



The Kids' Catholic Virginian

“Let the little children come to me” – Matthew 19:14

Lent is a lot of work ... but you can do it!

On Ash Wednesday (this year it's February 14), you might start hearing people talk about Lent, giving things up, and trying harder to be good.

What is Lent? It is 40 days when we think about how we love Jesus for suffering, dying, and then rising on Easter Sunday. He did those things for us – he loves us so much that he wants us to be with him in heaven forever.

Lent is love. It's doing things out of love for

God. It's doing things *we don't want to do* – to show God we love him more than we love ourselves. The more we do for God, the *more we love him!*

Lent is a time of:

- **Prayer:** spending time talking to God. This doesn't have to be fancy – talk to God like you would talk



to a friend, because God is the best friend you could have.

- **Fasting:** eating less. The Church says if you're between 18 and 59 years old, you need to fast on certain days. Even if you aren't 18 yet, you might be able to do small things for God, like skipping dessert sometimes, or eating a healthy snack instead of junk food.

- **Almsgiving:** sharing or giving away what we have to those who don't have as much as we do. This could be toys, money, or food.



SAINT SUPERHERO

Saint Scholastica • The super-saintly sister

Feast day: February 10 / **Say it:** skul-LAST-ick-uh

Patroness: Religious sisters, education, those seeking protection from storms

St. Scholastica was the twin sister of another great saint, Benedict. She inspires all of us who have siblings to get along with our brothers and sisters – which can be hard sometimes! She also shows us how siblings should help each other be holy and good.

St. Scholastica was very holy from the time she was a young girl. When she grew up, she started a convent for women near the place where her brother lived as a monk.

She and the nuns followed the same rule of St. Benedict, living in a holy way.

Since they followed these strict rules, St. Scholastica only got to see her brother one day each year. That wasn't enough for her! During the very last time they visited, she begged him to stay until the next day so they could keep praying and talking about God.

St. Benedict refused to break his rule and said he had to leave. St. Scholastica was



desperate and prayed to God with her whole heart.

Suddenly, a big storm popped up with lightning and thunder – and St. Benedict couldn't go home! “What have you done, sister?” he exclaimed.

They spent the night talking and St. Benedict went home the next day.

St. Scholastica died three days later. St. Benedict had a vision that his sister had died and he saw her soul – which looked like a white dove – leave her body and go up to heaven. He died soon after, and the brother and sister were buried in the same grave together.

During Lent, your friends or family might say they're giving something up – it could be candy, video games, or even their phone. Your family might give up something together, like dessert or TV time, because you can encourage each other. Take that time or money you're not using and give it to God.

It can be hard to give up the things we enjoy – but we do it because we know *Jesus gave up all of himself* for us.

The big thing is that if we give something up, it should bring us closer to God and help us realize that he is all we need in this world.

We can still enjoy things – but *nothing* is more important, more fun, or more enjoyable than getting to heaven!



Ask the Bishop



A. It's hard to pick a favorite because God created so many wonderful creatures that are all part of our world – each living thing is unique and beautiful in its own way!

I do like the dove because it's a sign of the Holy Spirit. It's an incredible symbol of peace and hope. In the Bible, Noah sent out a dove so he would know when

the floodwaters had gone down and it was safe to leave the ark. Later, the Holy Spirit appeared as a dove when Jesus was baptized.

Another animal I like is the lion – it is one of the images on my coat of arms. The lion symbolizes Jesus (have you read C.S. Lewis' *Chronicles of Narnia*?).



Bishop Knestout's impaled coat of arms with lion

Q. **Do you have a favorite animal?**
– Mrs. Robinson & Mrs. DeVane's 2nd graders, Charlottesville Catholic School

Kids 12 and younger: make sure to check with your parent/guardian, then email Bishop Knestout YOUR question. AskTheBishop@catholicvirginian.org Include your full name, age, and home parish.