow

**ALL:** Oh my God I thank you for loving me

**LEADER:** Now let us pray in the words that Jesus gave us

**ALL:** Our Father

*(Opportunity for Individual Confession, Penance and Absolution if this is being led by school chaplain)*

#### **CLOSING PRAYER**

**LEADER:** Father, you love and care for each one here today. Help us when we are tempted, guide us when we are lost, protect us when we are afraid and through your love, may we grow as your followers. Through your blessings give us the courage to continue on our journey of faith. Grant this through Christ, our Lord. **AMEN**

**FINAL BLESSING:** *(If this is being led by school chaplain)*

**LEADER:** May the Father bless us, for we are his children, born to eternal life.

**ALL:** Amen

**LEADER:** May the Son show us his saving power, for he died and rose for us.

**ALL:** Amen

**LEADER:** May the Spirit give us his gift of holiness and lead us by the right path, for he dwells in our hearts.

**ALL:** Amen

**LEADER:** May almighty God bless you, the Father, and the Son, and the Holy Spirit.

**ALL:** Amen

**LEADER:** The Lord has freed you from your sins. Go in peace.

**ALL:** Thanks be to God

The Fourth Sunday of Lent is also known as '*Laetare Sunday*.' Laetare is the Latin word for 'rejoice' and so this Sunday is a day of joy in the middle of Lent. In some churches priests wear rose pink vestments instead of the purple ones that are worn on the other Sundays of Lent. Mother's Day used to be called Mothering Sunday and we have celebrated this special day in Ireland for hundreds of years. A long time ago, children from poor families were sent to work as servants for rich people. They were only allowed to go home once a year and this was on the Fourth Sunday of Lent. The servants were given a day off to visit their '*Mother Church*' or the church in their hometown. After visiting the church they went home to visit their mothers. Some of the children brought presents of flowers that they had picked on their journey home. Many girls baked a special cake called a Simnel Cake and brought it home as a gift for their mothers. This cake was made with fruit and decorated with eleven marzipan balls to represent the eleven disciples. Judas was not included. People were allowed to break their Lenten fast to eat this cake.

## MOTHERS DAY ACTIVITIES

- Write down ten things that you know and love about your mum or the person who cares for you at home.
- Ask your mum or the person who cares for you at home to make a list of five things that you could do to make her life easier. Then promise to do these things for her. Write them down in on a promise page, decorate the page and give it to her with your card
- Write a poem
- Make a card
- Draw a picture
- Make a collage of all the ways you love your mum
- Give her a hug
- Write a prayer thanking God for your mum or the person who looks after you at home. Ask God to look after mothers all over the world and to keep them safe.



## THE EASTER SEASON

The Church season of Easter starts on Holy Saturday Night/Easter Sunday and lasts for fifty days. There are many Feast Days that occur during the season of Easter. Here are some of them that you might like to mark in school or encourage the children to find out more about during these days.



- APRIL 16:** The Feast of St Bernadette Soubirous. On February 11, 1858, the Blessed Virgin Mary appeared to Bernadette in a cave above the banks of the Gave River near Lourdes.
- APRIL 18:** The Feast of St Laserian or Molaise of Leighlin
- APRIL 23:** The Feast of St George, patron saint of England.
- APRIL 29:** The Feast of St Catherine of Sienna. St Catherine was born in Italy and is the patron saint of Europe.
- MAY 1:** The Feast of St Joseph the Worker. St Joseph was a carpenter.
- MAY 4:** The Feast of St Conleth. He was a hermit and a friend of St Brigid.
- MAY 13:** The Feast of Our Lady of Fatima. Between May 13 and October 13, 1917, Our Lady appeared to three Portuguese children at Cova da Iria, near Fatima, a city 110 miles north of Lisbon. While there has been much discussion about the secrets of Fatima, Our Lady's message was a simple one. She asked us to pray.
- MAY 14:** The Feast of St Matthias who is the apostle chosen by the remaining eleven apostles to replace Judas Iscariot. (The Acts of the Apostles 1:15-26)
- MAY 17:** The Feast of the Ascension of our Lord celebrates the day that Christ, in the presence of His apostles, ascended into heaven. This happened on the 40th day after Easter so, in fact, it falls on a Thursday. However, in Ireland the celebration of the Ascension has been transferred to the following Sunday, six weeks after Easter. You can read about this event in the bible in Luke 24:50-53; The Acts of the Apostles 1:6-11;
- MAY 24:** The Feast of Pentecost, fifty days after Easter Sunday. It is the day when we celebrate the coming of the Holy Spirit on the apostles. The Holy Spirit comes to us in Baptism and in the sacrament of Confirmation.

## JUNIOR/SENIOR INFANT TEACHER'S NOTES

- P12** Talk to the children about Ash Wednesday. Tell them that this is the beginning of Lent when we get ready for Easter. Tell them that the priest makes the Sign of the Cross on their forehead with ashes made from the burnt palm branches that were used on Palm Sunday last year. Revise the Sign of the Cross. Colour the picture and write the words on the worksheet.
- P13** Tell the children that there are 40 days in Lent and that we are all asked to do something to show that we are trying to live like Jesus during the 40 days. Help them to think of what they would like to do. They can give up something or they can start doing something. Perhaps the class could think of something that they could do together. Help them to complete the worksheet by circling the pictures that show they live like Jesus.
- P14** **VISIT THE CHURCH:** Take the children on a visit to the church. Help them to find and tick the things on the worksheet, stained glass window, tabernacle, sanctuary lamp, baptismal font and cross. Teach them the names of the various objects on the worksheet. Consider inviting your local priest to meet you and invite him to show the children some of the objects that he uses at Mass and the purple vestments that he wears during Lent.
- P15** **ALLELUIA:** We do not sing 'Alleluia' during Lent. Talk to the children about the word, 'alleluia.' It means 'praise' and is a joyful word. Talk about how we stand up to sing alleluia before we listen to the gospel at Mass on Sunday. The next time that we will hear 'alleluia' will be at the Easter Vigil on Holy Saturday Night or on Easter Sunday morning. Help the children to colour the word 'alleluia' cut it out and find somewhere to hide it until Lent is over.
- P16** **ST PATRICK'S DAY:** St Patrick tried to live like Jesus. He was the first man to tell the people in Ireland the Good News that God loves us. He helped the people understand about God, the Father, Son and Holy Spirit by using the shamrock. You can find the story of St Patrick in Alive-O, p.174 or Alive-O 2, p.183. Help the children colour the shamrocks and make a card for St Patrick's Day.
- P17** **PALM SUNDAY:** Talk to then children about how after spending forty days in the desert, Jesus rode into Jerusalem on a donkey. This is the start of Holy Week. The people placed palm leaves on the ground to make a path for him. They shouted '*Hosanna to the King of Kings.*' Help the children to colour and cut out the palm leaf. Stick the palm leaf to a straw and place them in the Sacred Space.
- P18** **HOLY THURSDAY:** Talk to the children about the last meal that Jesus had with his friends and how we remember that meal every time we go to Mass but, especially, on Holy Thursday. Tell them that Jesus' special friends were called 'disciples' and that he had twelve of them. While colouring the picture tell them the names of some of the disciples.
- P19:** **GOOD FRIDAY:** Tell the children that Jesus died on the cross on Good Friday. Colour the picture and remind them of the stained glass windows and the cross that they saw in the church earlier in Lent. Talk to them about going to the church on Good Friday to kiss the cross and thank God for all that he does for us.
- P20:** **Easter Sunday:** Help the children complete the Paschal or Easter Candle by adding a red cross and the figures 2, 0, 1, and 5 in each arm of the cross. Tell that a new Easter Candle is lit every Holy Saturday night to remind us that Jesus is the light of the World

