

**JAN 2021 Gathering**

*Women  
at Faith*



# LENT

FEBRUARY 17 — APRIL 3



# In These Days of Lenten Journey

Ricky Manalo



**In These Days of Lenten Journey —Ricky Manalo**

<https://youtu.be/grbapy6ISQQ>

**10**

THINGS YOU MIGHT NOT KNOW ABOUT  
**LENT**

## **10 Things You Might Not Know About Lent**

<https://youtu.be/Di2D9R6R25g>

# ASH WEDNESDAY

## Ashes Symbolize

- ▶ Penance
- ▶ Mourning
- ▶ Mortality



# 40 days\*



\* Sunday's are not considered part of the lenten season.



# Shrove Tuesday



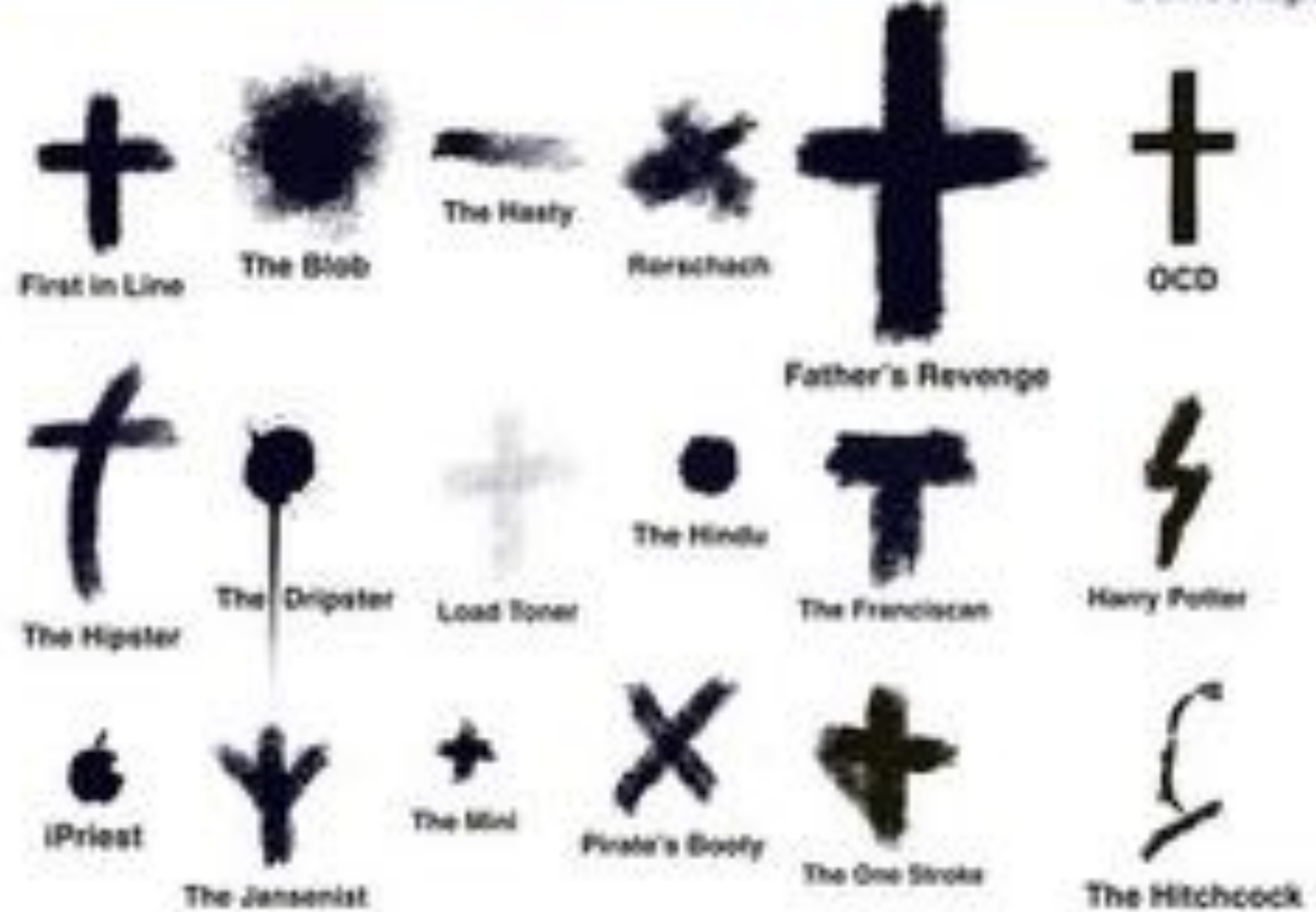
The Fight Between Carnival and Lent (1559), by Pieter Bruegel the Elder.





