

# **JIM C'S QUIZ OF THE WEEK**

## **MONDAY – 2/26/2007**

**Lent began on Wednesday (2/21/07) and ends on Saturday (4/7/07).**

### **HOW DID “*TIME OR SEASON OF LENT*” ORIGINATE?**

**Encarta:** The period of 40 weekdays before *Easter* observed in some Christian churches as a period of prayer, fasting, and self-denial.

**Origin:** Initially, “*Lent*” simply meant Spring (the season), and later became associated with the word *fast*. The English word *lent* derives from the Germanic root for Spring (specifically Old English *lencte*). The Lenten period of forty days owes its origin to the significant Latin word *quadragesima* (French *carême*, Italian *quaresima*, Spanish *cuaresma*), meaning the "forty days."

***Lent* is really 40 "fasting" days spread out over a total of 46 days beginning on *Ash Wednesday*. The three traditional practices to be observed during *Lent* are 1) prayer (justice towards God), 2) fasting (justice towards self), and 3) almsgiving (justice towards neighbor).**

**The Council of Nicaea, in 325 A.D., determined that *Easter* should be celebrated the first Sunday after the first full moon of Spring. To determine the beginning of *Lent*, count back six Sundays before *Easter*. *Ash Wednesday* is before the first of these Sundays.**

**Conventional Wisdom:** Lent = Fasting, reflection & preparation

**M of Z:** Lent is like the New Year, a time to look back & forward