### **First Sunday of Lent, Cycle C**

Sunday, March 9, 2025

* **Opening prayer - Raphael**
* **Lent**

"Period between **Ash Wednesday** and Easter," late 14c., short for *Lenten* (n.) "the forty days of fasting before Easter" in the Christian calendar (early 12c.), from Old English *lencten* "springtime, spring," the season, also "the fast of Lent," from West Germanic *\*langitinaz* "long-days," or "lengthening of the day" (source also of Old Saxon *lentin*, Middle Dutch *lenten*, Old High German *lengizin manoth*). This prehistoric compound probably refers to increasing daylight in spring and is reconstructed to be from *\*langaz* "long" (source of [**long**](https://www.etymonline.com/word/long#etymonline_v_12412) (adj.)) + *\*tina-* "day" (compare Gothic *sin-teins* "daily"), which is cognate with Old Church Slavonic *dini*, Lithuanian *diena*, Latin *dies* "day" (from PIE root [**\*dyeu-**](https://www.etymonline.com/word/*dyeu-) "to shine").

Compare similar form evolution in Dutch *lente* (Middle Dutch *lentin*), German *Lenz* (Old High German *lengizin*) "spring."

* **Lent for Catholics** is a 40-day season of preparation for Easter. During Lent, Catholics engage in the following practices:

1. **Prayer**: Reading Sacred Scripture and seeking the Lord in prayer.
2. **Fasting**: PracticIn each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent forty days in the desert, fasting and praying. In Luke and in Matthew, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of protection to the test. In each case, Jesus resists, citing words from Scripture to rebuke the devil's temptation.ing self-control through fasting.
3. **Almsgiving**: Serving others by giving alms.

* **Lent is a 40 day season** of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.
* Sunday’s Gospel = good news

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