Lent asks believers to set aside a time each year for making an intentional season of focus on

- ▶ Christ's Life
- ▶ Ministry
- ▶ Sacrifice,
- ▶ Resurrection



# So what are you not allowed to eat on Ash Wednesday?

## Early Centuries

- ▶ One meal a day was allowed in the evening
- ▶ Meat, fish, eggs, and butter were forbidden.

## Eastern Church

- ▶ Wine, oil, and dairy products restricted

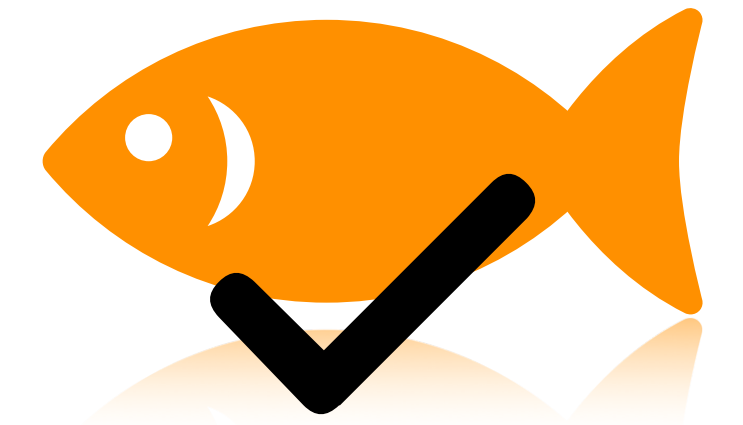
## Modern Western

- ▶ Rules gradually relaxed
- ▶ Only Ash Wednesday and Good Friday are Lenten fast days

## Abstinence



**MEAT**

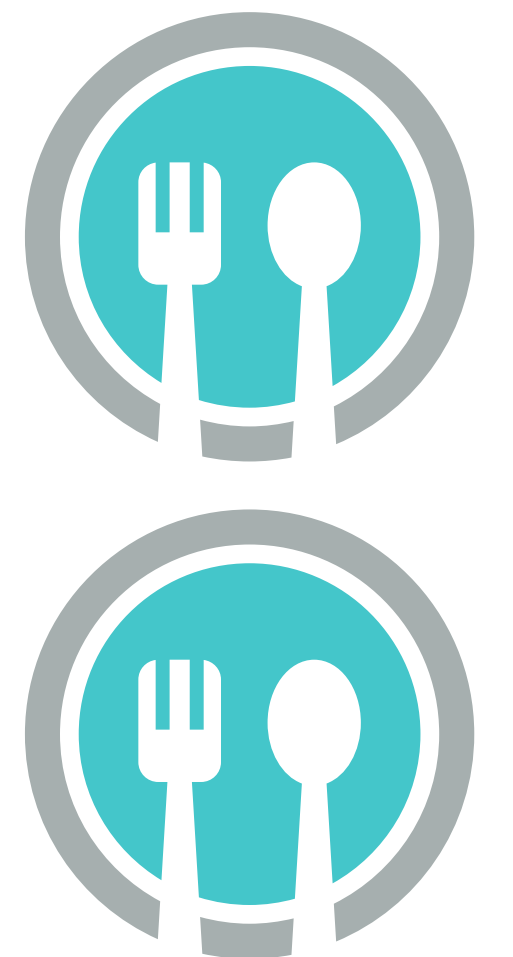
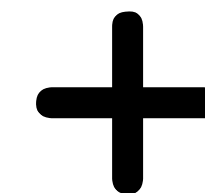


**SEAFOOD**

## Fast



**REGULAR MEAL**



**SMALLER MEAL**

# Verses to Reflect on for Ash Wednesday:

## **OUR CREATION:**

Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

Genesis 2:7

## **OUR CRY OF CURSE:**

By the sweat of your brow you will eat your food until you return to the ground since from it you were taken; for dust you are and to dust you will return.

