



Sunday the 22nd of February 2026, First Sunday in Lent, Year A

Our Lady of Perpetual Help Parish **Children's Bulletin**

Lent helps us prepare our hearts

Lent helps us prepare our hearts for the joy of Easter. Lent is a time to think about how we can make better choices and show love to others, just like Jesus did.

During Lent we are all called to grow closer to God. This might include praying. It might mean reading, thinking and talking more about God so that you learn more about Him. What could you do?



Lent is also a time for trying to be more loving and caring, sharing God's love with others. What could you do at home, school and anywhere else you go?

Lent might include giving up something you enjoy so that you learn how it feels to go without, like all those people who have nothing, or very little. If by giving up something you save money, then you might give that money to Project Compassion to help others. What could you give up for Lent?





God

loves you!

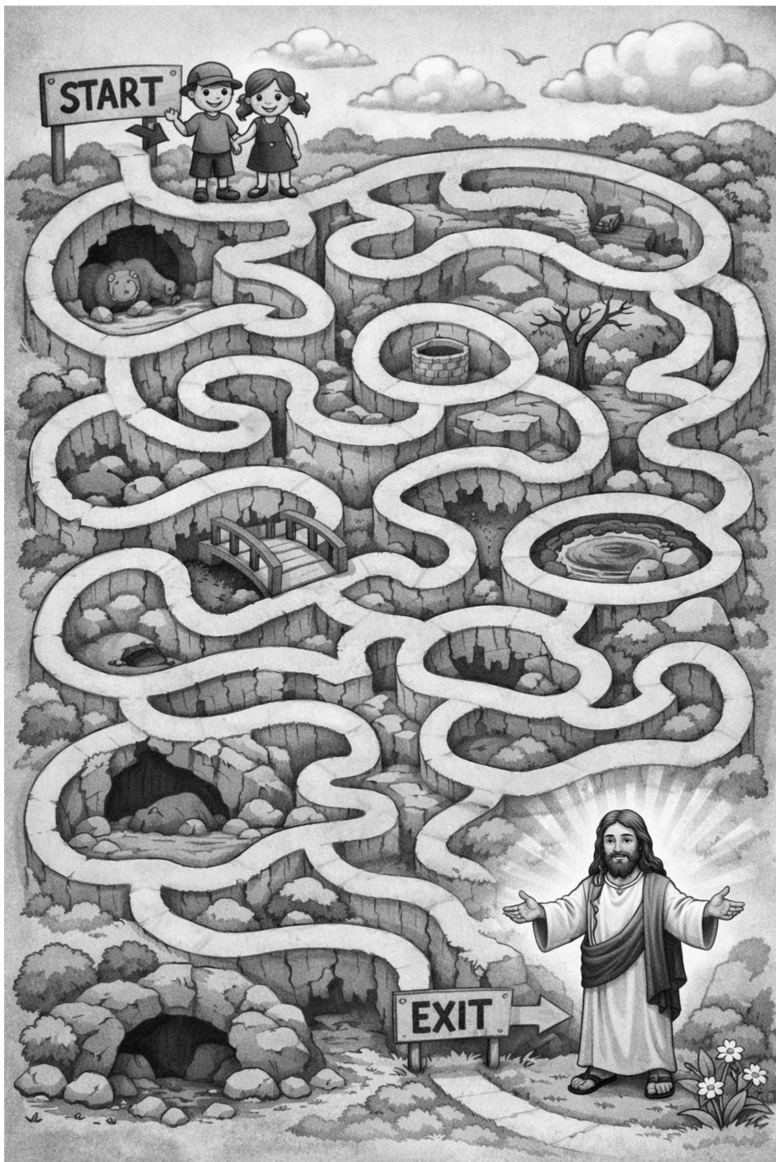
Do you love

God?

How do you

show you

love Him?



Find these words hidden in the puzzle below:

- | | | |
|--------|-----------|-------|
| PRAYER | FAST | GIVE |
| ASH | CROSS | JESUS |
| EASTER | LOVE | KIND |
| SHARE | SACRIFICE | HOPE |

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