

St. Mary Visitation Catholic School Lent Family Flier

2025 Lent Theme: Prepare your heart for Lent

March 4th: Mardi Gras/Fat Tuesday: Students will make their Lenten locker poster & have a special dress down day. Students may dress in Mardi Gras colors (purple, green & gold). **No Mass today.**

✚ March 5th, Ash Wednesday, All School Mass

Families and parishioners are welcome to join us for this liturgy to usher us into Lent

✚ Classroom and Student Locker Lenten Posters

Each classroom door and student locker will display a poster highlighting the school's *Lenten theme: Prepare your heart for Lent*. Students & teachers will sign the door poster to remind them to live this theme daily. It will also be used as a reminder for students to enter the school silently on Wednesdays.

✚ Silent Entry Wednesdays

Students will enter the school silently while reflective music plays in the hallways, contemplating how they are called to do little acts of love, demonstrating their love for Jesus each day during the Lenten season.



✚ Weekly Wednesday Morning Classroom Prayer Services

Every Wednesday morning starting March 12th, homerooms will participate in a Lenten prayer service at 7:45am in their classroom, and watch a Catholic Relief Services video about Operation Rice Bowl ministries worldwide. At the end of these prayer services, students will reflect on how they are demonstrating love for Jesus this Lent.

✚ March 5th through Monday, April 14th, CRS Operation Rice Bowl 2025 Collection



Participate in Lenten tithing by donating loose change to CRS Operation Rice Bowl. A pop-up collection bowl and information about this collection will come home to families on Monday, March 3rd.

Families can also visit www.crsricebowl.org for more information on this Lenten tradition.

This will **come home by Monday, March 3rd** with the youngest/only child.

Return Rice Bowls to the homeroom teacher by **Monday, April 14th**.

✚ Wednesday, March 5th to Monday, April 14th, Hygiene Bag Drive for Capuchin Community Center, House of Peace



Once again this Lent, families will be asked to help the clients of Milwaukee's House of Peace by filling a special brown bag with personal hygiene products. The *Works of Mercy* and the *Catholic Social Teachings* call us to care for those most in need, and these bags meet those needs on numerous levels. For more information, visit www.houseofpeace.org. This will be coming home **Wednesday, March 5th**, with the youngest/only child of each family. The outside of the bags has a checklist of what families can donate.

Monday, April 14th last day for Hygiene Bags to be returned to school atrium tables

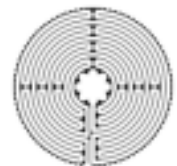
✚ Preparing Hearts for Lent in Adoration of Jesus

As is the SMV tradition during Lent, students will have time to *prepare their hearts for Lent* in the Adoration Chapel to grow their friendship with Jesus. Each homeroom will visit the chapel throughout the weeks of Lent.



✚ Labyrinth Prayer Walk - April 9th and 10th

SMV students will walk a prayer labyrinth in the school gym during P.E. classes. Walking a prayer labyrinth involves three stages: purgation (praying about concerns, etc.); illumination/reflection (receiving guidance, direction, & inspiration from Christ,); & union/gratitude (praising Jesus for his love & care).



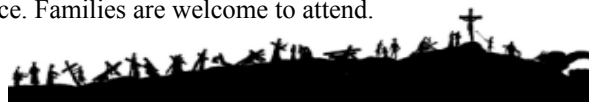
✚ April 1st, Reconciliation Service for Second through Eighth Grade Students

We celebrate this sacrament during the Lenten season to heal, reconcile, and live in a right relationship with God and with others. Reconciliation will be on Tuesday, April 1st, after school Mass from 9:00-11:00 for 2nd-8th grades.

✚ April 17th, Holy Thursday, 9:45 AM, Grade Eight Living Stations of the Cross Prayer Service

The school community will be welcomed into the sacred Holy Triduum uniquely and sincerely.

Eighth-grade students will bring Jesus's passion alive in this solemn prayer service. Families are welcome to attend.





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✚ **K3, K4, and K5 homerooms** will be focusing on the three pillars of Lent – Giving, Praying & Fasting by completing acts of service, prayer, and sacrifice. Each homeroom will be working to fill up a mosaic cross as a visual representation of all the good deeds done for others during the Lenten season.

✚ **First Grade** will create spiritual bouquets for their families or someone they love, which will be sent home for students to add to their daily prayers. As an expression of their love for Jesus and others, students will commit to praying the Our Father, Hail Mary, and Glory Be for loved ones in need of prayers.

✚ **Second Grade** will write their Lenten promises. Weekly, we will review their progress towards meeting their promises. As we begin to prepare for First Communion, we will focus on our quiet moments with Jesus in the Adoration Chapel. Towards the end of Lent, we will take a prayerful walk of the Stations of the Cross.

✚ **Third Grade** will learn more about the importance of Eucharistic Adoration, visit the Adoration chapel, and complete a monstrance art project to demonstrate how they see Jesus in the Eucharist. Third graders will also have a retreat during Holy Week.

✚ **Fourth Grade** will be keeping a Weekly Lenten Journal reflecting on the themes of Lent (prayer, fasting & almsgiving). We will perform Acts of Kindness/Love for others and will have a prayer experience centered on Eucharistic Adoration during Holy Week.

✚ **Fifth Grade** will be using Lenten interactive notebooks this year. They will write weekly reflective pieces about the season of Lent, journaling on "Living Lent through Little Acts of Love."

✚ **Sixth Grade** will focus on praying prayers of TIP - Thanksgiving, Intercession, and Petition, written and spoken by the students – during their daily morning homeroom time during Lent.

✚ **Homeroom 7-31** will participate in a daily Lenten self-sacrifice. The students draw a Lenten Self-sacrifice card from our deck daily. For 24 hours we try to fast from some of the negative influences and behaviors in our modern world, such as “selfishness.” Students then try to fast from “selfishness” for the next 24 hours. The next day we discuss our difficulties and successes before we draw a new card.

✚ **Eighth Grade** will write in their prayer journals regarding sacrifices, intentions and prayers of gratitude during the season of Lent.

✚ **In Music Classes,** students will spend time in prayer and reflection as we listen to music. Each week, students will participate in a music-driven prayer service by singing, playing instruments, and reflecting on the various pillars of Lent.

✚ **In Jr. High Theology Classes,** students will be praying from a prayer reflection booklet created by the eighth grade. The prayers are derived from the first reading, psalm or gospel of the days. Students will also have prayer buddies and pray different intentions and prayers of gratitude. We will continue our novenas and will pray the rosary as well.

