

# St. Mary Visitation Catholic School Lent Family Flier

## 2023 Lent Theme: Step Up Close to Jesus this Lent



### Mardi Gras/Fat Tuesday, February 21



Dress Down Day: Wear your green, purple and gold clothes and beads to celebrate the day!

Student Activity: Students will have fun celebrating this last day of Mardi Gras (which starts on Epiphany!) with games and fun activities in their homerooms. They will also color their Lenten locker poster.



### † February 22 , Ash Wednesday, School Liturgy - 8am, SMV Church

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

### † Classroom and Student Locker Lenten Posters and School Bulletin Board

Each classroom door, student lockers and a bulletin board in the concession area will highlight the school's Lenten theme of **Step Up Close to Jesus this Lent**. Students & teachers will sign the door poster to remind them to live this theme daily. It will also be used as a Silent Wednesday reminder for students to enter the school silently on this day. They will also place a footprint on the Lenten bulletin board for every kind act they do in Lent.

### † Silent Entry Wednesdays

Students will enter the school silently while reflective music plays in the hallways, thinking about how they are called to do little acts of love demonstrating that they are stepping closer to Jesus each day of Lent..



### † Weekly Wednesday Morning Classroom Prayer Services

Every Wednesday morning starting March 1, (not on Ash Wednesday due to morning liturgy), homerooms will do a Lenten prayer service at 7:45am in their classroom, and watch a Catholic Relief Services video about the worldwide Operation Rice Bowl ministries. At the end of these prayer services, students will reflect on how they are stepping closer to Jesus this Lent.

### February 24 through April 3, CRS Operation Rice Bowl 2023 Collection



Do your Lenten tithing by donating loose change to CRS Operation Rice Bowl. A pop-up collection bowl and information about this collection is coming home to families Friday, Feb. 25.

Families can also visit [www.crsricebowl.org](http://www.crsricebowl.org) for more information on this Lenten tradition.

Friday, February 24, Rice Bowls come home with the youngest/only child.

Holy Monday, April 3, Rice Bowls returned to homeroom teacher.

### † February 24 through April 3, SMV Annual Hygiene Bag Collection for 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 for them. 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 on this agency's mission, check out [www.houseofpeace.org](http://www.houseofpeace.org).



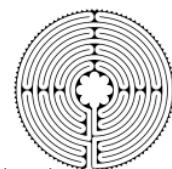
Friday, February 24, Hygiene Bags come home with the youngest/only child of each family.

On the outside of the bags is a checklist of what families can donate.

Monday, April 3, last day for Hygiene Bags to be returned to school atrium tables.

### † Labyrinth Prayer Walk

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



### 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 after mass on Tuesday, March 4, for grades 2-4, and Friday, March 10, for Grades 5-8.

### † April 6, Holy Thursday, 9:45AM, Grade Eight Living Stations of the Cross Prayer Service



To bring the school community into the sacred Holy Triduum in a unique and sincere way, grade eight students bring Jesus' passion alive in this solemn prayer service. All parishioners, families, and friends are invited to join us in the church for this prayer service.

**Parents, thank you for supporting our Lenten collections, and for continuing to build a Catholic home for your children just as we continue to do so here at our school each and every day of the school year.**

## St. Mary Visitation Catholic Parish School 2023 Family Lent Overview

### Lent Theme: *Step Up Close to Jesus this Lent*

#### Living Lent in our SMV homerooms and beyond...

† **K3, K4, and K5 homerooms** will be focusing on the three pillars of Lent – Giving, Praying, Fasting – through 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 do a different act of kindness each day of this season, focusing on various traditions and teachings to help students grow in justice, kindness, and mercy.

† **Second grade** will work on writing about their Lenten promises. It will include who they will pray for how they will show kindness and what they will give up. We will have weekly Lenten reflections and discussions about their promises and what our Lenten journey means to each of us.

† **Third grade** will make a Lenten chain to hang on their desk as a reminder of the sacrifices they are making this Lenten season. They will add links each week to represent their actions of prayer, fasting, and almsgiving. Also, the third graders will have a retreat during Lent.

† **Fourth grade** will be keeping a Weekly Lenten Journal reflecting on the themes of Lent (prayer, fasting, almsgiving). We will have a prayer experience centered on Eucharistic Adoration during Holy Week.

† **Fifth grade** will be focusing on the three Pillars of Lent and how we will uphold the Lenten Season. They will also reflect on each of the Stations of the Cross using the idea, "If I were there..."

† **Sixth grade** will step up close to Jesus and "step" through Lent with daily devotions to prayer, fasting, and giving. Each student will offer up these daily intentional acts and track them on a Lenten Challenge sheet in class.

† **Seventh grade** 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 be making a "Cross of Kindness". Each day, students will write on a Post It how they lived the Lenten action of the day and then post it on a display to make a completed cross by Lent's end.

† **In Music Classes**, students will spend time in prayer and reflection as we listen to music. Each week, students will sing, play instruments, and listen to a new hymn or song, focusing on a specific pillar of Lent.

† **In Jr. High Theology Classes**, students will be using a grade-eight written prayer reflection booklet for Jr. High prayer time and daily growth. One day each week of Lent, students will pray in the Adoration Chapel, walk and pray the Stations of the Cross, pray the rosary in church, and have personal prayer time.



#### Lent: deeper prayer, sincere fasting, selfless almsgiving

*St. Mary's Visitation Catholic Parish School exists to direct children toward God and toward Christian service to society through Catholic religious formation, academic challenge and continuous improvement.*