



Celebrating the season of Lent

By Andie McHardy-Blaser

As part of our Lent observance, CPCO would like to provide a few related and useful resources below.

We also encourage Principals and Vice-Principals to share how you and your schools observe Lent via social media. Connect with us on Twitter at [@CPCOTweet](#) — we would love to hear from you.

Prayer for Lent

*God our Father,
You formed us from the dust of the earth
And brought us to new life in Christ
Through the waters of Baptism.*

*We ask you to change our hearts
As we journey through these forty days of Lent.*

*Help us to see Jesus in everyone we meet,
And to serve him in all persons,
Especially the poor, the sick and the lonely.*

*By your grace, may our prayers and sacrifices this Lent
Help us grow closer to each another and to you,
As one family in Jesus.*

We make this prayer to you in His name.

Amen.

In the video, Fr. Cull, Vocation Director for the Diocese of Hamilton, leads a Lenten reflection on fasting.

The Archdiocese of Toronto also has an excellent page of resources for Lent. You can find it [here](#).
For prayers on Lent and other Liturgical seasons/days, please visit the [prayers page](#) on the CPCO website.

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