



**Missionary
Childhood
Association**

Ash Wednesday



Ash Wednesday begins the Season of Lent, a time of preparation for the celebration of Easter. The ashes come from the burnt and blessed palms from the previous year's Palm Sunday. Palms are a living plant, and a symbol of victory and triumph, but they are burned to dust and become a symbol of sorrow and repentance.

Missionaries at work constantly feel these feelings of victory and sorrow, as they navigate through poor conditions in Mission lands, they can see the faces of children beaming with light, while their world is filled with poor conditions and obstacles.

Lent is a time to change, to become a better version of ourselves, and to become more like Jesus. We can show our love for Jesus, and our belief in the gospel through our prayer and sacrifice for Missionaries and our brothers and sisters around the world.

Prayer – Try to read from the Bible one day a week. Maybe make it “Mass Monday,” “Scripture Saturday” or “Scripture Sunday.” Open the Bible to a page and point to a line on the page. Read it, reflect on what it is saying to you. The scripture can mean something different to you, your parents and your siblings. During Lent and beyond, Pray one Hail Mary a day for children in the Missions.

Fasting – Depending on your age, there are different ways of practicing fasting. For children, it is good to practice giving something up for Lent. Intentionally sacrificing something you love is just one way to mimic the ultimate sacrifice of Christ giving his life on the Cross. As you fast, remember the children in the Missions that have so little, every meal counts!

Almsgiving – This is the giving of our time and resources to help others. Think about what you might do in those areas throughout the Lenten Season. What might you give up and save money from doing so? Think of the many ways you can help children in the poor regions of Africa, Asia, Europe, the Americas and Isles of the Pacific with who are less fortunate than we are with what you saved. Use the MCA mite boxes to donation to the missions.

Ash Wednesday Prayer

Dear Lord, as we enter this Solemn and Holy Season, we pray that You would send Your Holy Spirit upon us that we might prepare ourselves for these coming 40 days of Lent. Even though we may no longer wear sackcloth and ashes, we do seek to humble ourselves so that we can understand the magnificence of Your love of us as You humbled Yourself and gave Your life on the cross that we might receive the gift of eternal glory with You. Amen.



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Ash Wednesday Word Search

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

ABSTINENCE

FORTY

MOURNING

PENANCE

DUST

LENT

OBLIGATION

SACRIFICE

FASTING

MORALITY

PALM SUNDAY

SIGN OF THE CROSS