

### **This week's answers:**

1. **b)** We would give up something that we would normally have in order to remind ourselves of those people who go without this, day by day. We give up a bad habit, something that is not good for us anyway, in the hopes of developing a good habit. Or for our “fasting” we take on an added responsibility: looking for opportunities to perform extra acts of kindness. When we fast, it gives us self-discipline, so our wants do not control how we behave.
2. **c)** The Church asks those 15 years old and older to avoid eating meat (abstain) on Ash Wednesday and all the Fridays of Lent. Abstinence from meat is also encouraged but not mandatory on all other Fridays during the year because Jesus died on a Friday. Catholics fast by not eating between meals and by eating only one main meal a day and two smaller ones.
3. **c)** Almsgiving can include giving money, volunteering time to help others, using our talents for the good of others, and praying for those who have to go without basic necessities or the luxuries that we enjoy. Much like fasting, almsgiving increases our awareness of those who go without; it encourages us to give even more and to consider our role in improving our community's response to the poor.
4. **b)** The Church asks us to receive Holy Communion (Eucharist) at least once during the Lenten and Easter Seasons. The Church asks us to receive the Sacrament of Reconciliation if needed in order to receive Holy Communion worthily. This law or command is known as the “Easter Duty”. The seasons of Lent and Easter call us to turn from sin and begin our live anew.
5. **b)** Praying the Way of the Cross can help us to identify with Jesus and strengthen us to carry our own cross the way He did. The fourteen stations are: Christ is condemned to death; the cross is laid upon Him; His first fall; He meets His blessed Mother; Simon of Cyrene is made to bear the cross; Christ's face is wiped by Veronica; His second fall; He meets the women of Jerusalem; His third fall; He is stripped of His garments; His crucifixion; His death on the cross; His body is taken down from the cross; He is laid in the tomb.