

Ash Wednesday Family Service Booklet

+ Lent activities!



Wednesday, February 22
5:00 pm

What is Ash Wednesday?

Ash Wednesday is the day in the church year where we mark the beginning of the season of **Lent**.

During this season, we are all invited to think about the things in our lives that may cause us to forget about God's love for us or to forget about other people.

On Ash Wednesday, blessed ashes are put on your forehead in the shape of a cross and the words, "**Remember you are dust, and to dust you shall return**" are said.



**"REMEMBER YOU
ARE DUST, AND
TO DUST YOU
SHALL RETURN"**

This can be a startling statement to hear! However, the purpose is not to scare us but to remind us that we have been created by God and that it is God who holds us wherever we go, in life and when we go to heaven.

● Welcome and Reflection

Opening Prayer

Leader: The Lord be with you.

People: And also with you

Leader: Let us pray

Almighty God, you love everything you have made and you forgive all who are sorry: give us new and clean hearts, that we may have forgiveness for all the things we do that keep us from following you; through Jesus Christ, who lives and watches over us with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Scripture Reading

Please respond with the text in bold.

Psalm 103: 8-14

God is full of compassion for us.

It takes a lot to get God angry.

God is incredibly kind.

Even though God could, God doesn't always point to what we've done wrong. And God's anger? It doesn't last long.

God chooses to pay attention to who we are, and not our sins.

Thank God we don't always get what we deserve!

God is full of compassion for us.

You know how high the heavens are above the earth?

That's how much mercy God has for those who love God.

God removes our sins and take them as far away, as the east is from the west.

God is full of compassion for us.

God cares for us like mothers and fathers care for their children.

God knows us inside and out.

God knows what we are made of.

God remembers that we are made of dust.

God is full of compassion for us.

We won't last forever. We are like the grass.

We are like the wildflowers growing in the field.

Wildflowers grow strong and beautiful, but when the wind blows they are gone and no one knows they were ever there.

God is full of compassion for us.



Saying Sorry Together

Please respond with the text in bold.

We have been impatient.

We are sorry, God.

We have held onto anger and forgotten to forgive.

We are sorry, God.

We have been jealous of what other people have.

We are sorry, God.

We have told lies.

We are sorry, God.

We have forgotten to think about how other people feel before we speak or act.

We are sorry, God.

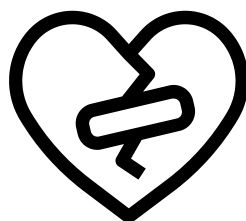
We have forgotten how much you love us.

We are sorry, God.

We have forgotten to be kind to nature and to take care of your Creation.

We are sorry, God.

God of Forgiveness, you love everything and everyone that you have made. You forgive the mistakes of all who say they are sorry and mean it. Change our hearts so that we, admitting our mistakes and knowing that we need Your help, may receive your forgiveness and blessing; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, for ever and ever. **Amen.**



Prayer Over the Ashes

Loving God, you created us out of the dust of the earth: We ask that these ashes remind us that one day we will join you in heaven. But for now, while we are here, help us remember to love each other, to say sorry when needed, and that we need Your love. May these ashes remind us of Your son Jesus, his teachings, and his gift of love that gives everlasting life. **Amen.**

Hymn: "O Lord, Hear my Prayer"

MEDITATIVE SINGING

O Lord, Hear My Prayer

O Lord, hear my prayer, O Lord, hear my prayer:
when I call an-swer me. O Lord, hear my prayer, O
Lord, hear my prayer. Come and lis-ten to me. O

Distribution of Ashes

Follow the labyrinth path and journey to the center to receive an ash cross on your forehead. You are invited to sing this hymn as you walk along the path.



Closing Prayer

Dear God of our whole selves,
As we journey through this season of Lent,
teach us how to give, so that we can joyfully respond when you call
us to serve.

Teach us how to pray, so that we can be closer to you in all that we
do throughout the day.

Teach us how to let go, so nothing can stand in the way of our
connection with you.

Teach us how to prepare, so we can be ready to receive your love,
wisdom, and blessing.

