

Palm Sunday

Gospel: Matthew 21:1-11 | 26:14-27, 66

In the Gospel read during the blessing of the olive branches, we hear the people shouting, "Hosanna to the Son of David!" **Make hand cutouts on construction paper. Glue these cutouts to form a palm branches. On the branches write down qualities of Jesus.**



In the coming days, praise Jesus with all your **HEART**, praise Jesus with the qualities you wrote down.



Scan the QR code for a video with instructions for this activity.

Holy Thursday

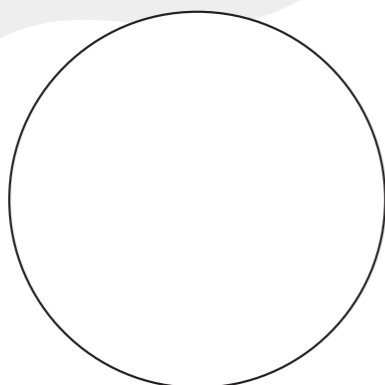
Gospel: John 13:1-15

During the Last Supper, Jesus gave us the sacraments of Eucharist and Holy Orders. Because we have priests, we can receive the Eucharist. Let us pray so that we have the **STRENGTH** not to miss receiving the Eucharist.



Imagine Jesus is washing your feet.

In the circle draw an emoji of how you would feel.



The silence of Holy Saturday



Just as Jesus is in silence in the tomb, let us keep quiet today, waiting for Jesus to rise from the dead.

Q	R	A	N	A	I	L	S	K	W	B	E	O	R
K	W	D	U	R	G	C	P	Y	F	T	Z	B	H
I	P	G	Q	J	L	S	O	L	D	I	E	R	S
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R	I	L	F	E	H	N	G	Y	A	W	P	A	R
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R	I	T	U	M	C	G	N	O	A	J	R	F	T
E	S	H	B	W	N	E	G	C	R	O	S	S	A
Y	F	A	P	K	Q	J	T	Z	U	M	C	N	E

Good Friday

Gospel: John 18:1-19, 4-2

Like Jesus we are to love God with all our **MINDS**, by doing what he wishes. What sacrifice will I do today, to show God and others that I love them?



WORDSEARCH

Find the following words, which we hear in the Passion narrative

- BREAD
- CROSS
- GOLGOTHA
- KIDRON
- LANCE
- NAILS
- SOLDIERS
- SPONGE
- THORNS
- WINE

Let's grow in a Wholesome way this Lent



2026

Lent is a special time, during which the Church reminds us about specific important things. During this year we are trying to grow in a wholesome way, with all our heart, with all our soul, with our minds and with all our strength. We want to become that which God is dreaming us to be, and this may be different than what we are dreaming for ourselves!

During this Lent, through prayer, sacrifice and charity, we ask God to change us into better versions of ourselves.

The Pastoral Team

Ash Wednesday

Gospel: Matthew 6:1-6, 16-18

Today, when we attend mass, the priest will put ashes on our forehead and say, "Repent, and believe in the Gospel." It is an invitation to change and become better persons; persons who believe what God is telling us.

Find a corner in your house, put a table and on it a crucifix. During Lent, try to spend time here with your family, and pray together.



DID YOU KNOW?

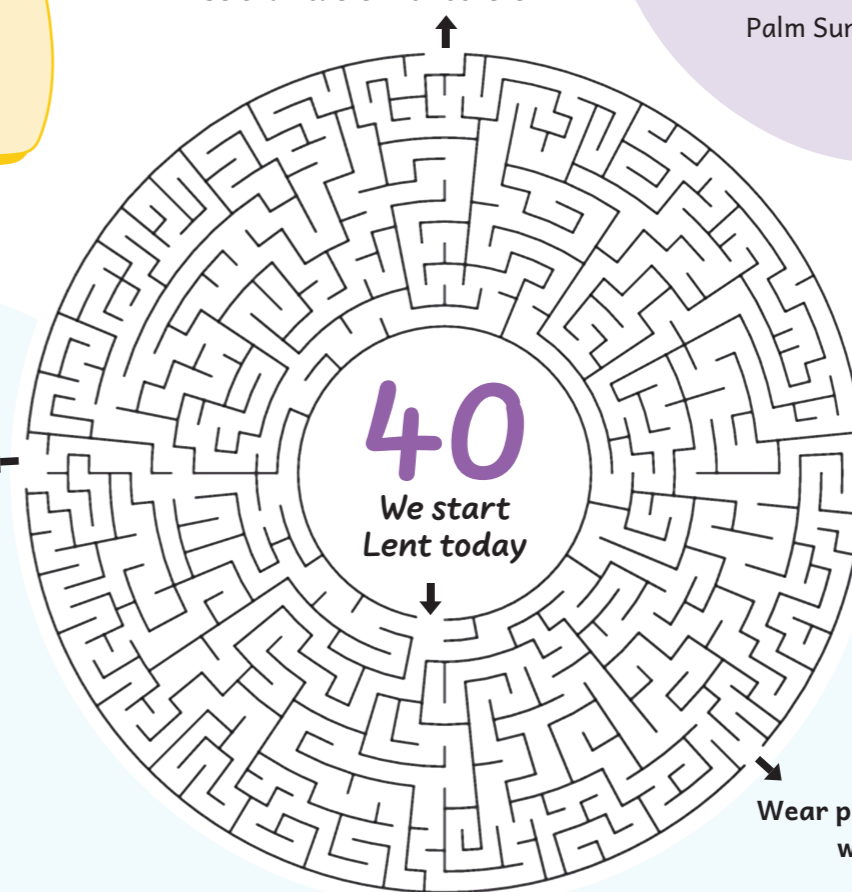
The ashes are made by burning the blessed olive branches that were left over from last year's Palm Sunday celebration.

