



Maria Fidelis
Catholic School FCJ

Headteacher: Mr. M Anthony, BA (Hons), MSc, NPQH

Growing together through Christ with courage, confidence and dignity

26th February 2024

Dear Parents and Carers,

This half term, our school community will be preparing for the important liturgical season of Lent. This is a time when we are called to find God in our lives and improve on our habits, especially by fasting and giving up something in order to make space for prayer, almsgiving and personal reflection. During this time there will be many different opportunities for the community to reflect and grow closer to God.

Stations of the Cross

All students will be taking part in the Stations of the Cross during their RE lessons. Stations of the Cross consist of scenes from the Passion of Christ, which the students are invited to ponder and pray with to increase their understanding of Christ's suffering for humanity.

Euston Food Bank

As part of our commitment to almsgiving, we are encouraging donations to the Euston Food Bank, through collecting non-perishable food items (cans, tins, dry food, etc.) during this school term.

Confessions in School

Practicing Catholic students will also have the opportunity to attend the Sacrament of Reconciliation (Confession) in school. This is particularly recommended during Lent, as part of its call to repentance and nurturing of spiritual life. Confessions will take place in school on Thursday March 21st, during periods 4 and 5.

Lent Challenge Calendar

Students have been provided with a calendar consisting of Lenten challenges to attempt each day. The challenges reflect the three key actions we are encouraged to complete during Lent: Fasting, Almsgiving and Prayer. A copy of the calendar has been attached to this email which you can use as a family at home. Please support your child in making some space for prayer and personal spiritual development during this Lent.

Thank you so much for your support,

Mrs. S Whelan
Head of Religious Education and Lead on Catholic Life



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