

My Lent Book



Aid to the
Church in Need

ACN UNITED KINGDOM



Name:

Sunday Monday Tuesday Wednesday

Ash We
27

1 MAR
1ST Sunday of
Lent

8 MAR
2nd Sunday of
Lent

15 MAR
3rd Sunday of
Lent

17 MAR
St Patrick

22 MAR
4th Sunday of Lent

25 A
Annun
SOLEA

29 MAR
5th Sunday of Lent

5 APR
Palm Sunday

6 APR
Mon of Holy
Week

7 APR
Tues of Holy
Week

8 A
Wed o
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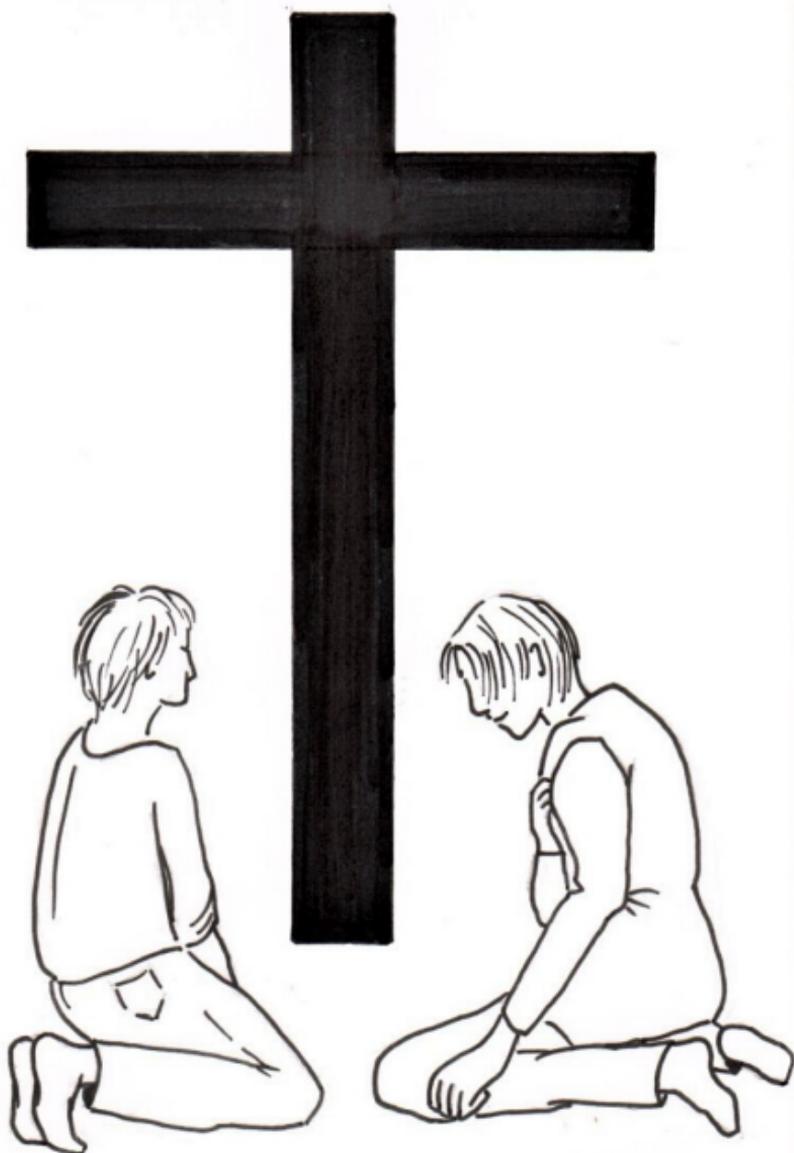
| Wednesday | Thursday | Friday | Saturday |
|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|
| Wednesday FEB | | | |
| | | | |
| | | | |
| | 19 MAR St Joseph SOLEMNITY | | |
| MAR Annunciation SOLEMNITY | | | |
| | | | |
| APR First Holy Week | 9 APR Holy Thursday Triduum | 10 APR Good Friday Triduum | 11 APR Easter Vigil Triduum |



Aid to the
Church in Need

ACN UNITED KINGDOM

LENT 2020



pray the Stations
of the Cross



write my own prayer



LENT IS 40 DAYS.

With this booklet to help me,



I am going to:

