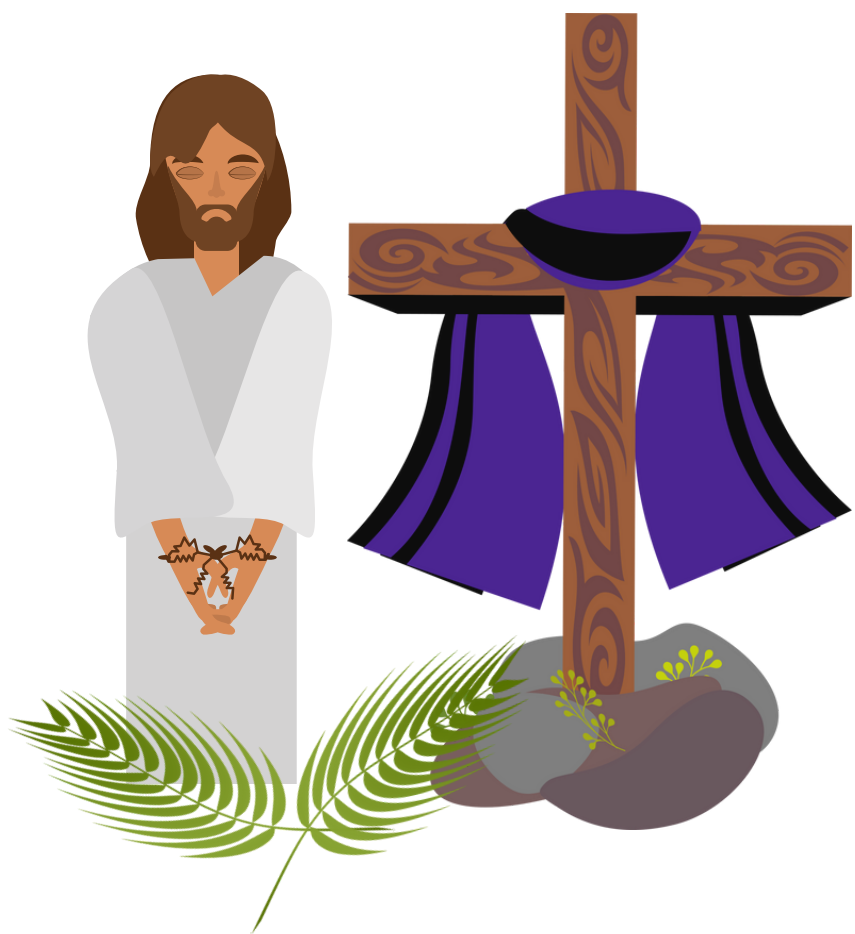


# LENT

REPENT AND BELIEVE  
IN THE GOSPEL



Lent begins on Ash Wednesday and is the period of 40 days that comes before Easter.

It is a time of reflection and spiritual renewal in preparation for Good Friday and Christ's resurrection on Easter Sunday.

40 is a significant number in the Bible:

- In Genesis, rain fell for 40 days and nights in the great flood.
- The Israelites spent 40 years in the wilderness before entering the promised land.
- Moses fasted for 40 days before receiving the Ten Commandments.
- Jesus spent 40 days fasting in the wilderness before starting his ministry.

During Lent:

- Catholics fast from (give up) meat on Fridays and some meals on Ash Wednesday and Good Friday.
- Almsgiving (giving to the poor) is particularly encouraged.
- The Stations of the Cross are prayed in our churches.