Genesis 3:19

## **OUR CRY OF REPENTANCE:**

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity.

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalms 51:7-10

# TRIDUUM

(trid·u·um /'tri-jə-wəm)

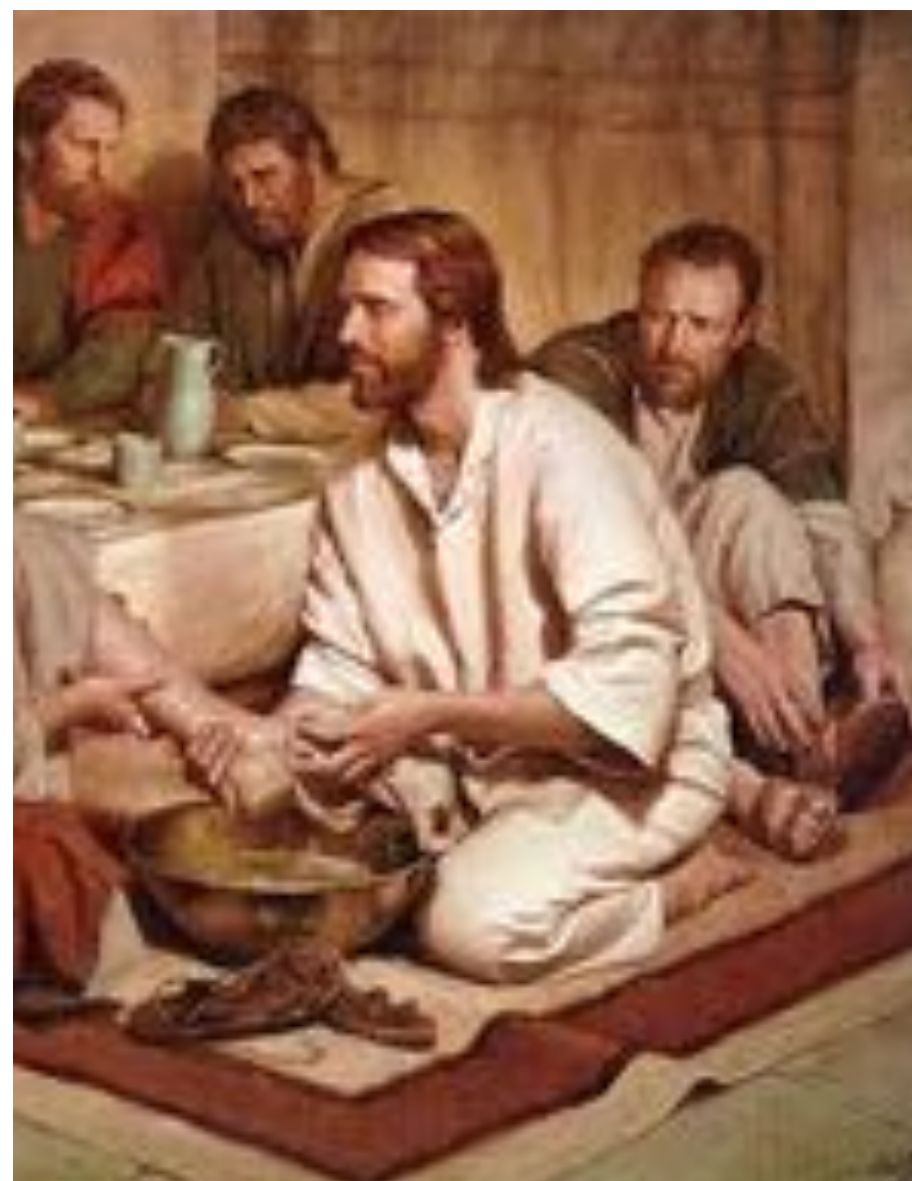
**3**

**TRI**

**DAYS**

**DUUM**





## **Holy Thursday**

Washing of the feet, institution of the Eucharist



## **Good Friday**

Passion and death of Our Lord



## **Holy Saturday**

New fire, salvation history, initiation, memorial of institution of the Eucharist



