



ST. FRANCIS XAVIER

*A Jesuit school forming Kids for Others
Preschool-8th Grade*

Lent is the 40 day period in the Church year set aside for the spiritual preparation for Easter. It is a time of renewal where we recall our baptism and new members prepare for their baptism. It is also a time of penance where we seek forgiveness and reconcile ourselves to God, the Church and members of our community.

Lent begins on Ash Wednesday (March 5th) and lasts until the Mass of the Lord's Supper (Holy Thursday April 10th). Lent prepares us to celebrate more fully the death and resurrection of Jesus. Please see below for information and resources on how we will live out the three Lenten practices of prayer, fasting, and almsgiving.

Prayer: Join us for Mass, Reconciliation, Adoration, the Novena of Grace, Parish Penance Service and the Living Stations of the Cross (see our calendar for dates and times).

Fasting: Fasting reminds us that Jesus fasted in the desert for 40 days and links us spiritually to the poor. During Lent we look at ways to simplify our lives to bring us closer to God.

Almsgiving: Participate in the Catholic Relief Services' (CRS) Rice Bowl program. CRS Rice Bowl funds serve those in need globally and here is our Diocese. Students will place their Rice Bowl at the foot of the cross before Pledge and Prayer on Tuesday April 8th.

- Videos:
 - [Lent in 3 minutes](#)
 - [You Don't Know Jack](#)
 - [Fasting & Abstinence](#) guidelines from the USCCB
 - [Pope Francis Reflection on Fasting](#) (article and video clip)
- Lenten Resources and online devotionals
 - [Ignatian Spirituality Resources](#)
 - [Praying Lent from Creighton University](#)
 - [Loyola Press Lent Resources](#)



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