help people in other
parts of the world



learn about
Aid to the
Church in Need



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Church in Need

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Stations of the Cross

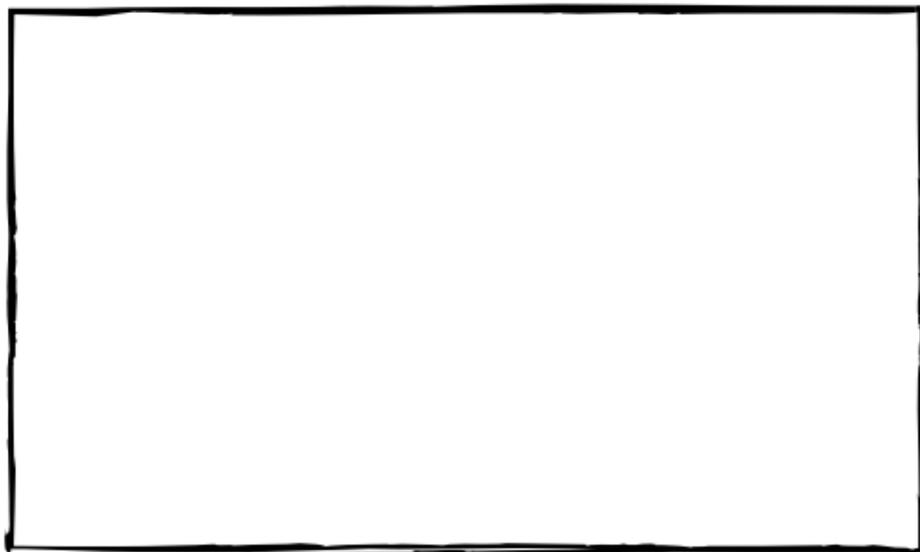
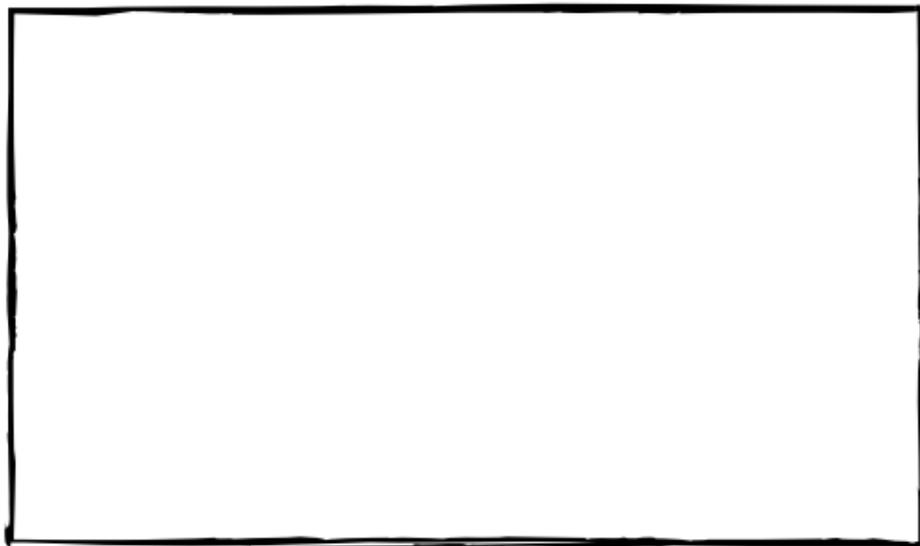
Praying the Stations of the Cross is like
walking in the footsteps of Jesus

We can think of
them like
a journey...

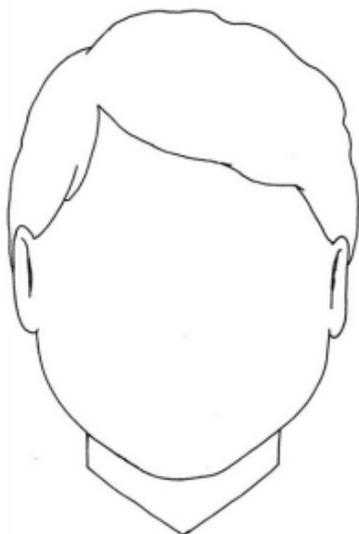
When pray the Stations of the
Cross we are journeying with
Jesus during his last days on earth.
We pause at each station and
look at Jesus.



This week I am praying for:

A large, empty rectangular box with a black border, intended for writing a prayer request.A second large, empty rectangular box with a black border, identical to the one above, for writing another prayer request.

Today is Ash Wednesday



ACN

This Lent we will be learning about a Catholic charity that helps millions of people every year. The charity is called Aid to the Church in Need (ACN).