## **Easter Sunday**

Resurrection of the Lord

# Holy Thursday

- ▶ Washing of the Feet – humility, service
- ▶ Institution of the Eucharist – A covenant is made
  - Matt 26: 26-29
  - Luke 22:14-20, 1
  - Mark 14: 22-25
  - Cor 11:23-26



..... “ .....  
**Do this in remembrance of Me.**



## **Passover Meal**

- ▶ Take the Bread and Wine
- ▶ Bless the Bread & Give Thanks
- ▶ Broke the Bread
- ▶ Gave the Bread



## **Today's Mass**

- ▶ Presentation of Gifts
- ▶ Offertory & Eucharistic prayers
- ▶ Breaking of the Bread
- ▶ Distribution of Holy Communion

# Old Covenant

**GOD DELIVERS HIS PEOPLE OUT OF SLAVERY**



## **HOW COVENANT IS FULLFILLED:**

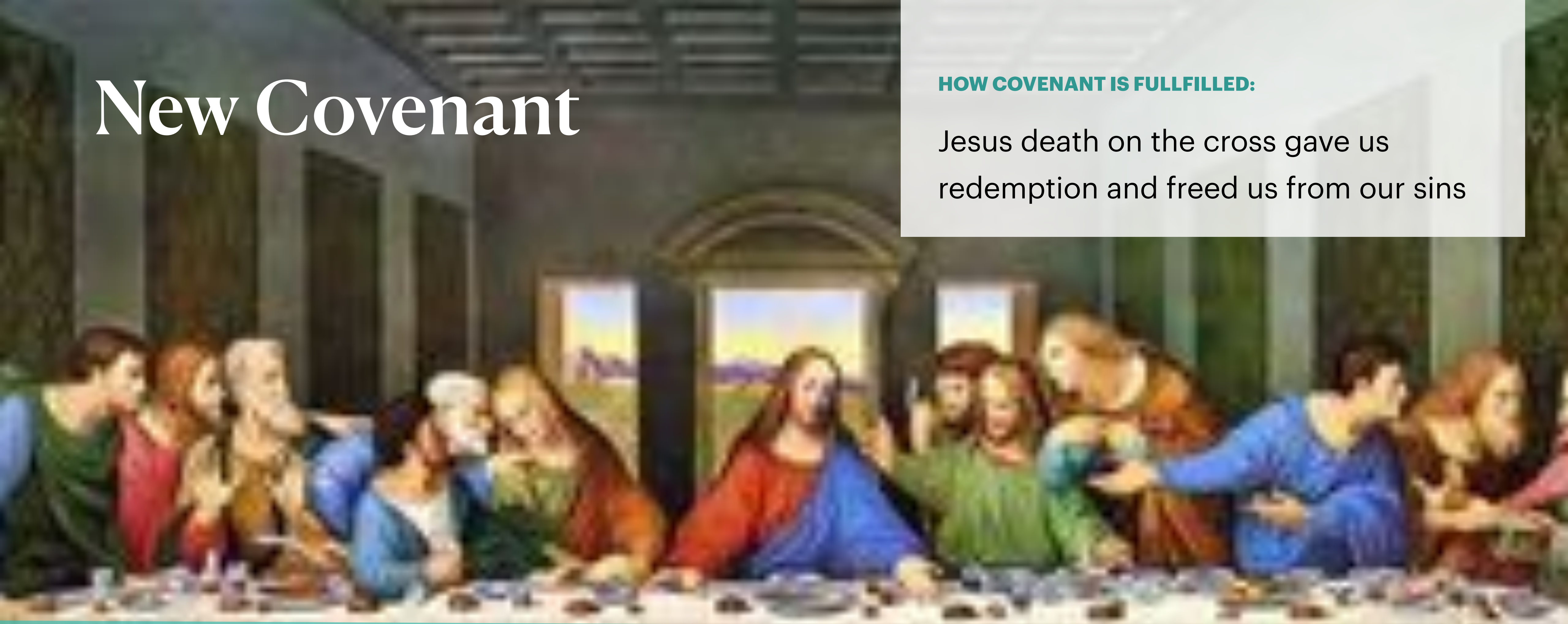
Passage from slavery in Egypt through the Red Sea to the promised land



