

St. Paul of Salem

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Dear parents, we hope this letter finds you and your children well. The year seems to be flying by already as we recall, not long ago, getting ready spiritually for Christmas during Advent...

Now, in the same way, we are called to embrace Lent in preparation for Easter.

Meditating on the death and resurrection of Jesus with the prayers and readings of the season, we are led each Sunday, to a deeper understanding of our own baptisms and our lives.



As parents of young children we can surely help them understand in some way the Paschal Mystery celebrated in the Triduum (Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday) by our example of Lenten Practices. Many are the ways to approach these forty days of Lent: Prayer, Fasting, Almsgiving, Penance, Mercy towards others, but also MAKING time to quiet down inwardly and be still, even in our extremely busy lives. Attending the Stations of the Cross is also a way to implement a more visual approach for the children.





HOLY THURSDAY

The evening Mass of the Lord's Last Supper. Jesus gave the gift of Himself in the Sacrament of the Eucharist. This is a promise that we will share God's life forever. We remember Jesus' teachings to serve others and the example of service He gave us by washing his disciples' feet.

HOLY SATURDAY

On this Holy day we spend time thinking and praying while Jesus rests in the tomb. We prepare to celebrate Jesus' new life at the Easter Vigil. We wait in the darkness for the single bright flame of joy and life represented by the Paschal candle in honor of Jesus' Resurrection.

GOOD FRIDAY

On this day the church remembers the Death of Jesus on the Cross, a sign of suffering but also of Victory by rising from the dead and conquering sin and death forever so that we may live.

EASTER SUNDAY

It is with great joy that we proclaim ALLELUIA!! Today we gather together with our parishes and families to celebrate the most important Sunday of the year. A reminder that Jesus is with us always.

**LET'S KEEP LENT CLOSER TO US THAN EVER BEFORE
AS FAITH SHARING CONTINUES AND AS WE PREPARE
OURSELVES TO SING AGAIN, ALLELUIA!!**