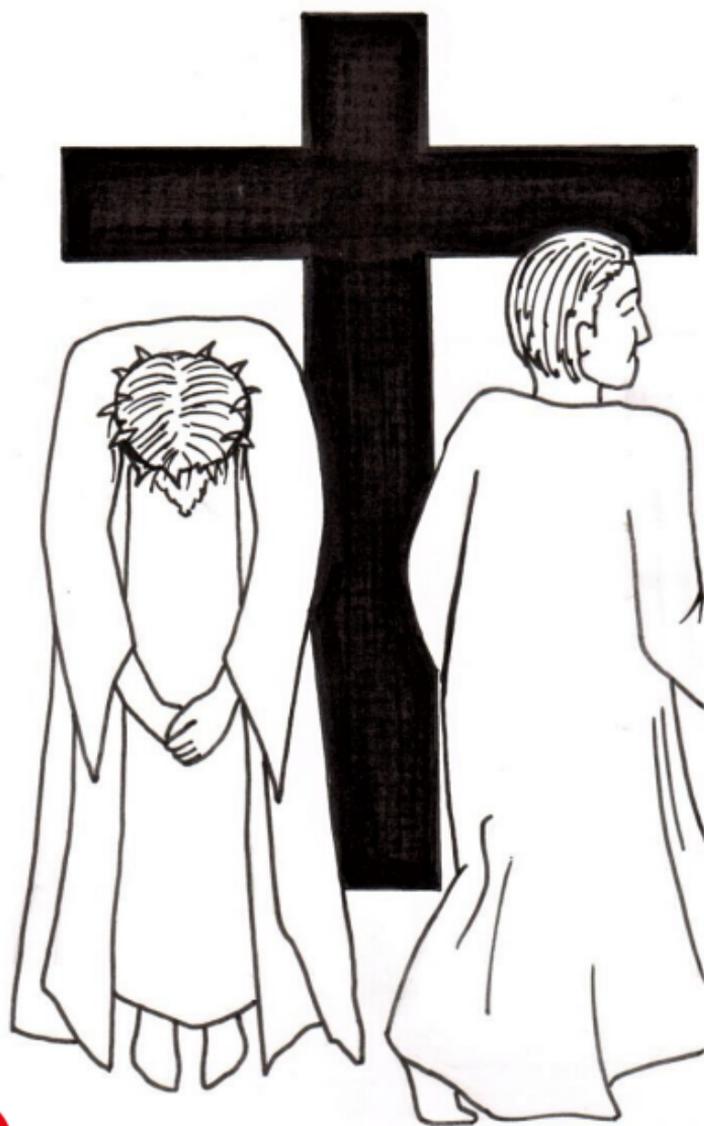


Aid to the
Church in Need

ACN UNITED KINGDOM

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Jesus is condemned to death



To be condemned means to be given a punishment. Jesus was innocent but he took on a punishment that he didn't deserve.



Write your prayer for people who are in difficult situations through no fault of their own.

Jesus



ACN



takes up the cross

Jesus, we pray for all those who have to carry heavy burdens with them each day—please help them to carry on despite their struggles. Let us remember to be always thankful.

I AM GRATEFUL FOR:



THANK YOU JESUS



ACN

I can bring my
prayers to the foot of



A bible quote I like is:

My Lent Symbol is:

**ONE THING I HAVE DONE SO
FAR IN LENT IS:**

One person, area or
country helped by
ACN IS:

What else I plan to
do this Lent is:

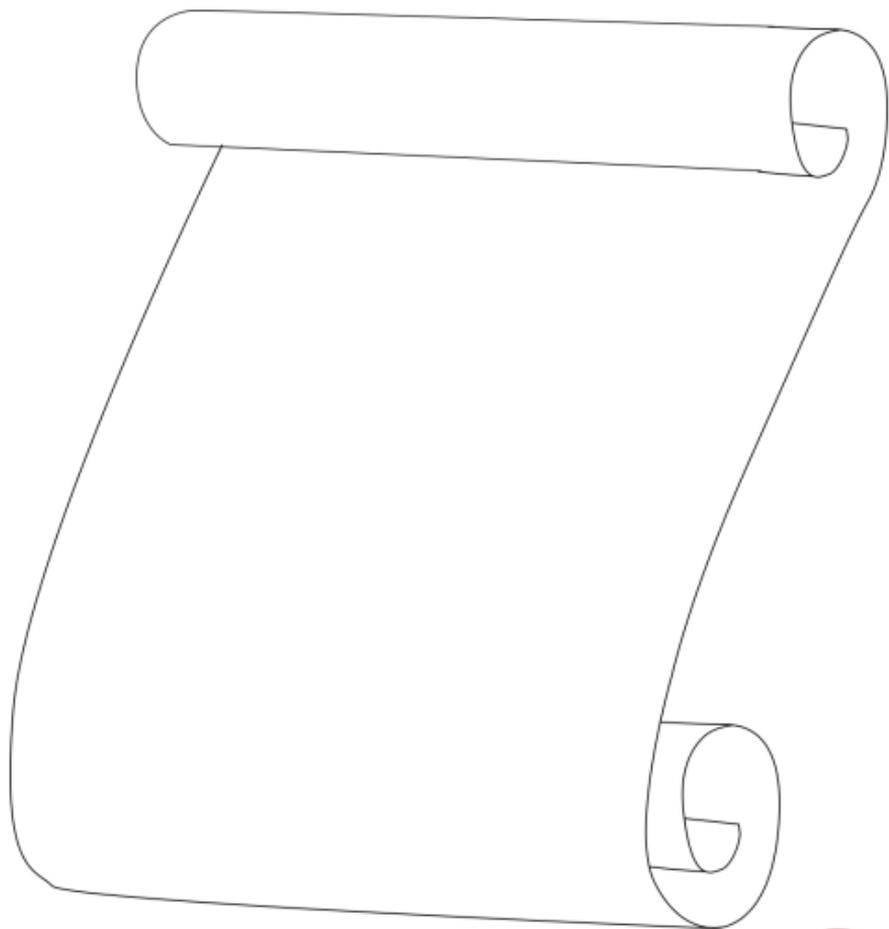
Jesus falls



for the first time



The Lord is near to the broken-hearted, and saves the crushed in spirit. (Psalm 33 (34):18 RSV-CE)



Jesus meets his mother



Hail Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O clement, O loving, O sweet Virgin Mary! Pray for us most Holy Mother of God: That we may be made worthy of the promises of Christ. Amen.

Pray this prayer for all the mothers in the world helped by ACN, and your own Mum/Grandma/Carer.

Simon of Cyrene helps Jesus



to carry the cross



We can think of our 'crosses' as those things in our lives which cause us problems. We can ask God to take our crosses and carry them for us.



In the frame above, draw your own cross and on it list the worries or problems that *Jesus* could carry for you.

