

At St. Bernard's Prep, we are preparing ourselves through prayer, fasting and alms giving ready for Easter. This time of preparation is called
LENT

Lent is the forty days before Easter. Christians do not include Sundays in the forty days because they celebrate Jesus' resurrection every Sunday.

Christians are preparing themselves for the death and resurrection of Christ on Easter Sunday. It is a time when we ask for God's forgiveness – to give up the wrong doings in our lives.

Lent begins on Ash Wednesday and ends on Holy Saturday.



Holy Week

Holy Week is the week leading up to the important Christian festival of Easter, beginning on Palm Sunday, including Maundy Thursday and ending on Holy Saturday.



Palm Sunday

Palm Sunday marks the start of Holy Week. It reminds Christians of the journey Jesus made into Jerusalem, on a donkey, to celebrate the Jewish festival of Passover (Pesach). Jesus chose a donkey to show that he had come in peace. Many people welcomed Jesus by shouting and waving palm branches. They hoped that Jesus was the Saviour who the Bible had promised.

In churches on Palm Sunday, Christians are given small palm crosses made from palm leaves. Left over palm crosses are kept for a special church service on the first day of Lent, the following year, when they are burnt (Ash Wednesday). This ash is put on people's foreheads.

Maundy Thursday

On the night before his death, Jesus had a final meal with his friends. Before the meal, Jesus washed the feet of every disciple. He wanted to show them that they should always be humble and show love to one another. During this Last Supper, Jesus passed around bread and wine. He told them it would become his body and blood, and it should be shared

always as a way to remember him. Christians celebrate this every Sunday during the Eucharist.

It was later this night when Jesus was betrayed by one of his disciples – Judas – in the Garden of Gethsemane.

Good Friday

On Good Friday, Christians remember the day that Jesus was killed on the cross. He was nailed to a wooden cross by Roman soldiers. This is the reason why the cross is an important sign for Christians today.

Good Friday is a sad day and churches never have flowers or decorations on this day. The church is left dark and there is just a simple cross on the altar.

It is known as Good Friday because Christians believe that Jesus gave up his life for the good of everyone.

Easter Sunday

Easter Sunday is a happy day for Christians because they believe that Jesus rose from the dead on this day. They believe that Jesus' resurrection shows that death is not the end of everything. It is a new start, a new beginning for us all.



So, what happens at St. Bernard's Prep during Lent?

- The children will discuss the importance of preparing for Easter and how the Church gets ready.
- We participate in the CAFOD Fast day on Friday 27th February with a quiet lunch
- Years 3 to 6 will take part in Reconciliation Service at the Chapel with Father Tony.
- Lenten Reflections and Stations of the Cross on Friday mornings followed by a shared breakfast.
 - Friday 27th February - School - 07:30
 - Friday 6th March - our chapel at St Bernard's Grammar - 07:15
 - Friday 13th March - School - 07:30
 - Friday 20th March - School - 07:30
 - Friday 27th March - our chapel at St Bernard's Grammar - 07:15

Suggestions for home activities

Helping out at home: gardening, doing the dishes,
helping to cook or tidy up.
Take food to the Food bank.
Play games together as a family.
Donate money saved from giving up treats
Help a neighbour or help in your place of worship.
Take time to pray.

IMPORTANT FORTHCOMING DATES

Ash Wednesday
(18th February)

St Joseph, Spouse of the Blessed Virgin Mary
(19th March)

Palm Sunday of the Passion of the Lord
(29th March)

Maundy Thursday – Feast of Passover
Remembers the Last supper and Jesus washing
the feet of his disciples
(2nd April)

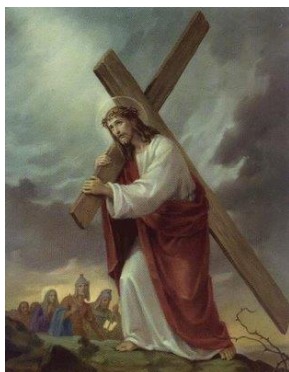
Good Friday
(3rd April)

Easter Sunday
(5th April)

St. Bernard's Preparatory School



Religious Education
Newsletter



FAITH PEACE LOVE HOPE

Dear Lord,
As I begin my journey
toward spiritual growth,
Help me to look deep
within myself
To let go of the old
and embrace the new
life that comes from

LENT 2026