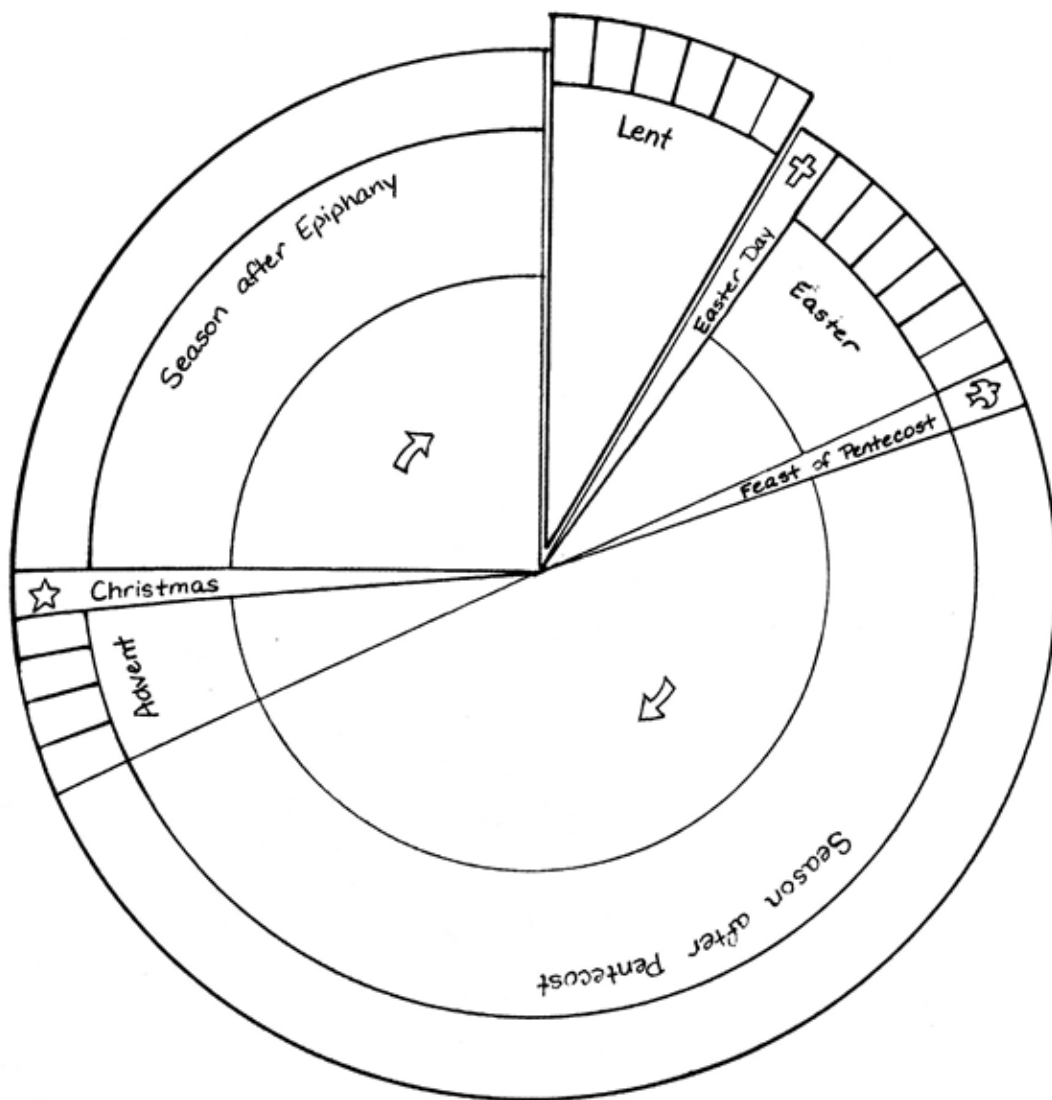
Help us to remember that in all ways we belong to you, **Amen.**

What is Lent?

Lent is the church season leading up to Easter. It lasts for **40 days**, beginning on **Ash Wednesday** and ending the day before **Easter**.

The last week of Lent is called **Holy Week** because we remember Jesus's last week on Earth before he died.

You may see a lot of **purple** during Lent because purple represents preparation. We are preparing for Jesus's death and resurrection!



Each Church season has a different color. Color the seasons according to the key:

Lent – Purple

Easter – Gold

Feast of Pentecost – Red

Season after Pentecost – Green

Advent – Blue or Purple

Christmas – Gold

Season after Epiphany – Green

The calendar is a large circle divided into 40 numbered segments. The top half is labeled 'Lent' and the bottom half is labeled '40 days'. The calendar includes illustrations of Jesus on a donkey, the Crucifixion, the Resurrection, and the Easter Bunny. The days are numbered 1 to 40, with 1 being Ash Wednesday and 40 being Easter Sunday. The calendar is designed to be cut out and used as a guide for Lenten practices.

