

Sacred Heart School

March 4th, 2022

The Season of Lent at Sacred Heart School

Lent is a season of simple living. As the entire Church prepares for the great celebration of Christ's Paschal Mystery in the Easter Triduum, Catholics make special efforts to pray, do penance, and do good works. Every day of the forty-day Lenten season is an opportunity to live simply and prepare for Easter.

Lent is a time of preparation for the celebration of Christ's Death and Resurrection at Easter. Lasting for forty days – from Ash Wednesday to the evening of Holy Thursday – the season draws us towards the light of Christ.

Lent is a special time at Sacred Heart School. Our goal is to make an impression on our students in a way that their hearts are forever brought closer to Jesus. We pray a special prayer in the morning that reminds us to ask God for strength: to abstain from negativity, and replenish with kindness and understanding. It is in this daily asking that we will have Jesus by our side as we heal from sin and bring ourselves closer to God.

On Fridays, the students walk through the Stations of the Cross. It is a beautiful, interactive script that helps the students to see how each station shows them how to move closer to Christ on the cross. We walk with Him and this prepares us for Easter.

We ask each of the students to talk about the ways they are praying, giving and fasting. Each student is given a "Little Purple Book for Children" to help them walk with God at home.

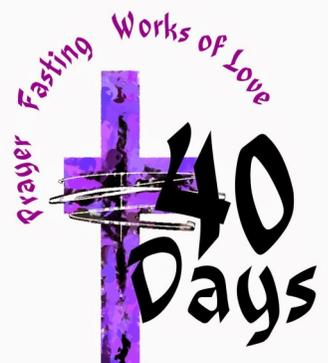
A couple of reminders about Lent for children:

1. Sundays are Mini-Easters and we can take that day off from whatever it is we have given up.
2. Lent is traditionally supposed to be forty days long. That is because the Bible says that Jesus spent forty days in the wilderness, preparing for his death and resurrection.
3. Lent begins on Ash Wednesday in the Catholic Church, it ends at the Ninth Hour of Maundy Thursday (44 days).
4. While it is good practice to fast on Ash Wednesday and Good Friday, and to abstain from meat on Fridays during Lent, it is not obligatory for elementary age students.

Please pray for our students as we begin our long Lenten journey. We will be praying for all of you.

Blessings,

Anne Atkin, principal



CARE & SHARE COUNCIL MEETING

Wednesday, March 9th
at 6:00

In the Grey Room

Come help us plan some fun events
for the rest of the year!

Parent/Teacher Conferences

Thursday, March 17th– 3:00-6:00

Friday, March 18th– 12:30-3:00

Call or email Stacy Parker to set up a
conference

sparker@sacredheartudson.org

517-448-6405

Upcoming Events

March 4th- ½ Day of School

March 9th– All school field trip to
The Croswell

March 14th- **No School.** Teacher Pro-
fessional Development Conference.

March 17th- P/T Conferences- 3:00-
6:00

March 18th- ½ Day of school. P/T
conferences 12:30-3:00

All School Field Trip to the Croswell

Tuesday, March 8th

9:00-11:30

Mr. Popper's Penguins

We are taking Hudson buses!

**Please turn in your permission slip
by Monday, March 7th**



Join us for Stations of the Cross

Friday, March 11th at 12:45

It is a beautiful way to walk with Je-
sus during Lent



Emma Maldonado	K	March 3rd
Cooper Vance	1st	March 8th
Kaylani Espina	PK	March 22nd
Lang Nickels	3rd	March 24th