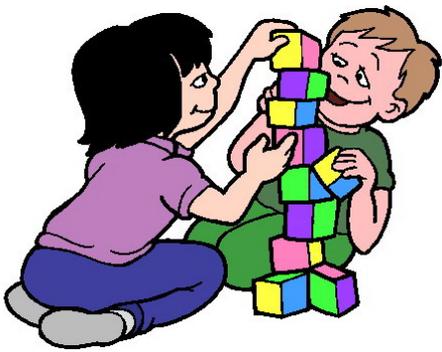
Lent begins on

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Ash Wednesday

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I live like Jesus  
when I



There are 40 days in Lent

# The Church is God's House

## I know the name of



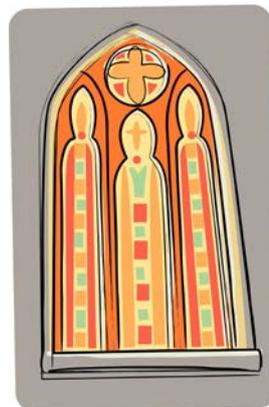
The Tabernacle



The Sanctuary Lamp



The Baptism Font



Stained Glass Window

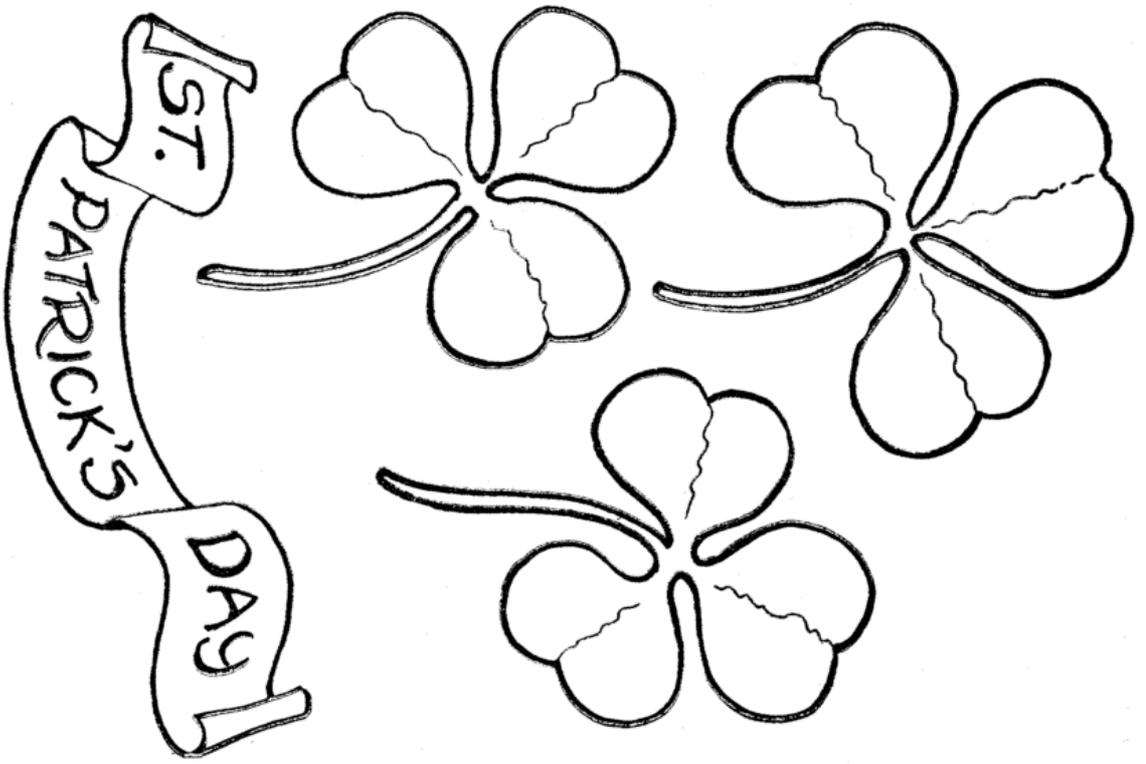


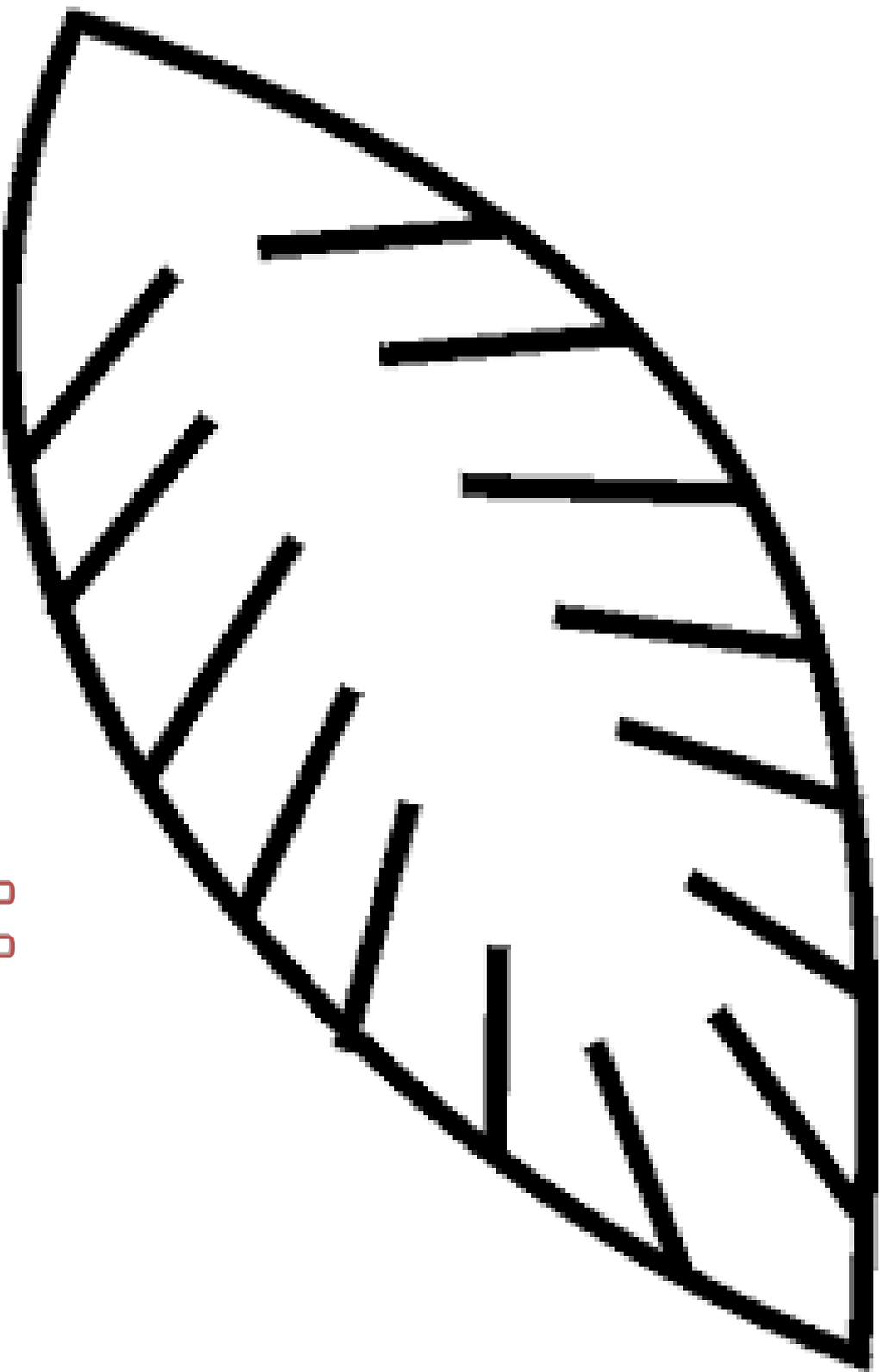
The Altar



The Cross

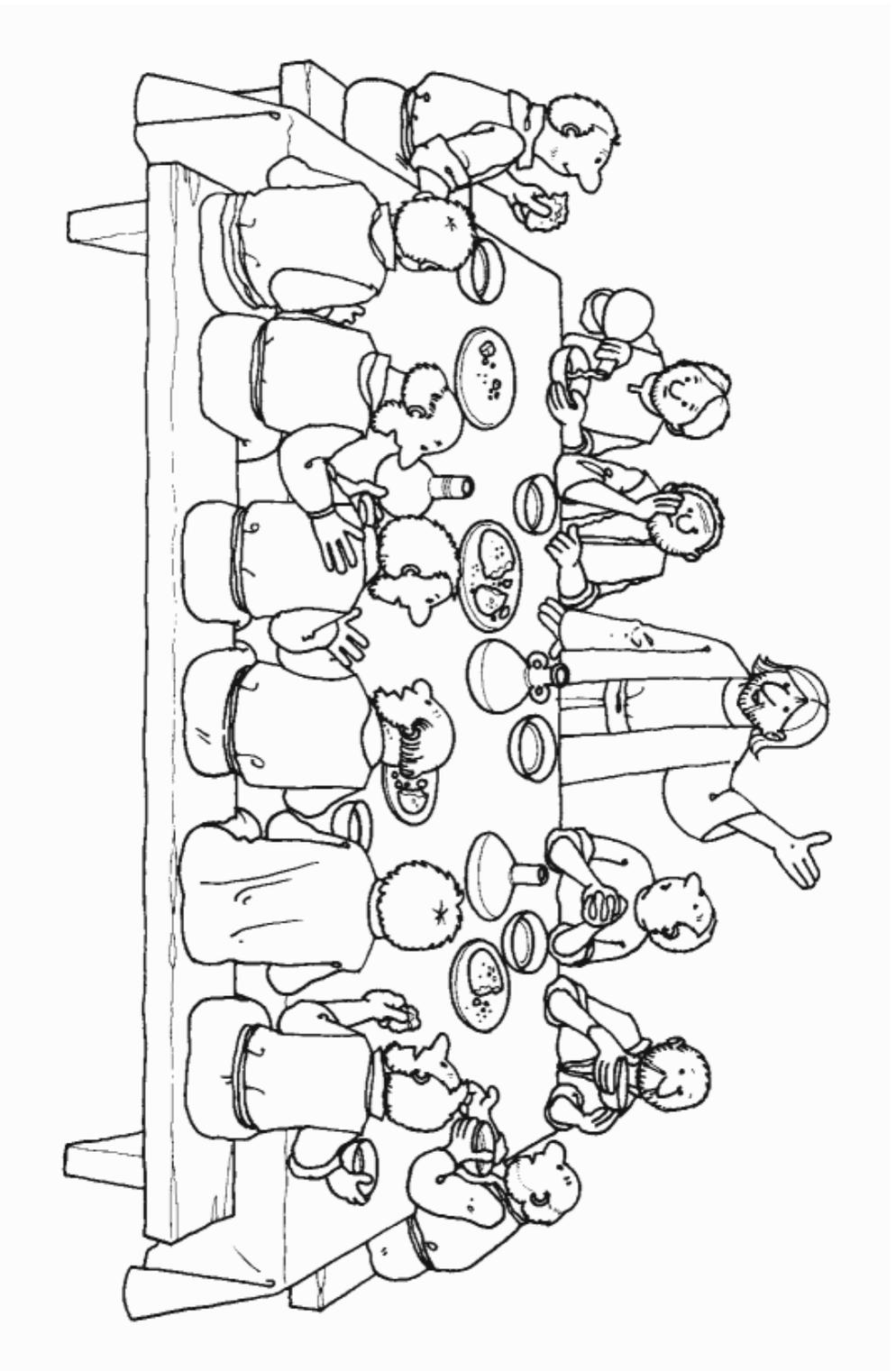
ALICE!

