

## Sacred Space for the Lenten Season

*“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.*

*Matthew 6:16-18*



## Liturgical Reminders

- The colours of the Lenten season are violet and purple. On Laetare Sunday, the fourth Sunday of Lent, the colour pink may be used.
- The sanctuary is not decorated during the season of Lent. The next time we see flowers etc in the church is on Holy Thursday for the Lord's Supper.

## Creating a Sacred Space

Using the following items a sacred space could be created, ideally away from the sanctuary area if possible:

- A bowl of ashes
- Palm Leaves
- Hessian Sack
- Trócaire Box
- An image of Jesus in the desert
- Signs reminding us of the pillars of Lent – penance, prayer and almsgiving
- Stones or sand reminding us of Jesus time in the desert. These could be formed into a pathway through the other items. Some candles could be used to light the way.