Top Half (Lent):

- Day 34: Palm Sunday (Illustration: Jesus on a donkey)
- Day 33: ∞
- Day 32: ∞
- Day 31: ∞
- Day 30: ∞
- Day 29: ∞
- Day 28: Fifth Sunday of Lent
- Day 27: ∞
- Day 26: ∞
- Day 25: ∞
- Day 24: ∞
- Day 23: Fourth Sunday of Lent
- Day 22: ∞
- Day 21: ∞
- Day 20: ∞
- Day 19: ∞
- Day 18: ∞
- Day 17: ∞
- Day 16: Third Sunday of Lent
- Day 15: ∞
- Day 14: ∞
- Day 13: ∞
- Day 12: ∞
- Day 11: ∞
- Day 10: Second Sunday of Lent
- Day 9: ∞
- Day 8: ∞
- Day 7: ∞
- Day 6: ∞
- Day 5: ∞
- Day 4: ∞
- Day 3: ∞
- Day 2: ∞
- Day 1: Ash Wednesday (Illustration: Cross and text: Ash Wednesday)

Bottom Half (40 days):

- Day 36: ∞
- Day 35: ∞
- Day 34: Palm Sunday (Illustration: Jesus on a donkey)
- Day 33: ∞
- Day 32: ∞
- Day 31: ∞
- Day 30: ∞
- Day 29: ∞
- Day 28: Fifth Sunday of Lent
- Day 27: ∞
- Day 26: ∞
- Day 25: ∞
- Day 24: ∞
- Day 23: Fourth Sunday of Lent
- Day 22: ∞
- Day 21: ∞
- Day 20: ∞
- Day 19: ∞
- Day 18: ∞
- Day 17: ∞
- Day 16: Third Sunday of Lent
- Day 15: ∞
- Day 14: ∞
- Day 13: ∞
- Day 12: ∞
- Day 11: ∞
- Day 10: Second Sunday of Lent
- Day 9: ∞
- Day 8: ∞
- Day 7: ∞
- Day 6: ∞
- Day 5: ∞
- Day 4: ∞
- Day 3: ∞
- Day 2: ∞
- Day 1: Ash Wednesday (Illustration: Cross and text: Ash Wednesday)

Central Illustrations:

- Day 38: Holy Thursday (Illustration: Chalice and bread)
- Day 39: Good Friday (Illustration: Crucifixion)
- Day 40: Holy Saturday (Illustration: Empty tomb and text: He is Risen!)
- Day 41: Easter Sunday (Illustration: Easter Bunny)

Start
here

What We Do in Lent

We Pray

Lent is a prayerful time where we focus on our relationship with God. God wants us to trust him and talk to him about our lives. There is no right or wrong way to pray!

Family prayer ideas:

- Learn the Lord's Prayer
- Give thanks for the day at bedtime,
- Search “prayer practices for families” on Pinterest

We Give

Jesus taught us to love our neighbors. This means we give time, resources, and extra care to people who need it. Lent is a great time to focus on the needs of others.

Family giving ideas:

- Donate to a food pantry
- Refrain from going on a family outing and donate the money that would have been spent.
- Call someone who may need extra support

We Practice

Lent is a time to try things that bring us closer to God. Just like a star soccer player, we have to practice prayer, giving, and loving a lot.

During Lent we give up some things or try new exercises to be a better friend to God and to each other, and to remember how much we love God.

Family practice ideas:

- Cut down on screen time once a week and spend that time praying or giving.
- Read scripture as a family.

What Will **You** Practice?

This Lent, I will focus on God by practicing:

This Lent, my family will focus on God by :



If you still need
some ideas, scan
these QR codes to
explore Lenten
practices for kids
and families.



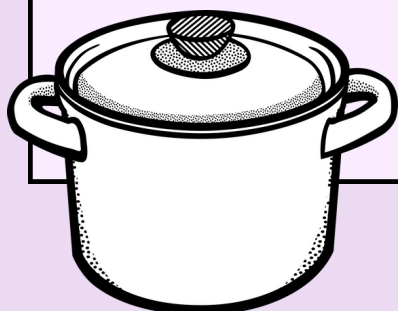
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WONDERING TOGETHER POTLUCKS

12:00-1:00 PM | GREAT HALL

Please bring a dish to share (vegan-friendly, if possible) and join us for simple, nourishing discussion over simple, nourishing meals.

All are welcome!



*More information and RSVP form at:
www.stpaulcathedral.org/potlucks or
scan the code above.*