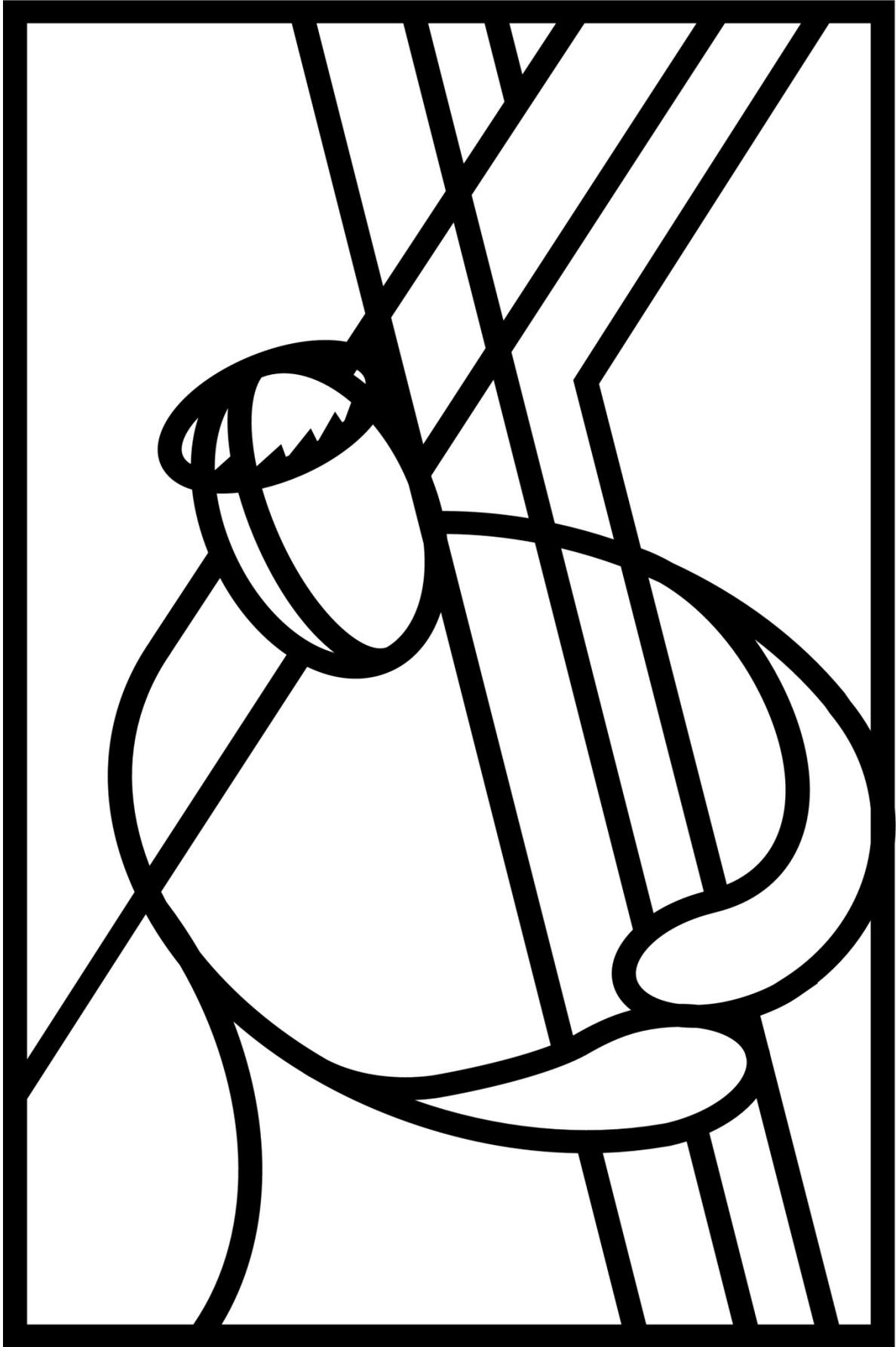




Hosanna

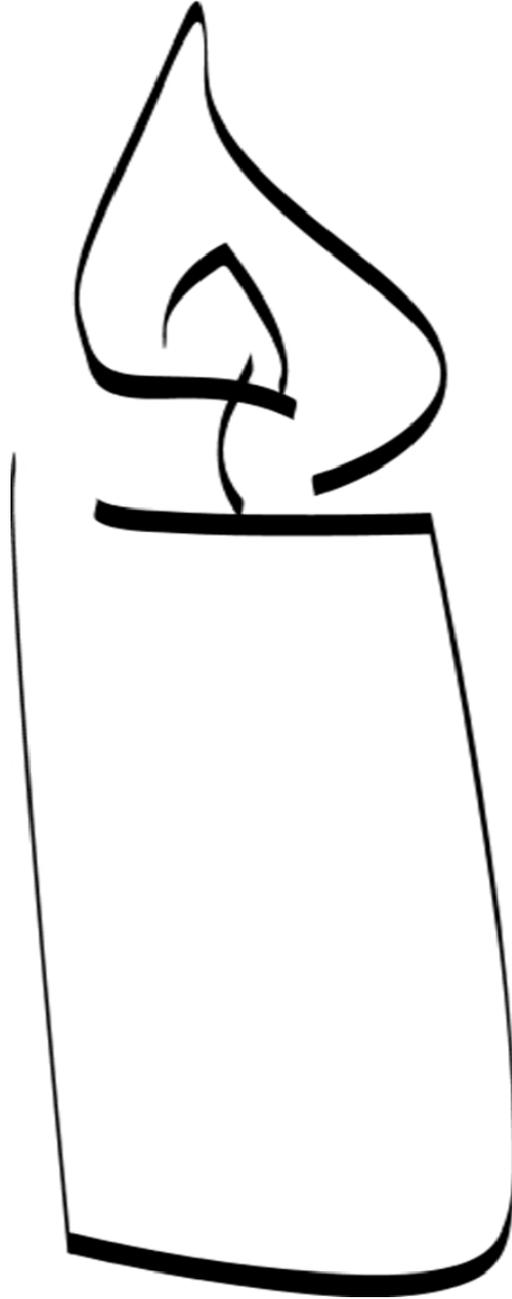
# Jesus shared a meal with his friends





# The Easter Candle

## Jesus is the Light



## JESUS SPENT 40 DAYS IN THE DESERT

On the First Sunday of Lent the Gospel of St Mark tells us that Jesus spent forty days in the desert:



At once the Spirit made him go into the desert, where he stayed forty days, being tempted by Satan. Wild animals were there also, but angels came and helped him. After John had been put in prison, Jesus went to Galilee and preached the Good News from God. "The right time has come," he said, "and the Kingdom of God is near! Turn away from your sins and believe the Good News!"

### WORD SEARCH

s n r e p r r u g e a c o x u  
v l l i u i p d o w y q u s a  
h c e b a f c y o a s f c n o  
e v l g d y t n d r q a i u s  
l e x w n r o c n h j m o b u  
u n o n o a f l e i a u e w r  
e a p f y d s v w l k r r m b  
f w t a y d b c s g b z y k s  
l l n v d t q g r b o f h j m  
p n c o b l j q f a w d x j v  
s x k h b l h j f g j r l e f  
u t y w v b s r i f m s h f x  
s j t x b v d s z a q v w w x  
e h e i r o x t r e s e d n z  
j j r f l o g d j o h n y o b



Angels  
Animals  
Desert  
Forty

God  
Good News  
Jesus  
John

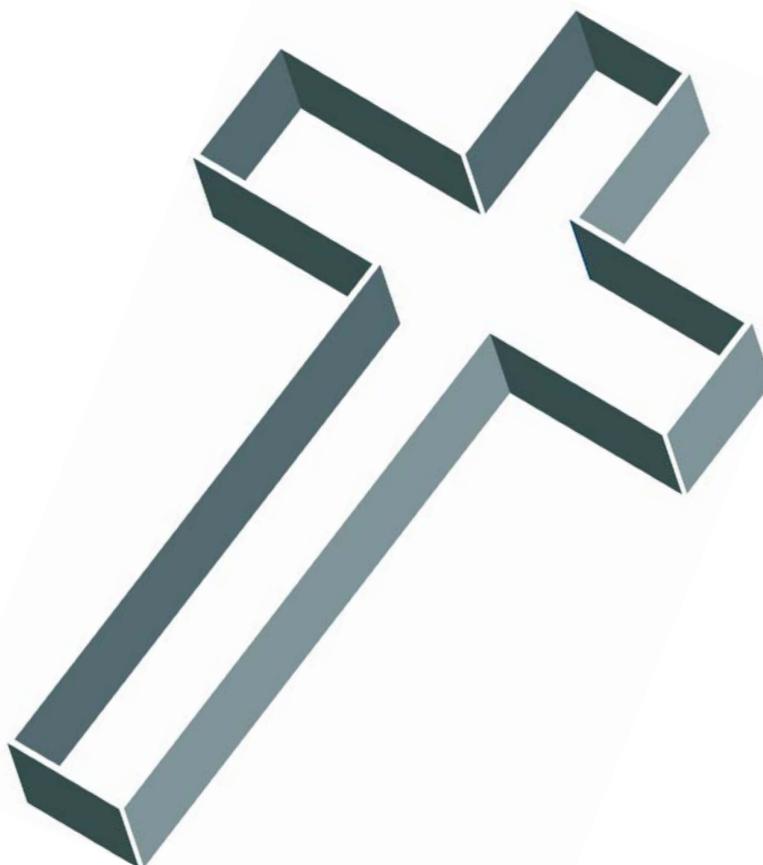
## GETTING READY TO SAY SORRY AND MAKE THINGS RIGHT

You are getting ready to celebrate your First Penance during Lent. There is another name for this celebration we call it the Sacrament of Reconciliation. The word, *'reconciliation'* means *to make things right*. As you get ready for your First Penance you are thinking about some of the things that you do that can hurt other people: your words, what you do and how you choose to behave. You are learning that it is important to say sorry and to promise that you will try to do better in the future.

