

Holy Week

Palm Sunday

The people of Jerusalem welcomed King Jesus to their city with palm branches.



- Put the blessed palm you get at Mass today in a place of honour in your house.

Monday

When they got to the top of the hill the soldiers roughly tore off Jesus' clothes.

- Thank God for your clothes and put them away neatly when you go to bed. 35

Tuesday

They laid Jesus on the cross and nailed his hands and feet to it.

- Visit, call or write a card to someone who is sick or in hospital today letting them know you are thinking of them. 36

Wednesday

The soldiers lifted the cross so that Jesus was hanging from the nails in his hands and feet.

- Think today of all the things you have to be grateful for in your life. 37

Holy Thursday

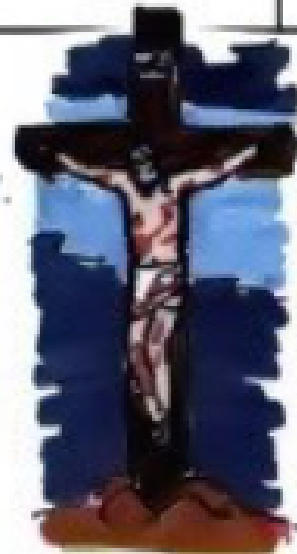
Jesus told the disciples at the Last Supper, "Love one another as I have loved you."

- Think of someone who hurt or offended you. Forgive that person. 38

Good Friday

Jesus died on the cross.

- Look at a crucifix for two minutes and think of how much Jesus loves you. 39



Holy Saturday

Our Lady's day

- Mary cared for her son Jesus. Say a prayer of thanks for all the people who care, love and look after you!! 40



Lenten Calendar



LENT 2023

LENT





FOR KIDS

The Lenten Calendar For Children

This calendar has a little activity for you to do each day of Lent. Besides what you see in the calendar it's good to do one or two things all through Lent. Some people give up things - sweets, chips, xbox or playstation for example... Some people take up something - a good work or a small act of kindness - helping more at home, making your bed each morning, giving some of your pocket money to a good cause for example...

Remember to try and say an extra prayer each day!!

As you'll see, the Sundays of Lent don't really count. There are 40 days without Sundays. Each Sunday is like a mini Easter - So you can have a special treat those days!!


<p>Ash Wednesday ✨</p> <ul style="list-style-type: none"> • Give some money to the poor or share your toys. • Pray that God will help you make a good Lent. • Give up something you like to eat. 1 	<p>Thursday</p> <p><i>At the Last Supper Jesus told His disciples that he loved them.</i></p> <ul style="list-style-type: none"> • Help with the dishes without being asked out of love of God and your family. 2
<p>Friday</p> <p><i>Jesus offered His Body and Blood as a sacrifice in payment for our sins.</i></p> <ul style="list-style-type: none"> • Give up a bit extra food as a sacrifice to Jesus. 3 	<p>Saturday</p> <p>Pray to Our Lady </p> <p>Hail Mary, full of grace. Our Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. 4</p>

Fifth Week

Monday

Jesus willingly took up the cross.

- Ask Mom or Dad for a hard job and do it! **29**



Wednesday


Simon of Cyrene was made to help Jesus carry the cross because Jesus was too weak.

- Help one of your parents or siblings with their work today. **31**

Friday

The women of Jerusalem wept for Jesus, Who consoled them.


- Pray for mothers who are expecting babies. **33**



Sunday

Jesus raised his friend Lazarus from the dead.


- Say a prayer for family Members or friends who have died. If you can, visit their grave to say a prayer. Remember with love, one good memory you have of them and say Thanks!



Tuesday

Jesus fell three times while carrying His cross.

- Pray for someone who is sick. Visit them if you can. **30**



Thursday

The crowds of people watched Jesus carrying the cross.

- Think of someone you know who has having a rough time. Say a prayer and maybe write them a small note to let them know you are thinking of them! **32**

Saturday

Jesus and His Mother met on His way to Calvary.

- Do something good for you parents or guardians today and let them know how much you love them! **34**

Fourth Week

Sunday

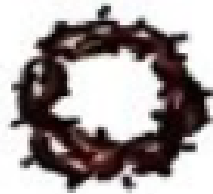
The Scribes and Pharisees were angry at Jesus because he cured a blind man on the Sabbath.