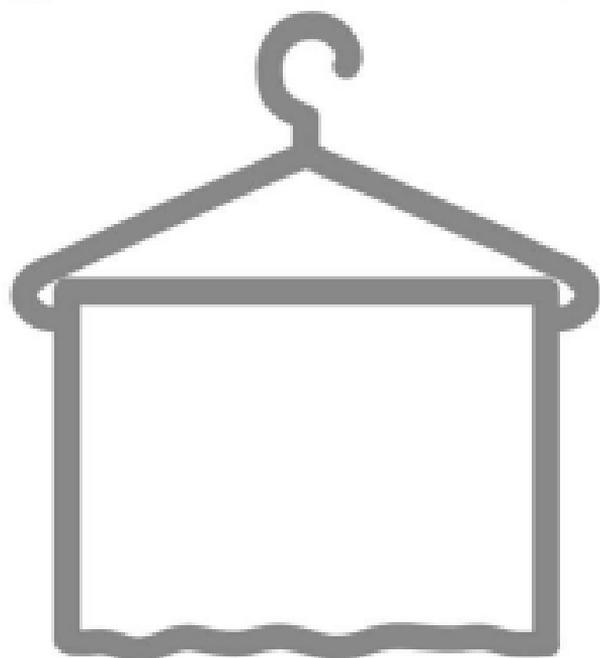
Veronica wipes the face of Jesus



Veronica showed kindness to Jesus
when he needed it most.

She showed love, when nearly
everyone else had rejected him.

Veronica could have been punished for
helping him, but she did so anyway.



We are like Veronica whenever we help
someone who is suffering. What am I
doing to enable ACN to help suffering
Christians?

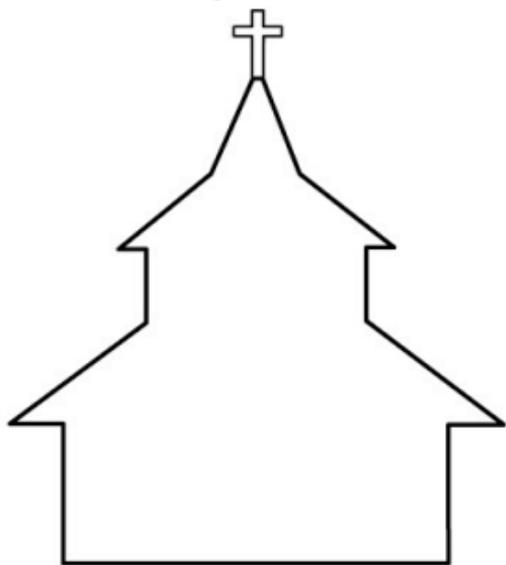
Jesus falls the second time



Think of someone you know who is having a difficult time:

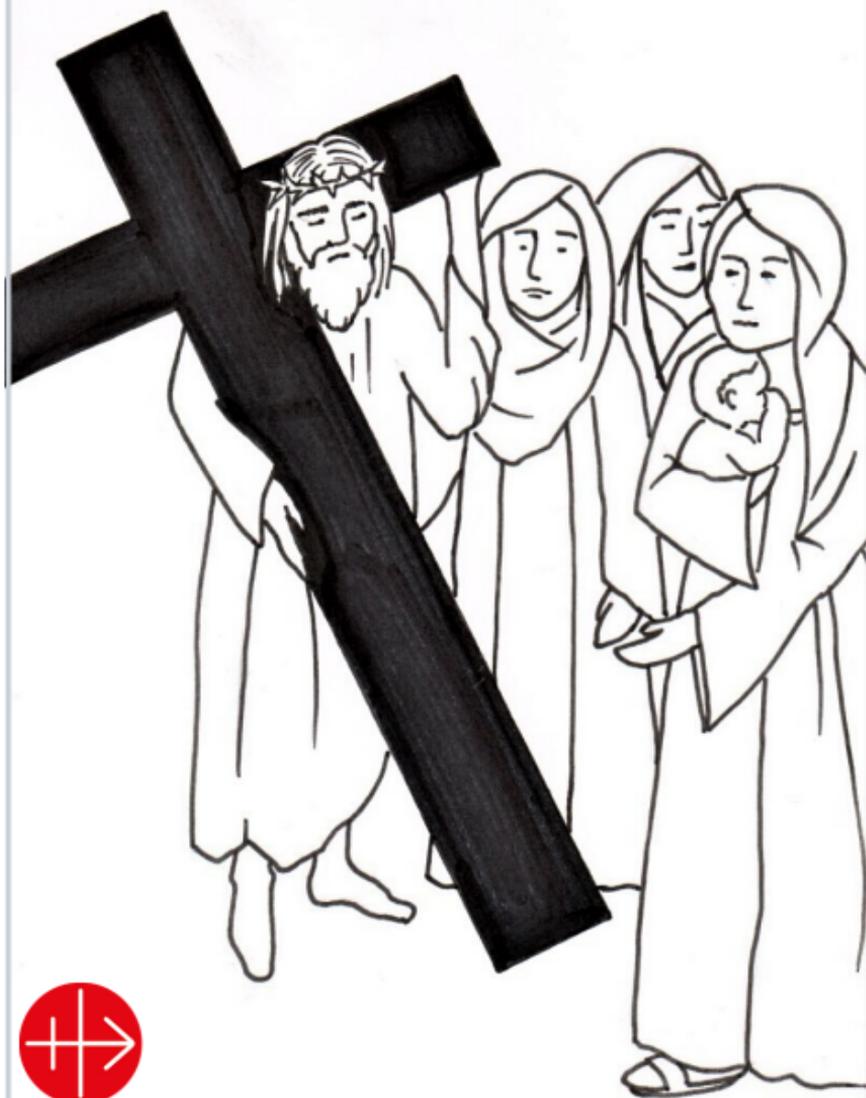


Write their name on the card above and record what prayers you are going to offer for them on the church below: e.g. Go to Mass, pray an Our Father etc.