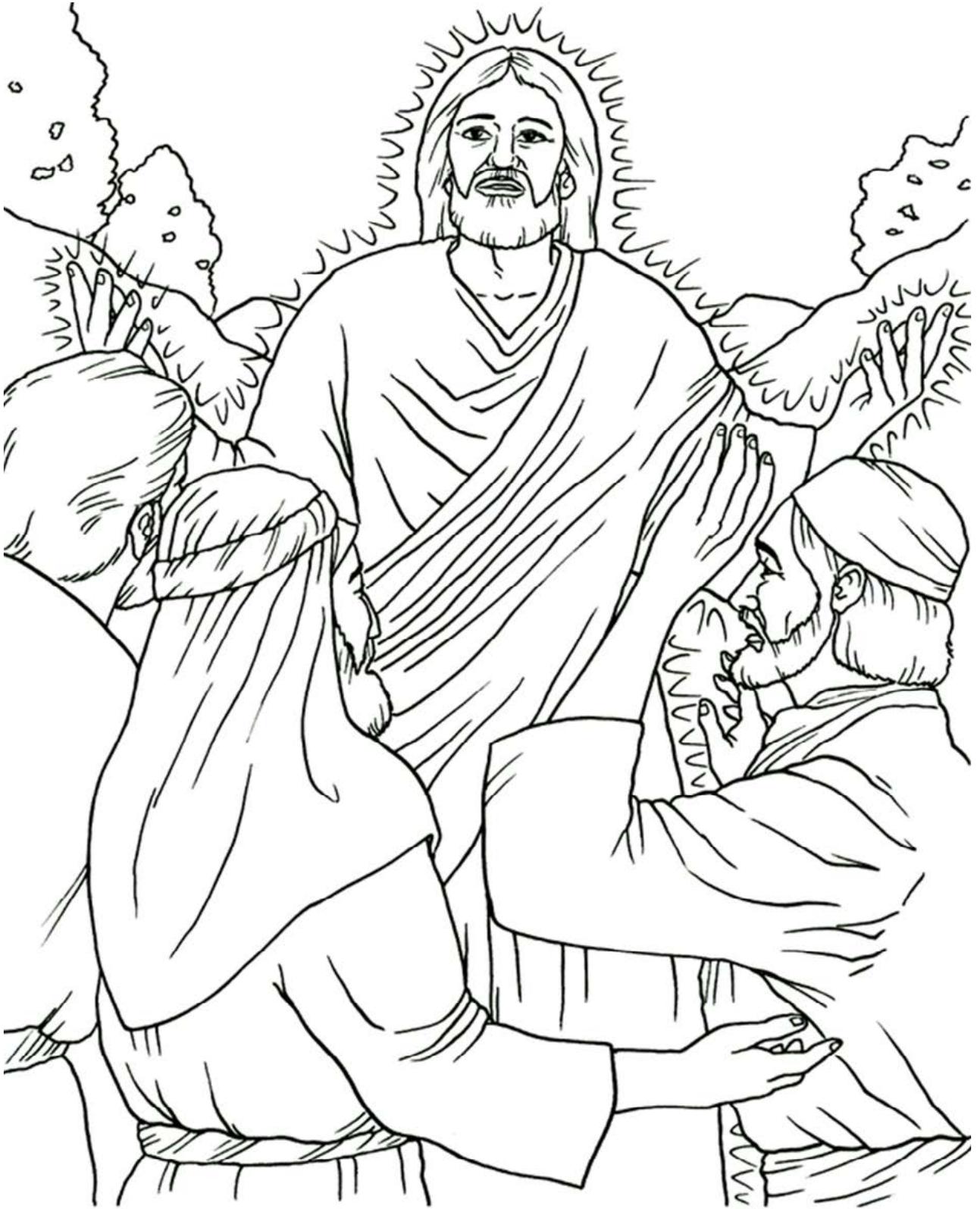


In the Sacrament of Reconciliation we are all asked to tell God we are sorry. God loves and cares for each one of us and, because we know this, we try and do better in the future.

On the cross, write some of the ways that you might **'make things right'** with your family and with your friends after First Reconciliation.



# Jesus went up a mountain with his friends



## FEAST OF ST JOSEPH THE WORKER

St Joseph looked after Mary and Jesus. He taught Jesus how to work with wood. St Joseph is the patron saint of fathers and of workers.



St Joseph  
Pray for Us

Pray

Remember to say a prayer today for all dads, granddads, uncles and everyone who cares for you. Give thanks for St Joseph and for the way he loved and cared for Mary and Jesus.

## JESUS SHARED LOTS OF MEALS WITH HIS FRIENDS

Jesus had lots of meals with his friends. We can read about them in the Bible. When the wine ran out at a wedding of he turned water into wine. He fed five thousand people with the five loaves and two fish that a little boy gave him. He changed the life of the tax-collector, Zacchaeus, by eating a meal in his house.



Then, on the night before he died, Jesus had supper for the last time with his disciples. This was the time when he took the bread, gave thanks, broke it and handed it to his disciples and said, 'This is my body.' Then he took the chalice, gave thanks and gave it to his friends. He finally told them to 'Do This In Memory of Me.' Every time that we go to Mass we do what Jesus asked us to do at The Last Supper.

Jesus is your friend too. As you prepare for your First Holy Communion, you are getting ready to share a meal with Jesus. You will receive what Jesus gave to his disciples – the Bread of Life.

Write down some of the ways that you are preparing for your First Holy Communion

### Jesus is my Friend

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_



Say the Our Father together in class today

## THE FEAST OF THE ANNUNCIATION

MARCH 25

On March 25<sup>th</sup> we celebrate the Feast of the Annunciation, when we remember that the angel Gabriel was sent by God to tell Mary that she was going to be mother of Jesus. You can read about the Annunciation in Luke 1:26-38.

Pray

the Hail Mary today with your class



## PALM SUNDAY



**WRITE THE STORY. USE THE WORDS IN THE BOX TO HELP YOU**

Jesus rode on a \_\_\_\_\_

The people waved \_\_\_\_\_

They shouted \_\_\_\_\_

His friends went to get the room \_\_\_\_\_

Palms      Hosanna      ready      donkey

## JESUS WASHES THE FEET OF HIS DISCIPLES ON HOLY THURSDAY



Can you think of three ways in which you could follow Jesus' example?

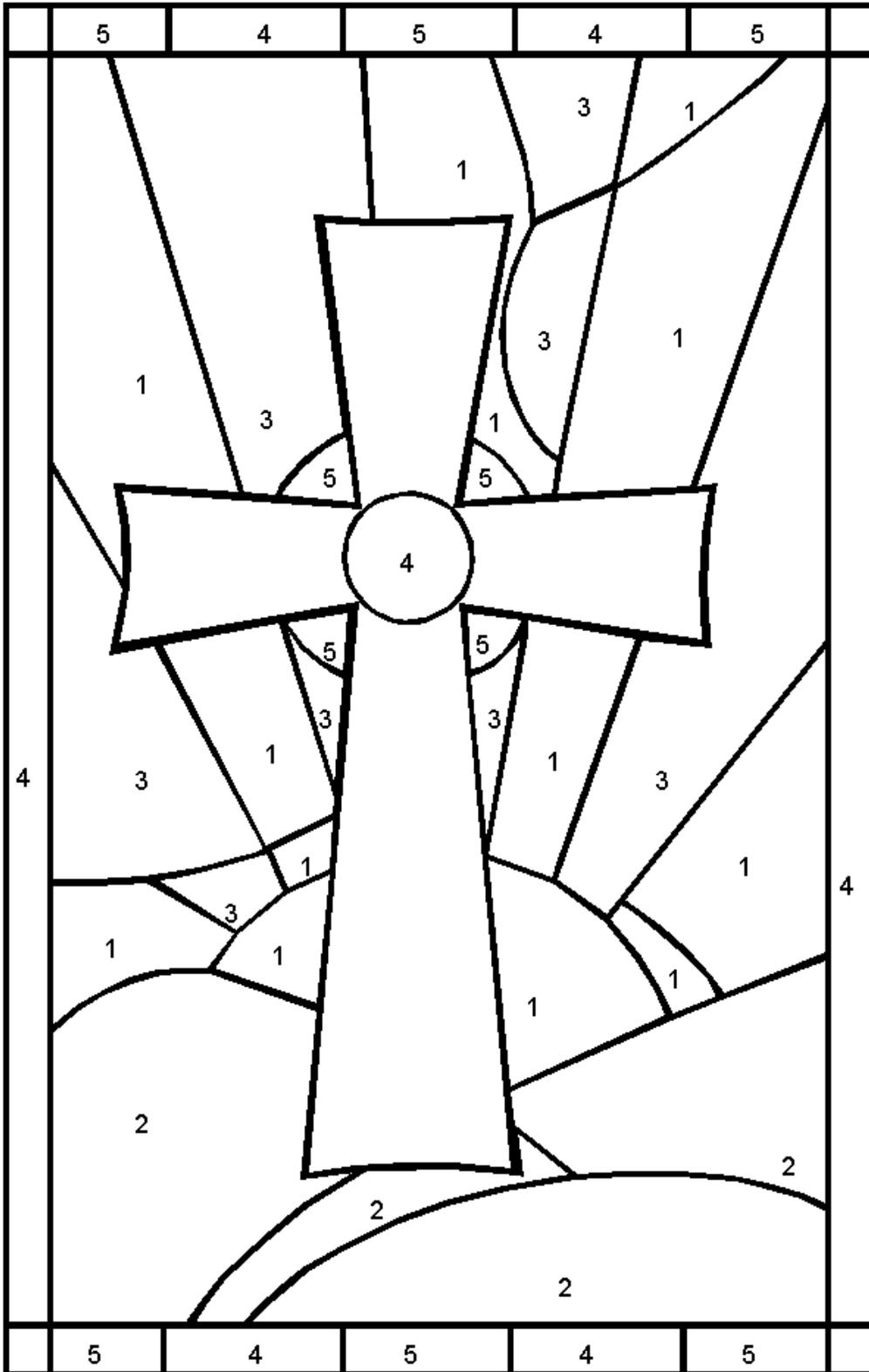
Finish the sentences below:

