



## *A Mardi Gras Prayer*

Blessed are You, Lord God of all creation, for it is from your goodness that we have this day to celebrate on the threshold of the Season of Lent.

On Ash Wednesday and Fridays during Lent we will fast and abstain from meat. On Fat Tuesday we will feast. We thank You for the abundance of gifts You shower upon us. We thank You especially for one another. As we give You thanks, we are mindful of those who have so much less than we do. As we share these wonderful gifts together, we commit ourselves to greater generosity toward those who need our support.

Lord, prepare us for Lent. Tasting the fullness of what we have today, let us experience some hunger during our fast. May our fasting make us more alert and may it heighten our consciousness so that we might be ready to hear Your Word and respond to Your call.

As our feasting on Fat Tuesday fills us with gratitude so may our fasting and abstinence during Lent hollow out in us a place for deeper desires and an attentiveness to hear the cry of the poor. May our self-denial turn our hearts to You and give us a new freedom for generous service to others.

We ask You these graces with our hearts full of delight and stirring with readiness for the journey ahead. We ask them with confidence in the name of Jesus Christ the Lord. Amen!

*Voici que votre roi vient à vous  
plein de douceur!*

(Behold, your King comes to you full of sweetness!)

*Vive Christus Rex!*  
(Long Live Christ the King)



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