- Take some time to read a book about God or a saint.



Monday

The soldiers made a crown of sharp thorns and put it on Jesus.



- Have you ever thought unkindly of others?

23

Tuesday

The Soldiers mocked Jesus, saying, "Hail, king of the Jews!"

- Have you ever made fun of someone? Maybe it's time to say sorry!

24

Wednesday

Jesus was beaten with rods and spit upon.



- Say something kind about a person who is made fun of.

25

Thursday

Pilate set Jesus before the people, saying "Behold the Man!"



- Do you see God at work in our world today... In people helping others, in nature, in ...? Draw a picture.

26

Friday

They shouted, "Crucify Him!"

- Say an Act of Contrition

O my God, I thank you for loving me.

I am sorry for all my sins,

for not loving others and not loving you.

Help me to live like Jesus

and not sin again . Amen

27

Saturday

Pray to Our Lady:

Holy Mary, mother fair,
Filled with love for God,
Pray for us in all our
needs. Pray for us today.

28

First Week

Sunday

Jesus was tempted by the devil in the desert but He resisted.

- Write down something that you are often tempted to do and pray to your guardian angel to resist it.

Monday

After the Last Supper Jesus went out to the Garden of Gethsemane to pray.



- After supper take some time to thank God.

5

Tuesday

Jesus took His friends Peter, James and John with him.



- Say a prayer with your brother, sister or friend.

6

Wednesday

Jesus knew what He would have to suffer.

- Today turn off your phone, tablet, Xbox ... and say a prayer for all those children who will never experience these...

7

Thursday

Jesus accepted His Father's will, saying "Thy will be done!"

- Ask Mom or Dad what they want you to do and do it without complaining.

8

Friday

Judas, one of the apostles, betrayed Jesus to His enemies with a kiss.



- Give Mom or Dad a hug and show you love them by your actions.

9

Saturday

Pray to Our Lady:

Mary, my loving mother,
thanks for being always there
and watching over us. Look
after all Mums & Dads and
care for all children.

Amen

10

Second Week

Sunday

Jesus was transfigured in glory in front of Peter, James, and John.

- Nice things in this life don't last forever. Thank God for something nice you have now.

Monday

Jesus submitted to His arrest even though He was innocent.

- Pray for people who are in jail- those who are guilty as well as the innocent. 11

Tuesday

The mob hit Jesus and spit on Him.

- If you have money, give some to the poor. Otherwise say a prayer for them. 12



Wednesday

Peter denied knowing Jesus three times before the cock crowed.

- Say Sorry if you have told any lies. Do one good thing today to help someone. 13



Thursday

Jesus spent the night in prison after he was arrested.

- Say an 'Our Father' right before you go to sleep. 14

Friday

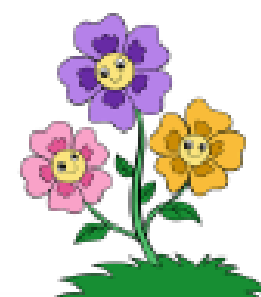
Early the next morning He was brought to trial.

- When you wake up pray: Everything today I offer to You, O Lord! 15



Saturday

Plant a flower in your garden or in a flower pot. Watch it grow up to Easter



16

Third Week

Sunday

Jesus told the woman at the well that He would give us living water.

- Water gives life & many don't get it easily. Try not to waste any water today.



Monday

Pilate condemned Jesus to be scourged at the pillar.

- Do at least one small act of kindness today for someone. Make someone smile!! 7

Tuesday

The soldiers took off Jesus' clothes and tied Him to a pillar.

- Have you old toys or clothes that you could donate to a local charity? 18

Wednesday

The soldiers whipped Jesus many times.

- Kneel and say a 'Glory Be.' 19



Thursday

Jesus bled so much that He became weak.

- Drink water instead of juice or today. 20



Friday

The soldiers roughly put the clothes back on Jesus.

- Be gentle to your friends or brothers and sisters, especially if they are sad. 21

Saturday

Pray to Our Lady:

The angel of the Lord declared unto Mary, and she conceived by the Holy Spirit. (say a Hail Mary)
"Behold the handmaid of the Lord. May it be done unto me according to thy word." (say a Hail Mary)
And the Word became Flesh and lived among us. (say a Hail Mary.) 22