I can \_\_\_\_\_

I can \_\_\_\_\_

I can \_\_\_\_\_

# JESUS DIED ON THE CROSS ON GOOD FRIDAY



- 1 – yellow
- 2 – green
- 3 – blue
- 4 – purple
- 5 - red

MATCH THE PICTURE AND SENTENCE TO TELL THE STORY OF HOLY WEEK



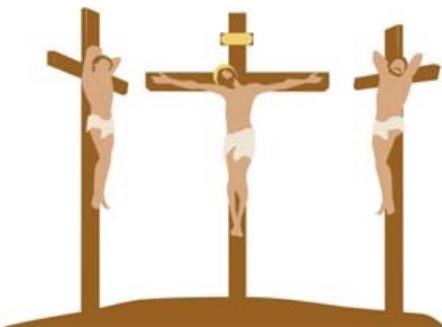
Jesus dies on the cross

Jesus enters Jerusalem on a donkey

Jesus has his Last Supper with his friends

Jesus rises from the dead

Jesus prays in the garden



Write the story in the correct order in your Religion Copy

## LENTEN JOBS TO HELP US KEEP A HOLY LENT

- There are 6 weeks in Lent.
- Each week match a day and a job that you are going to do to help you keep a Holy Lent.
- Draw a line from the day to the task. Be careful some tasks are meant to be done on a certain day!

### ASH WEDNESDAY

February 19

February 20

February 21

1<sup>ST</sup> SUNDAY OF LENT

### WEEK 1

Remember to say *Grace after Meals*

Say a prayer for people who feel lonely

Go to Mass and receive ashes

Feed the birds!

Help out in the kitchen today

February 23

February 24

February 25

February 26

February 27

February 28

SECOND SUNDAY OF LENT

### WEEK 2

Ask your family to say *Grace Before Meals* today

Go to bed without any arguments

Tidy your room today without being asked

Go to Mass and pray for your grandparents

Help out at home

Be Happy!

Pick up litter

March 2

March 3

March 4

March 5

March 6

March 7

THIRD SUNDAY OF LENT

### WEEK 3

Make a list of what you are thankful for

Remember the Trócaire Box

Go to Mass and pray for children who are sick

Say a prayer for children in war-torn countries

Ask God to help you keep your Lenten Promise

Forgive someone who has hurt your feelings

Pray for Irish people living in other countries

March 9

March 10

March 11

March 12

March 13

March 14

MOTHER'S DAY

### WEEK 4

Bless yourself passing the church

Do something to make your mammy smile

Ask for help to light a candle in the Church

Invite someone who is left out to play with you

Tell your mummy how much you love her today

Say your night prayers before you sleep

Tell someone your favourite story about Jesus

March 16	<b>WEEK 5</b> Go to Mass and pray for your teacher Say the 1 <sup>st</sup> decade of the Joyful Mysteries Tell your mummy how much you love her today Read the Gospel story for next Sunday Say sorry to someone whose feelings you hurt It's the Feast of St Joseph. Find out about him Thank God for all the good things in your life
<b>ST PATRICK'S DAY</b>	
March 18	
<b>FEAST OF ST. JOSEPH</b>	
March 20	
March 21	<b>WEEK 6</b> After Mass put your palm where you can see it Do something nice for your dad Shake the Trócaire Box. Is it nearly full? Draw a picture of the Angel Gabriel today Pray for those preparing for Holy Communion Do something nice for someone in your class Say the 3 <sup>rd</sup> decade of the Sorrowful Mysteries
<b>FIFTH SUNDAY OF LENT</b>	
March 23	
March 24	
<b>FEAST OF THE ANNUNCIATION</b>	
March 26	<b>HOLY WEEK</b> Go to Mass and bring some Palm leaves home Share your Easter Egg! Say a prayer for all the teachers in your school Say a prayer for the bishop and priests Say the 1 <sup>st</sup> decade of the Sorrowful Mysteries Say your morning prayer when you get up Take the Trocaire Box to Mass on Holy Thursday
March 27	
March 28	
<b>PALM SUNDAY</b>	
March 30	
March 31	<b>WEEK 7</b> Go to Mass and bring some Palm leaves home Share your Easter Egg! Say a prayer for all the teachers in your school Say a prayer for the bishop and priests Say the 1 <sup>st</sup> decade of the Sorrowful Mysteries Say your morning prayer when you get up Take the Trocaire Box to Mass on Holy Thursday
April 1	
<b>HOLY THURSDAY</b>	
<b>GOOD FRIDAY</b>	
<b>HOLY SATURDAY</b>	
<b>EASTER SUNDAY</b>	<b>WEEK 8</b> Go to Mass and bring some Palm leaves home Share your Easter Egg! Say a prayer for all the teachers in your school Say a prayer for the bishop and priests Say the 1 <sup>st</sup> decade of the Sorrowful Mysteries Say your morning prayer when you get up Take the Trocaire Box to Mass on Holy Thursday

MY NAME IS \_\_\_\_\_



## ARE THERE REALLY 40 DAYS IN LENT?



If Lent 2015 begins on Ash Wednesday, February 18 and ends on Easter Sunday, April 5 how many days does that make?

### Let's do the math

There are 28 days in February.

How many days from February 18 to the 28? \_\_\_\_\_

How many days are there in March? \_\_\_\_\_

5 days in April: \_\_\_\_\_

How many altogether? \_\_\_\_\_

Oops! That's not right!

Count how many Sundays from the

1<sup>st</sup> Sunday of Lent to Easter Sunday \_\_\_\_\_

Subtract that number from your answer above \_\_\_\_\_

Did that work? \_\_\_\_\_

Now let's try another way

In 2015 the First Sunday of Lent is on 22 February and Holy Thursday is 2 April. Does that make forty days?

### Let's do the math

There are 28 days in February. \_\_\_\_\_

How many days from February 22 to 28? \_\_\_\_\_

How many days are there in March? \_\_\_\_\_

2 days in April: \_\_\_\_\_

How many altogether? \_\_\_\_\_

### Write down the two ways to count the Forty Days

1: \_\_\_\_\_  
\_\_\_\_\_

2: \_\_\_\_\_  
\_\_\_\_\_

## MARCH 1

## ST DAVID OF WALES

### 10 Facts

He was born in Wales and is a Saint of the Celtic Church

His mother was the daughter of a chieftain and his father was a Prince of a Welsh Kingdom called Powys

He is often pictured as a bishop with a dove his shoulder, sometimes standing on a small hill

He was a great teacher and preacher

It is said that he lived until he was 100. He died on March 1st 589, which is the day that his feast is celebrated

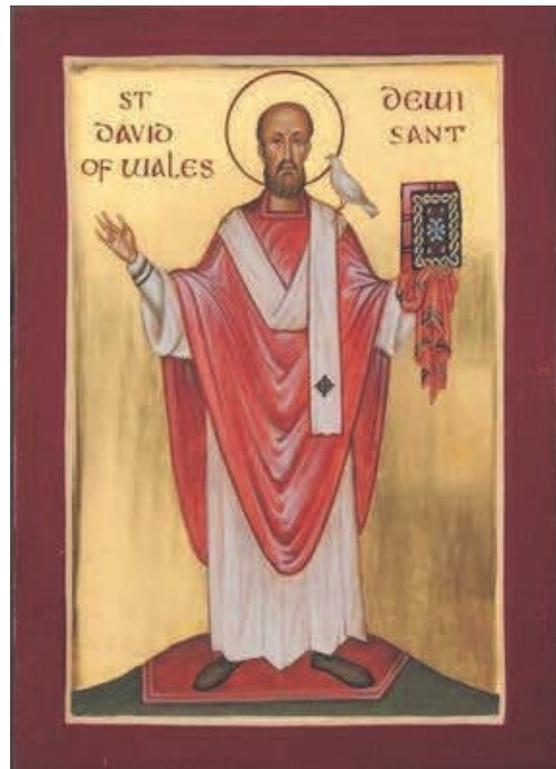
David was buried at St David's Cathedral in Pembroke shire. His shrine was a popular place of pilgrimage throughout the Middle Ages

Fifty churches in South Wales are named after him

The flag of St David is a yellow cross on a black background. Unlike the crosses of St Patrick, St George, and St Andrew, it is not included in the flag of the United Kingdom

The leek and the daffodil are worn on St David's Day (leeks by the men, and daffodils by the women)

St David is the patron saint of vegetarians



ONCE YOU HAVE READ THE FACTS

FIND THE WORDS BELOW IN THE WORD SEARCH

r v e i g z k j h s c o r t d  
w c y g j j b c l j e d j o h  
n k a l a i o i z b l p v u d  
w o j r s m d c v k t e j l t  
x f r h d o i e c n i r p g l  
n g o t f i l r l y c s h n e  
z p t f a l f c g e v s f i p  
u w a g v p o f c l e l s a s  
p d c h u r c h e s i k y t o  
s e i r e t s a n o m p s f g  
m w a l e s c l w z p y k e r  
a r m z n t w q m h w g p i n  
r r s m h i d k b o t x e h v  
c e n y z y y s p s o s s c g  
h v p h x c n r n b l s g o w