# New Covenant

## HOW COVENANT IS FULLFILLED:

Jesus death on the cross gave us redemption and freed us from our sins



## GOD DELIVERS US FROM THE SLAVERY OF SIN

Established at the Passover meal where Jesus gave us bread, His body to eat, and wine, His blood to drink.

Preparation for a  
Meaningful

*Lent*





*Prayer*



*Fasting*



*Almsgiving*



You shall love the Lord, your God, with all your **heart**, with all your **soul**, and with all your **mind**. This is the greatest and the first commandment.

The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.

Matthew 22:35-39



MAKING THE MOST  
OUT OF THIS

---

# Lent

1. Consider fasting from some form of noise or media this Lent.
2. Fast for someone particular each day.
3. Let your fast financially support your almsgiving.
4. When you give alms, do not judge the intention of the recipient.
5. Consider adding in addition to subtracting.

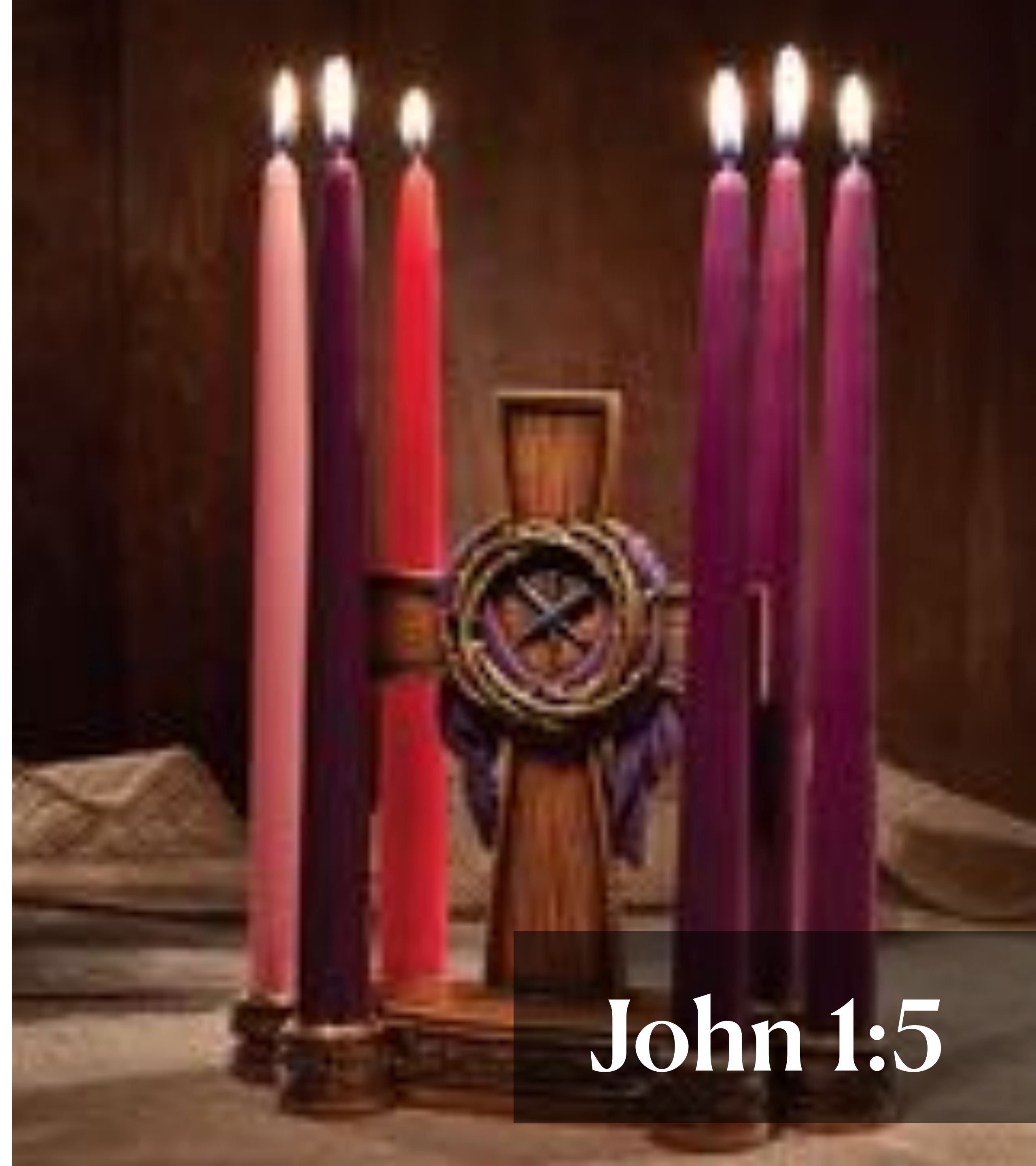
..... “ .....

