



Old Lady Lent and her seven feet

In a little Catalan village, among mountains and flower-filled fields, lived a character well known to the children: Old Lady Lent. She wore a long robe full of pockets and had seven feet. Every year, after Ash Wednesday, she began walking through the streets.

With her slow, steady steps, she reminded the children that a time for reflection, sharing and learning to wait had arrived.

Each week after school, they looked for her excitedly. Although it was a season of moderation, she always brought a little surprise: a story, a poem, a traditional song or a puzzle to solve together.

Most magical of all, one of her feet disappeared every week. The children hurried home to tell their families how many weeks remained until Easter.

In the first week, she spoke about patience. Seeds needed time and care to become the loveliest flowers in the garden.

In the second, she taught them generosity. She shared homemade bread and reminded them to give to people who needed help.



The third week was about humility. Sitting on the ground with the children, she told old village stories about simplicity and finding happiness in little things.

In the fourth, she taught them gratitude. She brought an old chest, and they filled it with thank-you notes for people they loved.

The fifth week was about forgiveness. Each child had a chance to say “I’m sorry” and “I love you”, discovering that they could put mistakes right and care for their friendships.

In the sixth, she shared the value of hope. They wrote wishes and dreams on paper balloons and decorated the square, remembering that even difficult days could hold reasons to look forward.

In the final week, when only one foot remained, she revealed her secret of happiness: loving and being loved, looking after nature and caring for friends and family.

When the time came to say goodbye before Easter, the children held a celebration with flowers, songs and dancing. They knew she would return the following year, but her lessons would stay with them.

And so, year after year, Old Lady Lent still visits the villages of Catalonia, reminding everyone of ways to live kindly together as they await Easter and spring.