Bishop  
Cardiff  
Celtic  
Chieftain  
Churches  
Daffodils  
Dove  
Gospel  
Leeks

March  
Monasteries  
Patron  
Pilgrimage  
Powys  
Prince  
Wales



## THE TEN COMMANDMENTS

In the First Reading on the Third Sunday of Lent we hear how God gave Moses the Ten Commandments. You can read this story in the Book of Exodus, Chapter 3, verses 1-8 and 13-15. (Teacher's Note, see Alive- O5 T2L2)

### FILL IN THE MISSING LETTERS TO REVEAL THE TEN COMMANDMENTS

Note: These commandments are in modern day language to help more easily. It is recommended that the children learn the commandments in the traditional format.

to help children understand

- 1: Love the L\_\_\_ your G\_\_ alone, with all your he\_\_\_\_\_.
- 2: Res\_\_\_\_\_ the Lord's n\_\_\_\_\_.
- 3: Keep the L\_\_\_'s day h\_\_\_\_\_.
- 4: Honour your fa\_\_\_\_\_ and your m\_\_\_\_\_.
- 5: All life is in G\_\_\_'s hands; do not de\_\_\_\_\_ life.
- 6: Be faith\_\_\_ in marr\_\_\_\_\_.
- 7: Do not st\_\_\_\_\_.
- 8: Do not sp\_\_\_ falsely of ot\_\_\_\_\_.
- 9: Do not desire a p\_\_\_\_\_ who already bel\_\_\_ with another.
- 10: Do not be gre\_\_\_ for th\_\_\_s that already belong to ot\_\_\_\_\_.



#### THE FOLLOWING WORDS WILL HELP YOU FILL IN THE BLANKS

Respect, faithful, speak, Lord, father, God, person, mother, holy, heart, steal, others, marriage, name, greedy destroy, belongs, things

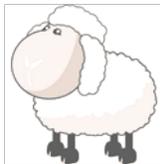
## FEAST OF ST PATRICK

March 17

On March 17, people all over the world celebrate the Feast of Saint Patrick. Many towns and cities hold parades in his honour, from California to Cork and Dublin to Dubai! In fact, the world's oldest and largest parade is in New York City. Despite this, some people still don't know the real story of Saint Patrick. There are lots of tall tales about him that are probably not even true, including the one about him banishing the snakes from Ireland.

**INSTRUCTIONS** In the boxes below, you will find the story of Saint Patrick's life. Cut out each of the pieces of the story and arrange them in the correct order. Then, take an A4 page and divide it into eight pieces by folding it in half three times. On each section of the page, draw a picture to represent each part of the story. When you are finished, cut your page into the eight sections, and shuffle your pictures around. Give them to a friend to see if they can put them in the right order again! Finally, arrange your pictures in the shape of a cross, so that everyone will know that Saint Patrick came to bring the Good News about God to Ireland.

One night Patrick had a dream in which he heard a voice telling him to escape from Ireland and go home.



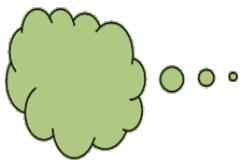
The raiders sold Patrick as a slave and he spent six years working as a shepherd.

Patrick came back to Ireland in 432. He told the people about God and God's love for them.



Patrick was born in Britain. When he was sixteen years old, he was taken prisoner by a group of raiders and brought to Ireland.

Sometime later, Patrick had another dream, this one telling him to go back to Ireland and tell the people about God.



Patrick decided to become a priest and he was later ordained a bishop.



Patrick walked a long way to the coast, and managed to hide away on a boat that was going to Britain.

Patrick was very lonely during this time and he prayed to God every day and every night.



## PALM SUNDAY

On Palm Sunday, we remember when Jesus entered the city of Jerusalem. People cheered to welcome him. By Good Friday, however, they were shouting for him to be killed. Cut out the story below and put the sentences into the correct order on a separate sheet, or in your religion copy. You can read the full story in your class Bible, Mark 11:1-10.



"God bless the coming kingdom of our ancestor David."

In front of Jesus and behind him, people went along shouting,

The disciples led the donkey to Jesus.

Many people spread clothes on the road, while others went to cut branches from the fields.

"Hosanna in heaven above!"

They put some of their clothes on its back, and Jesus got on.

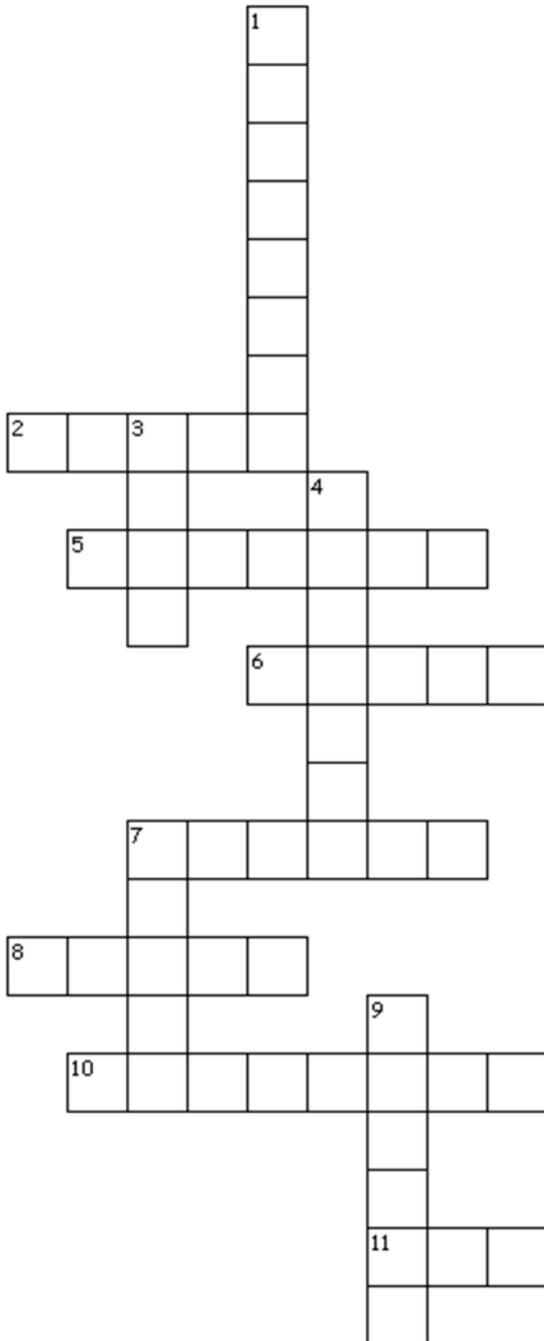
"Hosanna! God bless the one who comes in the name of the Lord!"

## GOOD FRIDAY

On Good Friday we listen to the story of the Passion of Jesus.

Read the story of the Passion of Jesus in the Gospel of St Luke, chapter 22 verses 47-70 and all of chapter 23.

**THEN DO THE CROSSWORD.**

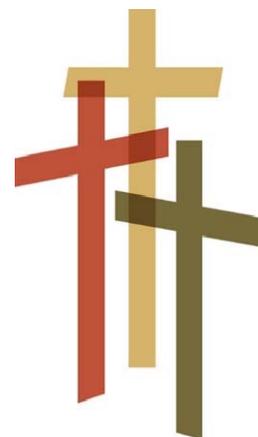


### ACROSS

- 2: He betrayed Jesus
- 5: What the crowd shouted
- 6: He denied Jesus
- 7: They put a crown made of this on Jesus
- 8: Pilate sent Jesus to this man
- 10: She wiped Jesus' face
- 11: How many criminals died with Jesus?
- 12: They put a crown made of this on Jesus

### DOWN

- 1: The crowd wanted this man freed
- 3: The sky turned \_\_\_\_.
- 4: Jesus drank this before he died.
- 7: The number of times that Jesus fell
- 9: The high priests brought Jesus to this man



## JESUS IS RISEN



### WHAT DO YOU REMEMBER?

During Lent we \_\_\_\_\_ in a meaningful way for Easter.

Lent begins on \_\_\_\_\_ and lasts for \_\_\_\_\_ days.

During Lent we \_\_\_\_\_, \_\_\_\_\_, and give \_\_\_\_\_.

On \_\_\_\_\_ Sunday we remember how Jesus rode into \_\_\_\_\_ on a donkey.

On \_\_\_\_\_ Jesus died on the cross.

Jesus shared the \_\_\_\_\_ with his friends.

#### WORD BANK:

Palm, pray, Ash Wednesday, alms, prepare Jerusalem, forty, fast, Last Supper

## WE BEGIN OUR LENTEN JOURNEY

### LENT

The word Lent comes from the Latin word 'Lente' which means springtime. Lent is a time to grow and change as we pray, fast and give alms so that we can prepare well for Easter. It begins on Ash Wednesday. During Lent, we remember the 40 days during which Jesus prayed and did penance in the desert. We also take time to remember that Jesus suffered, died, and rose again to show us how much he loved us. Lent offers us the opportunity to try to be more like Jesus in the things we do for ourselves and for others. Lent gives us the time to prepare for Easter the most important celebration in the Church calendar.

### AN CARGHAS

Tugann an Carghas deis dúinn macnamh a dhéanmh ar Dhia agus ar a mhac Íosa Críost a fuair bás ar ár son, a d'éirigh ó na mairbh agus a thiocfaidh arís. Uaireanta bíonn sé deacair ciall a dhéanamh as an saol ach ná déan dearmad is é Íosa tús agus deireadh ár saol.