What will we do this Lent?

Find the right answer

We pray, make sacrifices and be charitable with others

Every morning, we ask our parents to give us money so that we give them to charity



Wear purple and keep silent, wherever we are

For more resources on Lent, scan the QR code



First Sunday of Lent

Gospel: Matthew 4:1-11

In today's Gospel, we will listen to the story of Jesus in the desert. After 40 days, Jesus was tempted by Satan. *During this week we will try with all our MIGHT to make good choices.*



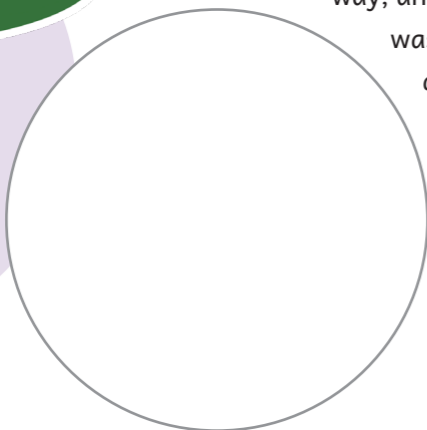
Second Sunday of Lent

Gospel: Matthew 17:1-9

On Mount Tabor, Jesus was changed in a most extraordinary way, and the voice of God the Father confirmed that Jesus was his Son. We believe that Jesus is God. We need a lot of **COURAGE** to believe in Jesus, especially when our friends think otherwise. We need to be courageous to show that we believe in Jesus.

Imagine that you were on Mount Tabor.

In the circle, draw an emoji of how you would have felt.



Third Sunday of Lent

Gospel: John 4:5-42

What are we going to learn from the Samaritan woman? When we make bad choices, we should always go to Jesus, because he loves us, he welcomes us and he forgives us. What does water do? It cleans, and it gives us strength. Jesus tells us that he is the water of life. Let us allow Jesus to welcome us, forgive us of our sins. **During this week, we go to confession.**



Fill in the missing words to complete the Act of Contrition

"O my God, I am heartily _____ for having offended you, and I detest all my _____ because of your just punishments, but most of all because they have _____ you, my God, who are all good and deserving of all my _____. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasions of _____."

Jesus wishes that I have a sincere MIND both with myself and with others.

Fourth Sunday of Lent

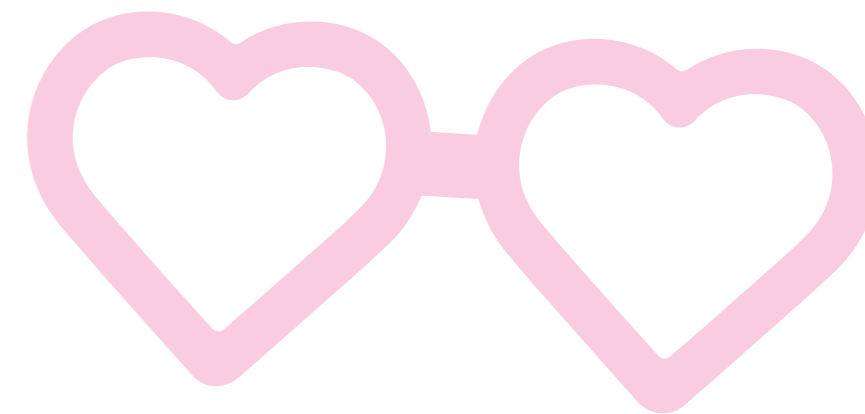
Gospel: John 9:1-41

I need to help others, like Jesus did. Like him, I am to help with all my **HEART**. During this week, we do an act of charity either at home or at school. We can also take part in any charitable initiative being organised by the parish and/or school.



I see with the eyes of my heart

In the glasses write some things that you can do to show your friends that you love them.



Fifth Sunday of Lent

Gospel: John 11:1-45

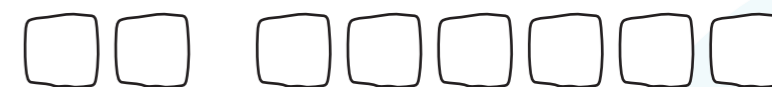
In Jesus' time, the dead were wrapped in bandages and cloth. If we were bandaged from head to toe, there is little we can do! Although we are not wrapped in bandages, there are things which keep us back from becoming better. What would you like to do better? (appreciate what others have, appreciate their talents, say the truth, help without hesitating...).

Complete this sentence:

"Jesus said to her, I am the _____ and the _____."

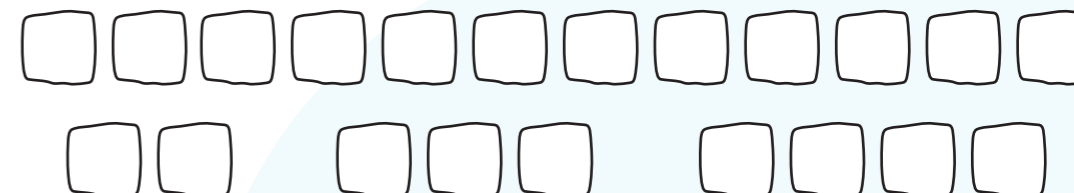
During Lent, we celebrate two important feasts.

Do you know them? Rearrange the letters to find these feasts.



E H J O P S T S

**A I C D O F N
T I L H N O N
E N O R A T U**



Hint: we celebrate one feast on 19th March, and the other on 25th March.