



St Edmundsbury
Cathedral 

Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

On Day 6 of Stepping into Lent we learnt that the church year is divided into seasons and that each season has a different colour. Purple as we know is the colour for Lent.

- ▶ The church year is divided into seasons and the year begins four Sundays before Christmas Day
- ▶ Each season has a colour that is used for the robes a priest wears and other fabrics in the church or cathedral.
- ▶ The colour for the season of Lent is purple.



Activity

Colour the robes (vestments) below using these five colours
Can you work it out which colour belongs to each season.

Red is the colour of flame
Green is for growth
Gold for celebration
Purple for preparation



Church Year Colours

The clergy wear different colour vestments during the year. Can you find out about the colours and colour these according to the season?



**CHRISTMAS AND EASTER,
FESTIVALS AND SAINTS**



ADVENT AND LENT



**PENTECOST/WHITSUN
MARTYRS**



ORDINARY