What date is Ash Wednesday this year?

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How many Sundays are there in Lent?

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What day of the week is the Feast of St Joseph this year?

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Why do we have the season of Lent?

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What date is Palm Sunday this year?

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What do we celebrate at the end of the Lenten season?

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#### FIND OUT

*Use a Calendar to help you*

## THE TRANSFIGURATION



On the Second Sunday of Lent the Gospel story tells us how Jesus took three of his apostles, Peter, James and John up to the top of a mountain. While they were there an amazing thing happened. Right in front of their eyes, Jesus changed. His clothes became dazzling white, much whiter than any bleach that we have today would make your clothes. Then Moses and Elijah appeared and stood talking to Jesus. As if all that wasn't enough, suddenly, they were all covered by a cloud and they heard a voice saying, *'This is my Son, the Beloved. Listen to him.'* At this moment the apostles knew that Jesus really was the Son of God. All the arguments that they had about who Jesus really was were settled from that moment. They knew who he was and they promised to not to tell anyone else until the time was right.

**READ THIS GOSPEL STORY IN YOUR BIBLE IN LUKE, CHAPTER 9: VERSES 2-10**

**NOW TRY AND FIND ALL THE WORDS IN THE WORD SEARCH.**

T H C N I H S T N W D I S M Y G S O N T  
 H E H H A B A O O E E L O V E O D L I S  
 T O E J A L S D N T A O H I M D U A S B  
 J J I H K N A E D A D A I S E C J C R I  
 V L Y I W H G N P P A U V G G E L M Q L  
 I G O D O A G Y D S B A L U S L U R U C  
 M L S P T F Q N W L Z S S L R A O B H D  
 U M X N P E T E R Z I T E N T S J D D D  
 L B U B N D S L L T M S N L S B D W P B  
 U O R N G W I I Q X Q W T G Q V E P O H  
 M G D T A Y N H C A E L B E H O V E W E  
 S E S R S G Z M J I H T K O N I O L F X  
 K E N Y M E V S D V I T V U E T L Z U Z  
 V E M X Y A S U F O Y C E A C P E C M T  
 D X Y A Z H H O A E R S L J I C B O R P  
 W D S M J J C G M I B B A R O M S M H G  
 D M U K Z C S O X M K J E V V Y B J P A  
 F F O W N T Q R F T Q W I J F D N X L H  
 A C E M S L Y W T X B H F Q Z I X I U N



- |          |        |         |         |          |
|----------|--------|---------|---------|----------|
| Elijah   | Dead   | Beloved | Changed | Dazzling |
| Cloud    | Bleach | James   | Jesus   | God      |
| Mountain | Top    | Moses   | Rabbi   | Shadow   |
| Talking  | Peter  | Tents   | Voice   | John     |
| Warned   |        |         |         |          |

## WHY DOES LENT LAST FOR 40 DAYS?

There is a very good reason for the forty days in Lent. The reason can be found by looking up the following references in your bible:

- Matthew, chapter 4, verses 1-11;
- Mark, chapter 1; verses 12-13;
- Luke, chapter 4, verses 1-13.



Forty is an important number in the bible, as you will see when you look up the biblical references at the bottom and fill in blanks in the following sentences.

Match each sentence with the correct bible reference to complete the activity.

It rained for \_\_\_\_\_ on Noah and his family

The Israelites wandered in the desert for \_\_\_\_\_ years

King Solomon reigned for \_\_\_\_\_

\_\_\_\_\_ soldiers helped Joshua fight

Moses' twelve spies spent \_\_\_\_\_ exploring Canaan

**2 Chronicles 9:30**

**Genesis 7:11-12**

**Numbers 13:25**

**Numbers 32:13**

**Joshua 4:13**

**MARCH 17<sup>TH</sup>**

**FEAST OF ST PATRICK**



St Patrick is the patron Saint of Ireland and is one of the most famous saints in the world. There are lots of stories about him but many of them, including the one about him banishing snakes from Ireland, are probably not true.

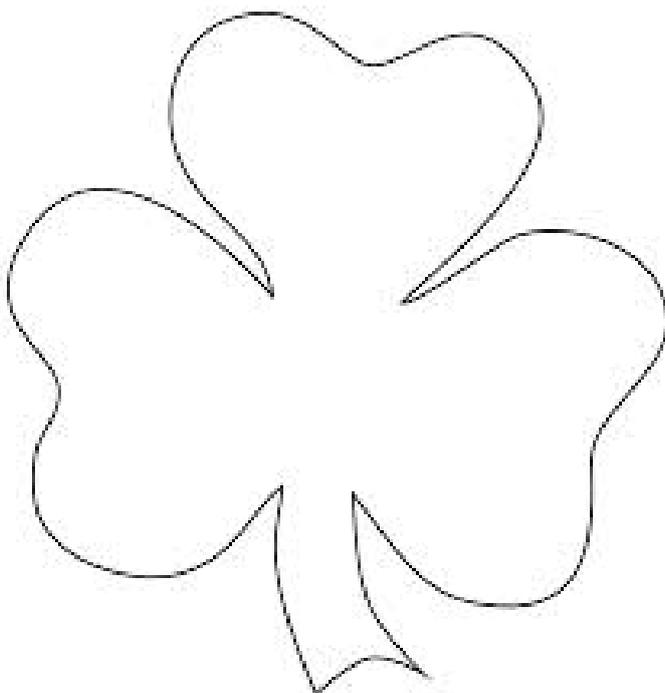
We know that St. Patrick was born in Britain in the year 387. His family was wealthy and was Christian. When Patrick was sixteen years old, he was taken prisoner by a group of Irish raiders who were attacking his family's estate. They took him to Ireland where he was sold as a slave. He spent six years working as a shepherd. These years were lonely times for Patrick and it is during this time that he began to pray.

It is said that one night he had a dream in which he heard a voice telling him that it was time to escape from Ireland and go home. Patrick believed that it was God telling him to go and so he left the hillside where he was minding sheep and walked a very long way to the coast. There he hid away on a boat and escaped back to Britain.

Later we are told that Patrick had another dream or vision. In this dream an angel told him to return to Ireland to tell the people about God. Patrick decided to train to become a priest before returning to Ireland.

Finally Patrick came back to Ireland in the year 432. It is said that he lit the first Easter fire on the Hill of Slane in Co. Meath. He used the shamrock to teach the Irish people about the Trinity, that there were three Gods in one God, Father, Son and Holy Spirit. This is why we wear the shamrock on St Patrick's Day.

It is believed that St Patrick died in 461.



**Colour the Shamrock**

*Write and prayer to include each member of the Trinity:*

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## THE ANNUNCIATION

MARCH 25

*This is adapted from Luke 1:26-38. You can also read it in the class bible.*



In the city of Nazareth, in Galilee, there lived a young woman named Mary. Mary was soon to marry a carpenter named Joseph. One day an angel called Gabriel visited Mary and said 'Greetings, most favoured one, and do not be afraid. God has chosen you among all women. Very soon you will have a baby, you must call him Jesus.' This was to be a very special baby. He would be great, and his kingdom would last forever. He told her that the child would be called Son of God. Mary was very afraid but Gabriel told her not to be. He said that the Holy Spirit would fill her and would give her courage and strength. Mary bowed before the angel Gabriel and told him that she would do as God wished. When she got up the Angel had gone. After receiving this news, Mary heard that her Cousin Elizabeth was also going to have a baby and she went to visit her. When she reached the house of Elizabeth the two women praised God and Mary sang these words.

*My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
He has looked with favour on his lowly servant.  
From this day all generations will call me blessed;  
The Almighty has done great things for me and holy  
is his name.  
He has mercy on those who fear him,  
from generation to generation.  
He has shown strength with his arm  
and has scattered the proud in their conceit  
Casting down the mighty from their thrones  
and lifting up the lowly.  
He has filled the hungry with good things  
and sent the rich away empty.  
He has come to the aid of his servant Israel,  
to remember his promise of mercy,  
The promise made to our ancestors,  
to Abraham and his children for ever.*

*The Magnificat is used today as a prayer or hymn (Alive-08 p.304).*

**Pray**

**Write the Magnificat into your Religion Copy.  
The Magnificat in class today**

## THE STATIONS OF THE CROSS

There are fourteen Stations of the Cross and they tell the story in pictures of how Jesus died for us. You will see these Stations of the Cross in the church. Many people like to spend time praying quietly before each Station especially during Lent and on Good Friday. Can you place the stations from the boxes in the correct order on the page? The prayer below is prayed at each Station.

*'We adore you, O Christ, and we praise you  
because by your holy cross  
you have redeemed the world.'*

FIRST STATION: \_\_\_\_\_

SECOND STATION: \_\_\_\_\_

THIRD STATION: \_\_\_\_\_

FOURTH STATION: \_\_\_\_\_

FIFTH STATION: \_\_\_\_\_

SIXTH STATION: \_\_\_\_\_

SEVENTH STATION: \_\_\_\_\_

EIGHTH STATION: \_\_\_\_\_

NINTH STATION: \_\_\_\_\_

TENTH STATION: \_\_\_\_\_

ELEVENTH STATION: \_\_\_\_\_

TWELFTH STATION: \_\_\_\_\_

THIRTEENTH STATION: \_\_\_\_\_

FOURTEENTH STATION: \_\_\_\_\_

Jesus is laid in the tomb  
Jesus meets the women  
Jesus meets his mother  
Jesus falls the third time  
Jesus falls the second time  
Jesus is taken down from the cross  
Jesus is stripped of his garments

Jesus dies on the cross  
Jesus receives his cross  
Jesus falls the first time  
Jesus is condemned to death  
Veronica wipes the face of Jesus  
Simon helps Jesus to carry his cross  
Jesus is nailed to the cross



## HOLY WEEK

The last week of Lent is Holy Week.  
The week begins on Palm Sunday and ends on Holy Saturday night.

