

Ash Wednesday



Catholic Cemeteries
Archdiocese of Vancouver

Purpose:

To discover the rich symbolism of Ash Wednesday, and understand its biblical roots.

Lesson Focus:

It is intended that students will...

- Articulate why we wear ashes on Ash Wednesday.
- Connect their Lenten sacrifice with the meaning of ashes on Ash Wednesday.

Lesson Plan		Duration: 60 minutes
Introduction (15 min)	<p>Journal: have students make a list of all the things they are thankful for.</p> <ul style="list-style-type: none"> ➤ Items, privileges, relationships, freedoms, physical capabilities, interests, experiences, etc. <p>Class Prayer: the Ash Wednesday responsorial psalm</p> <ul style="list-style-type: none"> ➤ www.noelchabanel.org/psalms/ABC_Ash_Wednesday 	
Guided Learning Steps (30 min)	<p>Bible Story: Jonah and the conversion of Nineveh (Jonah 3:1-10)</p> <ul style="list-style-type: none"> ➤ Guiding questions: <i>How did the people of Nineveh show their repentance to God? What effect did their repentance have on God's justice?</i> <p>Quiz: <i>Ash Wednesday</i></p> <p>Video: <i>Ash Wednesday and Lent in Two Minutes</i></p> <ul style="list-style-type: none"> ➤ As a follow up, discuss the quiz: <p>Review Quiz: <i>Ash Wednesday ANSWER KEY</i></p>	
Closure (15 min)	<p>Self Reflection: <i>My Lent</i> handout</p> <ul style="list-style-type: none"> ➤ Invite students to share their responses with classmates 	

Materials (provided at rccav.org/educators)

1. Student journals
2. Bible, and Ash Wednesday responsorial psalm (www.noelchabanel.org/psalms/ABC_Ash_Wednesday)
3. *Ash Wednesday Quiz* (and answer key)
4. Video: *Ash Wednesday and Lent in Two Minutes*
5. Handout: *My Lent*

Connections to CISVA Prescribed Learning Outcomes

- Discover how we live out our covenantal relationship with God through Christ during the seasons and feast days of the Liturgical Year (Lent). (A1)
- Explain how the Triduum define the Paschal Mystery in his/her life (A2)

Teacher's Guide



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Introduction

Class Prayer

- This is Psalm 51. For a more complete list of readings for Ash Wednesday:
<http://www.usccb.org/bible/readings/022212.cfm>

Guided Learning Steps

Story of Jonah

- Consider using this adorable video, "The Story of Jonah as Told by The Cutest Little Girl":
<https://www.youtube.com/watch?v=Z4VrujheblY>

Closure:

My Lent handout

If students cannot decide on what to give up or add to their Lent this year, give them some ideas. The following may help to stimulate thinking:

- **Try an electronic fast** (giving up texting, social media, etc. for one day every week. Use the extra time for spiritual reading and prayer).
- **Start a prayer routine.** 5 minutes every morning and every evening.
- **Daily Bible.** Read one chapter of the New Testament or one psalm each day.
- **Abstain from junk food.** Pop, fast food, coffee, etc. Give the money you save to a noble cause.
- **Create a daily quiet time.** 30 minutes a day in silence and prayer.
- **Thank You Every Week.** Write someone a thank you letter each week.
- **Pray for others,** as you walk to and from classes, especially your peers who bug you or have hurt you.

Ideas for Extension and Extra Resources:

- **Poster Assignment:** As an extension of the *My Lent* handout, have students create a small poster of their Lenten commitment, to be placed somewhere that they'll see it every day. This will help students connect the lesson to the reality of their everyday lives. (Death Series")
- **Website:** <http://www.catholic.org/clife/lent/>
- **Book a field trip!** Speak with our Outreach and Community Coordinator at Gardens of Gethsemani: 604-531-2141.