Decide on one thing you can do for them.

Jesus consoles the women of Jerusalem



Jesus reaches down and consoles you. Spend some time quietly thinking about the fact that God wants to console you and help you. He is reaching down to you right now.



Art (c) Ladislav Záborský used with permission from the Záborský family. With thanks.

Jesus falls for the third time



Iraq: Ruined Houses

Between 2014 and 2017, nearly 1,300 family houses were damaged or destroyed in Iraq. The houses belonged to Christian families and they were ruined by people who wanted Christians to leave the area.

The furniture, clothes and toys left behind when families fled were stolen, broken or smashed.

Messages saying bad things about Christians were sometimes painted on the walls.

Many families are now coming home because the area has been made safe again, but they don't know what they will find.

Can I help them pick up their lives again with my prayers and fundraising events this Lent?

DISCUSS WHAT ELSE YOU, YOUR FAMILY
AND YOUR SCHOOL CAN DO TO
HELP THE FAMILIES IN IRAQ.



Jesus is stripped of his garments



Syria: The Cross

Piter, 17 years old, is from Aleppo, Syria. He and his family have had to deal every day with painful experiences since the war in Syria began in 2012—"Our saddest moment came when we had to leave our home."

Before Jesus was killed they took his clothes, which was humiliating. During this station of the Cross, let's pray:

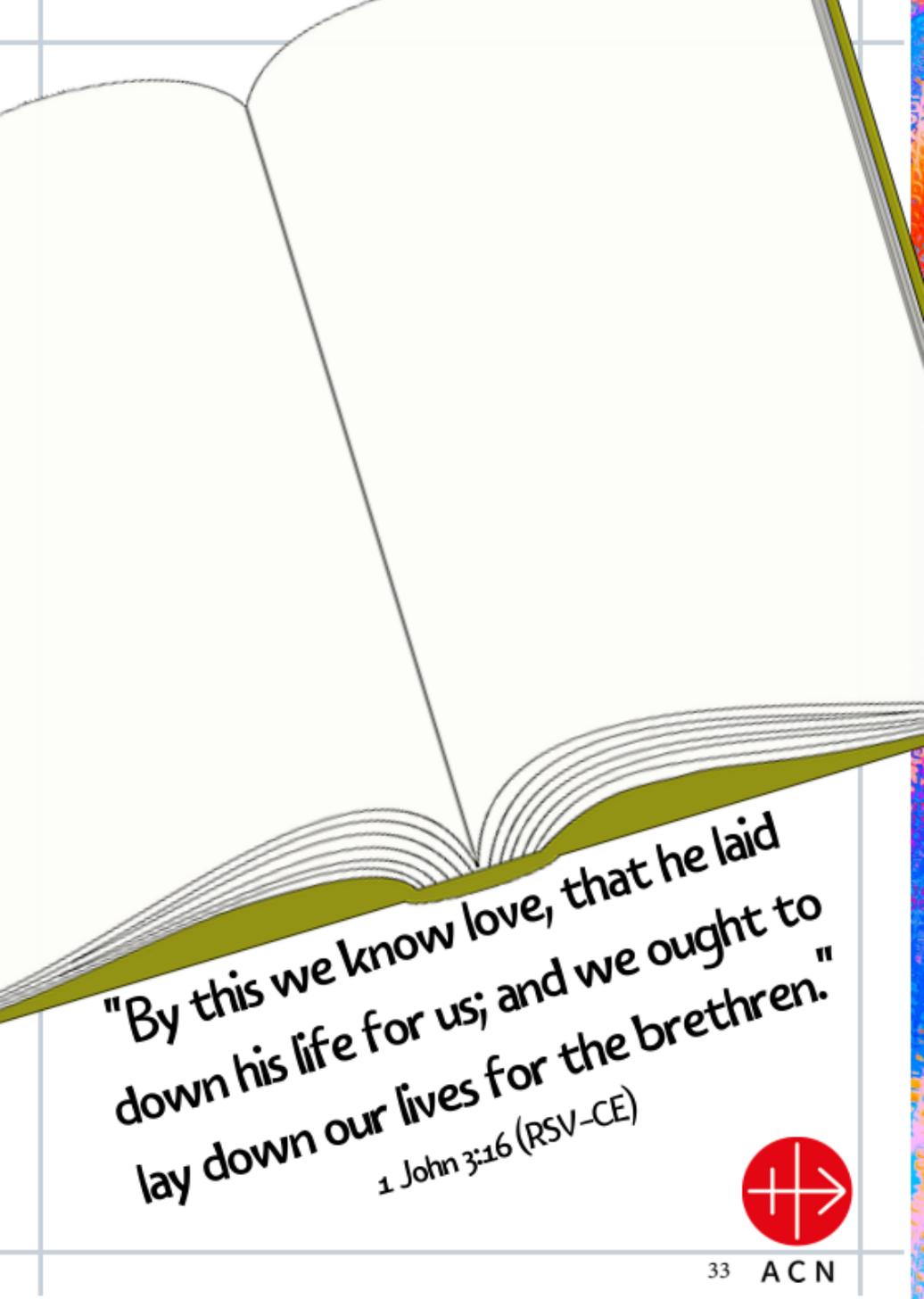
- for peace and justice throughout the world
- for a change in the hearts of those who try to make others feel small
- for Piter and all families who have suffered through war
-  that I will be a peacemaker