Holy Week begins on **PALM SUNDAY**. There are two gospels for this Sunday. The first one (Mark 11:1-10) is read at the beginning of Mass and reminds us of how Jesus came to Jerusalem to celebrate the feast of Passover with his friends. He arrived into the city on a donkey and the people waved palms and shouted '*hosanna*' as he passed by. This was their way of showing that they believed that Jesus was indeed the '*Messiah*,' the one sent by God to save them. This is why we bless palms and carry them in procession to church at the beginning of Mass on Palm Sunday. Then we take the palms home with us and put them somewhere that we can see them during the coming year. The priest wears red vestments today because red is the colour of blood and reminds us of Jesus' death on the cross. The second gospel (Mark 14 and 15) is the story of how Jesus was crucified. We call it the Passion and we will hear this gospel again on Good Friday.



### THE TRIDUUM

The last three days of the week are called the *Triduum*. The Easter Triduum is the most important celebration in the church year. Triduum means '*three days*' and it begins on Holy Thursday with the *Mass of the Lord's Supper*. Jesus knew it was time to leave his friends and he wanted to share one last meal with them. We call this meal *The Last Supper*. Jesus did two very important things at the Last Supper; he washed his disciple's feet and then he took bread, gave thanks, broke it and shared it with his friends. He did the same with the cup of wine. He told his disciples to '*do this in memory of me.*' So when we come to Mass we are remembering what Jesus did at the Last Supper and doing what he did. At the end of the Mass on Holy Thursday the Blessed Sacrament is removed from the Tabernacle and brought to a special place in the church where it will remain until Holy Saturday when we next celebrate Mass.



On **Good Friday** we remember that Jesus died on the cross. In church on Good Friday we listen to the story of Jesus' death and then we are invited to come and kiss the cross. On this day we celebrate Jesus' triumph over death and that is why we call the day '*Good.*'



The Triduum continues on **Holy Saturday night** with the vigil during which we light the Paschal Fire and a new Paschal Candle, we listen to the story of our faith and we bless holy water. On Easter Sunday we celebrate the resurrection of Jesus. The Easter season continues until Pentecost Sunday



## HOLY THURSDAY

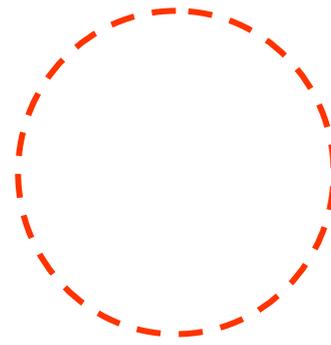
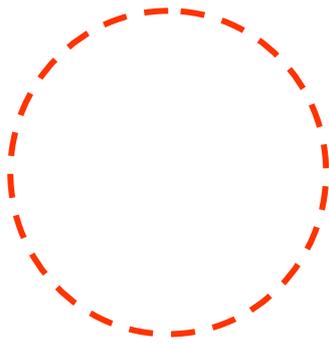
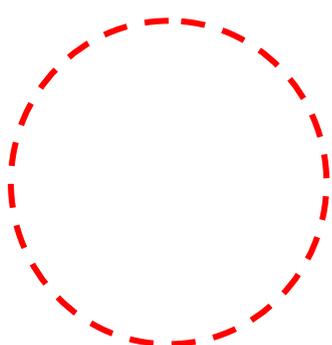
When we go to Mass on Holy Thursday, we remember two things that Jesus did at The Last Supper. Firstly, we remember how Jesus washed his disciples' feet before they ate their meal. This was a sign of his love and care for them. We also remember that Jesus took bread, gave thanks and shared it with his friends. He did the same with the cup of wine. Then Jesus said, '*Do this in memory of me.*'

Every Sunday when we come to Mass we gather together just as Jesus asks us to. We share stories, we give thanks, and we receive Jesus, the Bread of Life. Jesus also wants us to follow his example by serving others.

Think of some ways that you can follow Jesus' example

Write or draw them in the circles below.

I can follow Jesus' example of serving others by...



Unscramble the names of these organisations that follow Jesus' example of service.

Use the Internet to find out about the work that they do.

rarcTóei: \_\_\_\_\_

noerCnc: \_\_\_\_\_

nceVnit ed laPu: \_\_\_\_\_

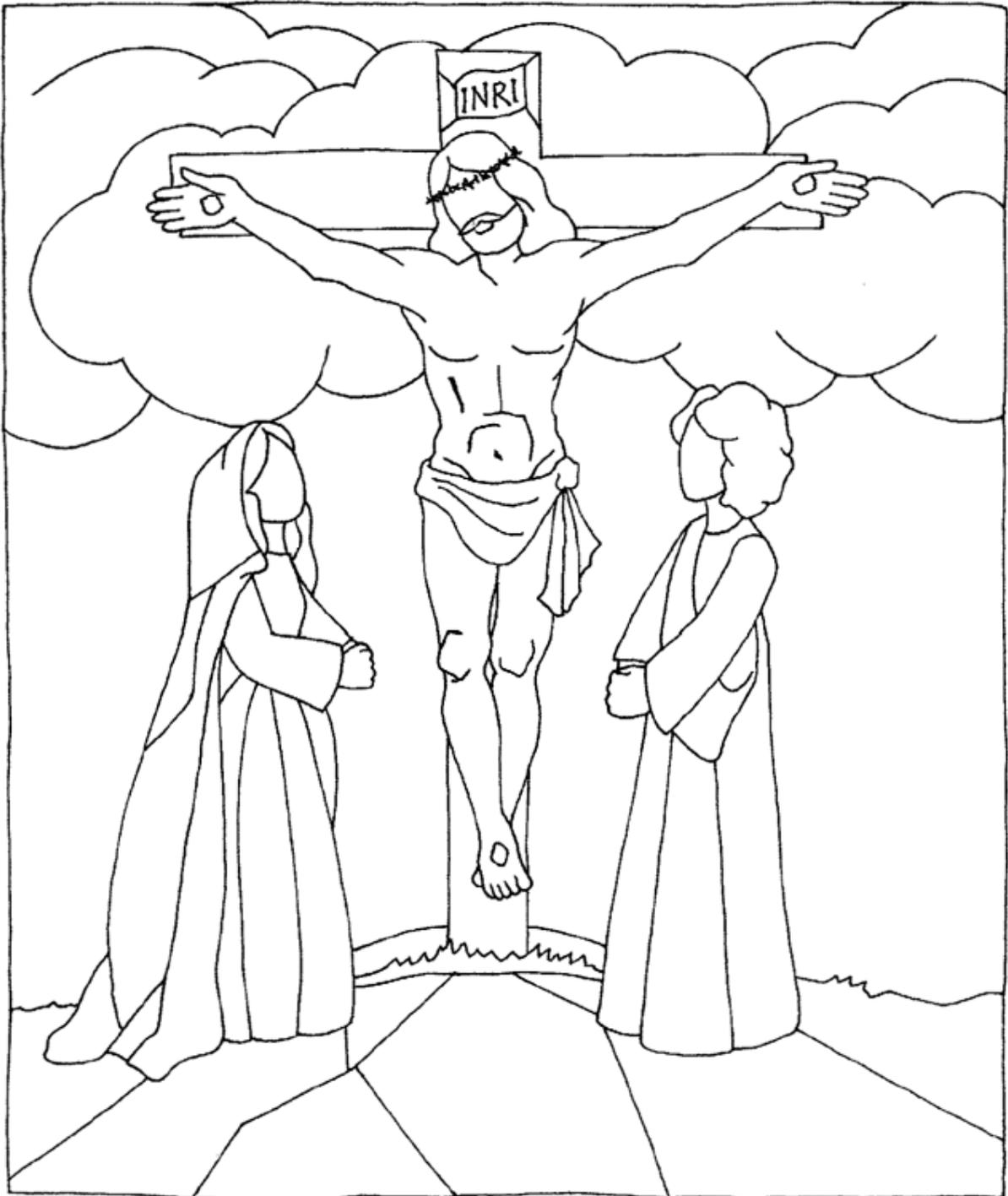
aloG: \_\_\_\_\_

ahBtór: \_\_\_\_\_

## GOOD FRIDAY



On Good Friday we remember that Jesus died on the cross. In church on Good Friday we listen to the story of Jesus' death and then we are invited to come and kiss or venerate the cross. On this day we celebrate Jesus' triumph over death and that is why we call the day 'Good.'



ALLELUIA

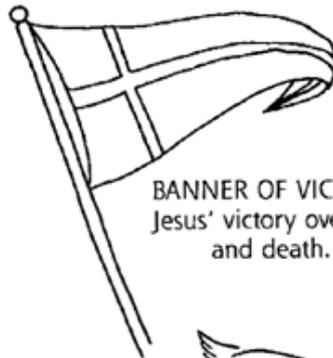
SUN  
Christ is the  
Light of the world.



ALPHA AND OMEGA  
The first and last letters of  
the Greek alphabet. Jesus is  
the beginning and the end  
of all things.



LAMB OF SACRIFICE  
Jesus is the "Lamb of  
God" who takes away  
the sins of the world.



BANNER OF VICTORY  
Jesus' victory over sin  
and death.



BUTTERFLY  
A caterpillar "dies"  
and experiences new  
life when it becomes a  
beautiful butterfly.



FISH  
The Greek word for "fish"  
was a secret code for  
"Jesus Christ, God's Son,  
the Savior."



CHI-RHO  
The first two letters of  
"Christ" in Greek.