

Yr 2 Parents' Cheat Sheet

Cheesefare Sunday

1. Why is today called Cheesefare Sunday?

Just like last week, when we said farewell to meat, in earlier times on this day, people would say farewell to cheese from this day until Pascha (Easter). Right now we are at the starting gate to the Great Fast (Lent). Its like a race that will take our energy and at the same time strengthen us. Nowadays, during the Fast, the Church asks all adults to abstain from meat every Friday and Wednesday and to abstain from all dairy and meat products on the first day (which is tomorrow) and on Great and Holy (Good) Friday.

Children and seniors do not have to follow this, but it is a good practice to start children thinking about it and fasting in a way that is appropriate to support their physical health and growth.

2. According to Jesus, how should we fast?

When we fast from things that we like, or do extra special things for others, we are to do it with a happy face and love in our hearts. If we are crabby or if we show off to others that we are fasting, then we are not doing it in the way that Jesus asked us to. Our reward will be the praise and attention of others - not God's. We need to remind ourselves that is a joyful thing to be able to sacrifice things in order to grow closer to God.

3. What kinds of things will we fast from?

Spend time together discussing and deciding what each of you will fast from. TV? Arguing? Candy? Going out for Supper? Gossiping? Maybe you can have a special code word that you can say to help remind each other not to brag or complain about what you have decided to fast from.