Jesus is nailed



to the cross

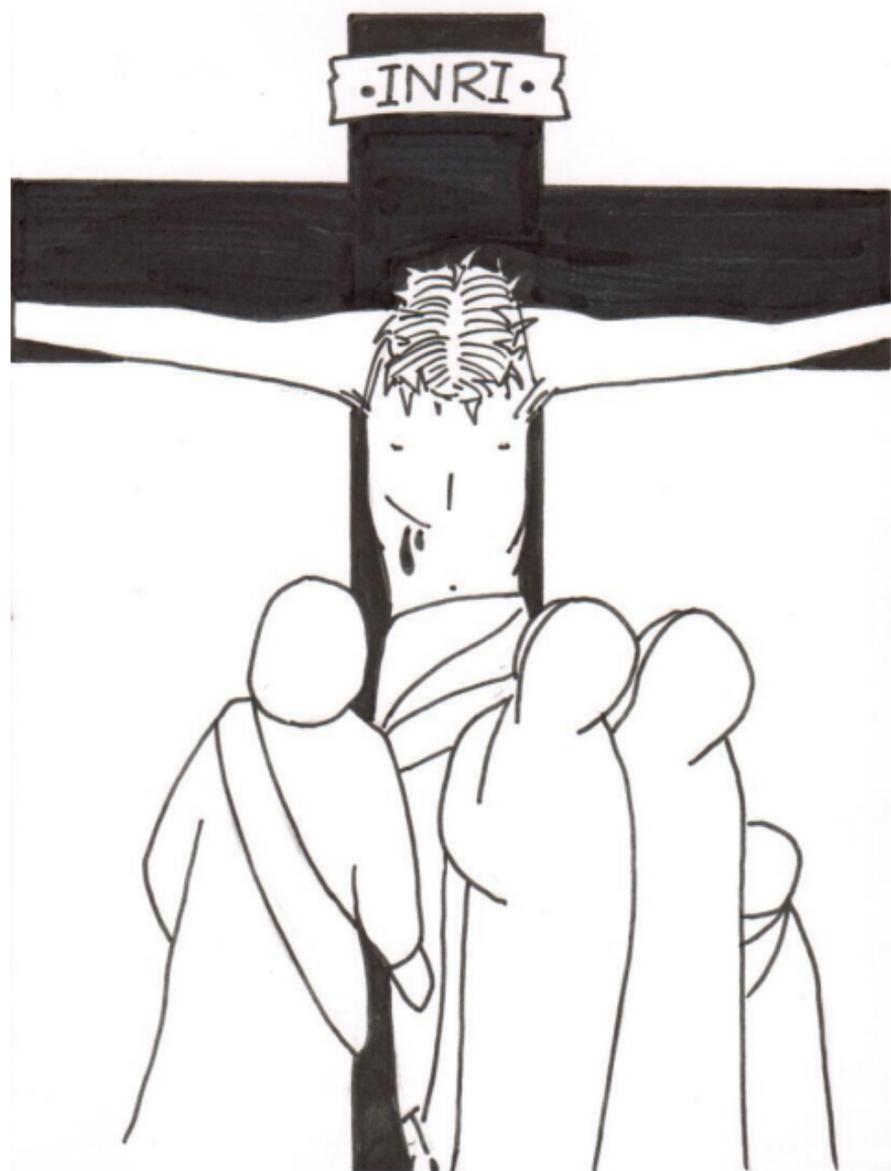


**"By this we know love, that he laid
down his life for us; and we ought to
lay down our lives for the brethren."**

1 John 3:16 (RSV-CE)



Jesus dies on the cross



Jesus, it is hard to understand why the people that we love might get hurt or die. Remind us that our faith will always help us when we experience loss, and that you will be with us in anything that happens to us.

Write the names of any family members or friends who have died. Pray for them today and especially at the next Mass you go to. Remember they can pray for you too.

ETERNAL REST GRANT UNTO THEM, O LORD, AND LET PERPETUAL LIGHT SHINE UPON THEM. MAY THE SOULS OF ALL THE FAITHFUL DEPARTED, THROUGH THE MERCY OF GOD, REST IN PEACE. AMEN.

Jesus is taken down from the cross



When Jesus died everything was in darkness. His disciples were confused and broken-hearted. They had put all their trust in God. Now he was gone they felt lost and helpless in the face of such an evil event.

Sometimes we feel like this too.

