

# LENT AND EASTER

## THEMES

- ▶ Penitence (in preparation)
- ▶ Eucharist (institution of )
- ▶ Priesthood
- ▶ Commandment of love
- ▶ Sacrifice
- ▶ Conquering sin and death
- ▶ Baptism
- ▶ Redemption ( through the Passion and Resurrection
- ▶ New Life



## SYMBOLS

- ▶ Colours; purple, rose, red, gold/white
- ▶ Ashes
- ▶ Palms
- ▶ Bread and Wine
- ▶ Thorns
- ▶ Cross
- ▶ Tomb
- ▶ Fire
- ▶ Chrism
- ▶ Washing of feet
- ▶ Holy Water
- ▶ Initiation

## Postures

Waving palms  
Prostration  
Genuflecting  
Bowing

Kiss