

Maria Fidelis
Catholic School FCJ

Headteacher: Mrs H Gill, BA (Hons), MA, NPQH

*Growing together through Christ with courage, confidence
and dignity*

22nd February 2023

Dear Parents/Carers,

As a school community we are now journeying through the important liturgical season of Lent. During this season our community will have the opportunity to reflect and grow closer to God.

Ash Wednesday 22nd February

Year 7 will attend 9:30 Mass in St Aloysius church. Ashes will be distributed at this service. This evening, we encourage all other pupils to attend an Ash Wednesday Mass in their own parishes. By attending an Ash Wednesday service, it is a way of entering into the spirit of Lent, today we ask pupils to be mindful and think of those less fortunate. Lent puts us into solidarity with the suffering of Christ and suffering people around the world.

Weekly Lenten Assemblies will focus on '**The Turkey- Syria Earthquake disaster**'.

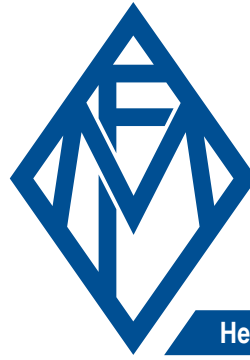
The assemblies will reflect on the true purpose of Lent for Catholics. This year we are emphasising the importance of praying and raising funds for those effected by the earthquake. We encourage you to discuss the Turkey-Syria crisis at home too sharing the key messages of praying, fasting and almsgiving. As a Catholic community we will be raising money for CAFOD for this cause.

Lenten Challenge Calendar

As a way to support our pupils to grow closer to God throughout Lent, we have added a calendar with reflective challenges to do each day. They are based around the three key actions we should be completing during Lent: fasting, almsgiving & prayer. You will find a copy of the calendar together with this letter.



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Stations of the Cross

In RE lessons pupils will be reflecting on the Stations of the Cross as a way for them to connect more deeply with Christ especially through the story of his Suffering, Death and Resurrection. They will be contemplating each station through scripture, reflections and prayer.

Sacrament of Reconciliation

The Sacrament of Reconciliation will be made available at school with Fr Jeremy expressly coming into administer the Sacrament during March. To have the Sacrament of Reconciliation at school is a great blessing and I hope that many pupils will take advantage of it.

Lenten morning prayer group

There is a weekly Lenten morning prayer club on Thursdays at 08:10 in the chapel. All pupils are welcome.

Reflections for parents/carers

Pray as you go is a podcast by the Jesuits in Britain. It has beautiful daily reflections on the readings of the day. It has a special series on Lent <https://pray-as-you-go.org/> that will aid you in your prayer life at home.

We hope that this Lenten season will be a time of blessed and fruitful growth that deepens your relationship with God. We look forward to walking with you in companionship on this Lenten journey.

Yours faithfully,

Mrs S. Whelan
Head of RE



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