He must **increase** but  
I must **decrease**.

John the Baptist / John 3:30

Grab your

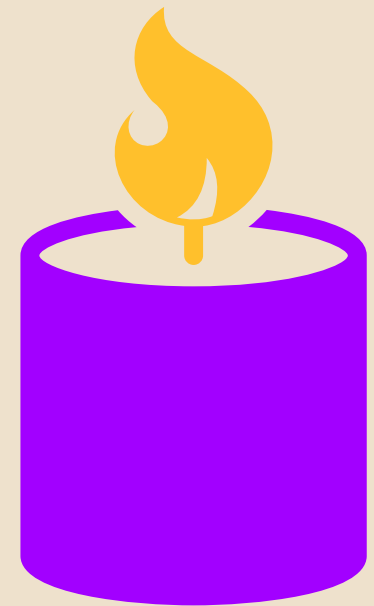
*Candle*



John 1:5



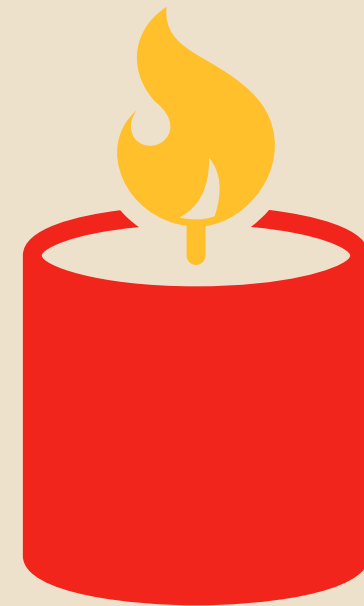
# Colors & Meaning



**PURPLE**

SYMBOL FOR PENANCE

FIRST - THIRD SUNDAY



**RED**

SYMBOL FOR PASSION,  
BLOOD, AND FIRE

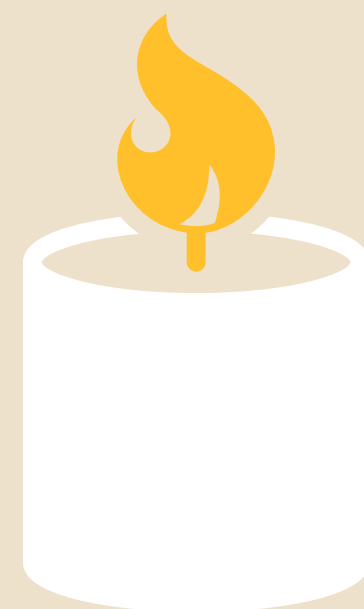
PALM SUNDAY



**ROSE**

SYMBOL OF ANTICIPATION

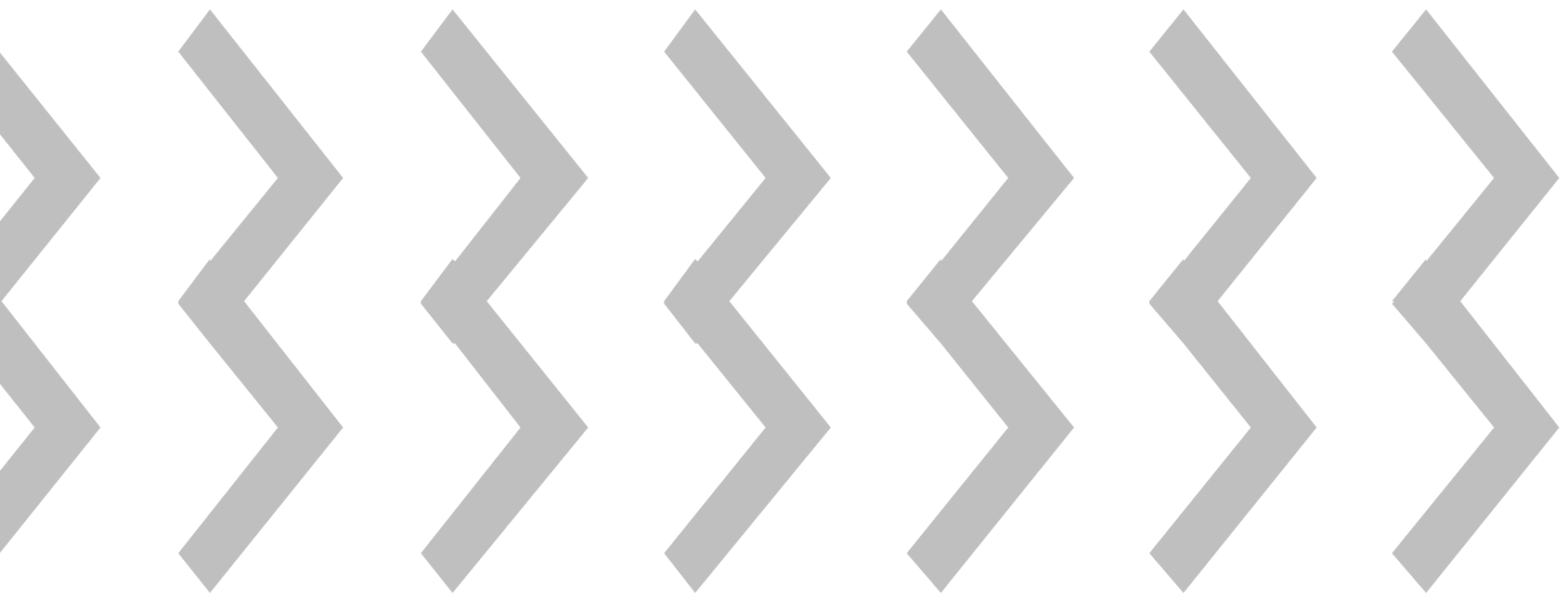
FOURTH SUNDAY



**WHITE**

SYMBOL FOR PURITY,  
LIGHT, JOY AND GLORY

EASTER SUNDAY



# Discussion





# Lenten Prayer

---

Lord God Almighty, shaper and ruler of all creatures, we pray for your great mercy, that you guide us towards you, for we cannot find our way.

And guide us to your will, to the need of our soul, for we cannot do it ourselves. And make our mind steadfast in your will and aware of our soul's need.

Strengthen us against the temptations of the devil, and remove from us all lust and every unrighteousness, and shield us against our foes, seen and unseen.

Teach us to do your will, that we may inwardly love you before all things with a pure mind. For you are our maker and our redeemer, our help, our comfort, our trust, our hope.

Create a clean heart in me, O God: a humble heart, a meek heart, a peaceful heart, a benevolent heart, a devout heart which does evil to no one, which does not repay evil for evil, but overcomes evil with good, which loves you above all things, thinks always about you, speaks about you, gives you thanks, delights in hymns and spiritual songs, and has its citizenship in heaven. Praise and glory be to you now and forever. **Amen.**

## Source:

- Alfred the Great, 9th century
- Girolamo Savonarola



# **Ashes to Ashes — Dan Schutte**

<https://youtu.be/NM1MYet8kNc>