Sometimes we put our faith in God, and our prayers don't seem to be answered. We too can feel overwhelmed and alone and wonder why God allows some things to happen. The disciples didn't realise, that though Jesus' death looked like a huge failure, it was actually the moment of triumph; when God, through his son, Jesus, defeated evil, sin, death and suffering. We still have to face bad things in this life, but we know that one day we will be totally united with God, and reunited with our family members, in a place even happier than our wildest dreams.

The Christians who have suffered across the world because of persecution kept their faith, because they knew that even though it seemed as though God had abandoned them in reality he never could.

Let us learn that God is always with us.

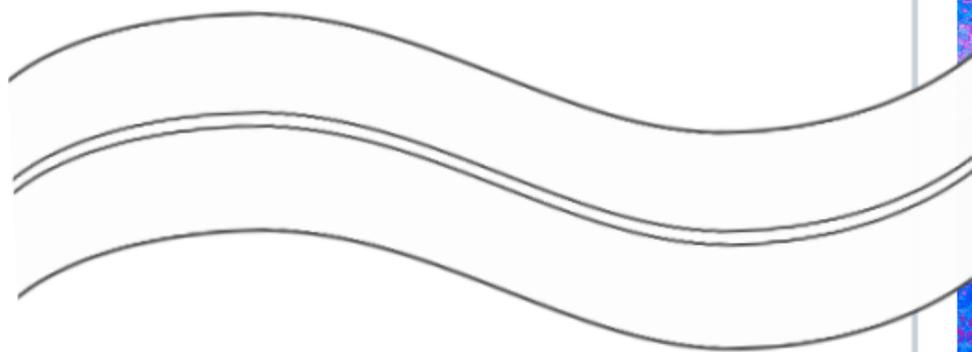
We pray together for the needs of millions of men, women, children and families around the world who suffer because of their faith. Loving God, we pray that each of your children across the world may know how much you love them. We pray that, where life has become very difficult, you will make a clear path for them.

We pray for their protection, and for them to know that "under His wings you will find refuge". (Psalm 91:4 RSV-CE)

We pray that you give each of them strength and courage to keep going, and let them know that you will never abandon them.

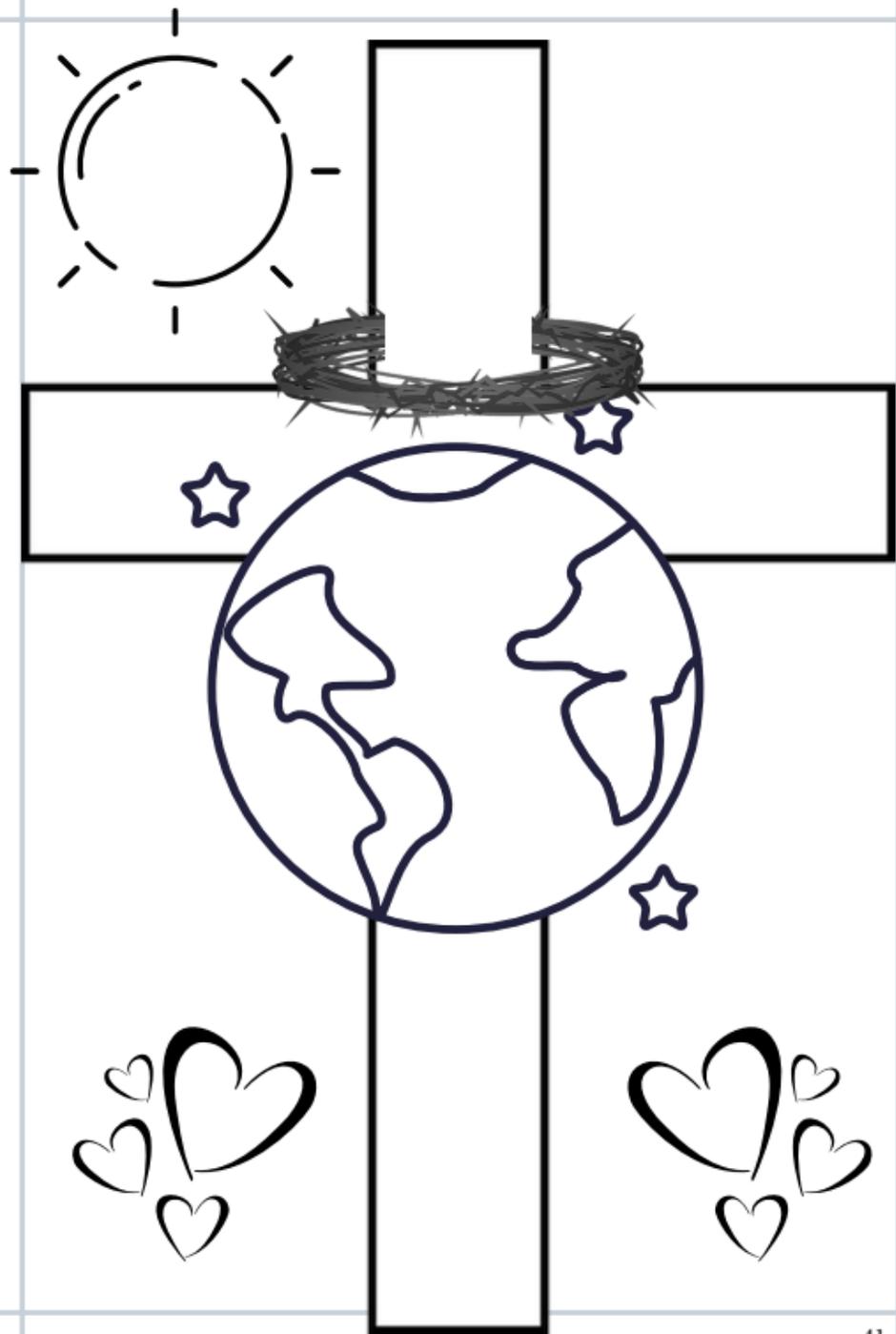
We make our prayer through
Christ our Lord. Amen.



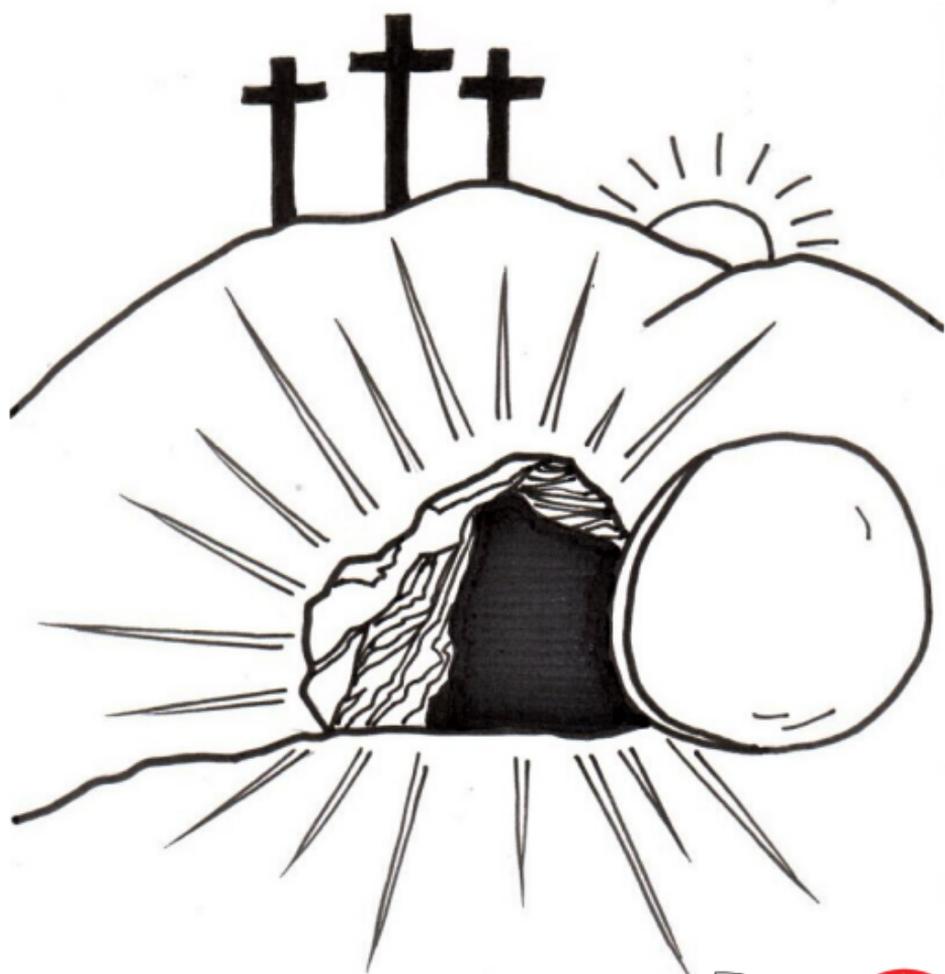


Jesus is laid in the tomb





EASTER SUNDAY



Alleluia!



ACN

As Christians, we know that Jesus' death was not the end. We know that after being laid in the tomb on Good Friday, Jesus rose on Easter Sunday. Easter brings the promise of new life and reminds us that Jesus — and Jesus working through us — has the power to change and transform our lives and our world.. Jesus, help us always to trust in you, and in the plan you have for each of us.



Happy Easter!

EASTERTIDE

What I learned in Lent is:

Here are some ideas of things we
can do to support ACN so they
can help other people:



Now we are in Eastertide
(or the Easter Season).

This begins on Easter Sunday
and lasts seven weeks. It ends
50 days later on Pentecost
Sunday.

For Catholics this is a time of
great celebration and
feasting. Now you can really
enjoy all the things you gave
up during Lent!

For more information about ACN's work in schools, please contact:

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errol.palmer@acnuk.org TEL +44 (0)208 661 5154

Contact details for the ACN UK National Office:

Aid to the Church in Need UK. 12-14 Benhill Avenue,
Sutton, Surrey SM1 4DA

Facebook: www.facebook.com/acnuk Twitter: @acn_uk

Instagram: [aidtothechurchinneed_uk](https://www.instagram.com/aidtothechurchinneed_uk) @aidtothechurch

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Bridget.Teasdale@acnuk.org TEL: 01524 388739

Contact details for the ACN NW Office:

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Facebook: www.facebook.com/acnuk.northwest

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clair.sweeney@acnuk.org TEL: 01698 337 470

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The Stations of the Cross line drawings have
been produced for us by Wendy Moore, for
sole use with ACN materials.