

1ST SUNDAY OF LEN Year B

Sunday Mass Readings First Reading: Genesis 9:8-15 Responsorial Psalm: Psalm 24(25):4-6, 7b-9 Second Reading: 1 Peter 3:18-22 Gospel: Mark 1:12-15

"Repent, and believe the Good News"



Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings <u>here</u>.

### Pray

Light a candle, (maybe the candle used at your baptism or a family member's) as a reminder of the promises made at Baptism to reject temptation, sin and to live as a cild of God.

**Children:** Showing love to others is one way of living as a child of God. Draw a picture showing how you love your family.

**Teens & Adults:** Identify one or two things that prevent you from growing closer to Jesus. Spend time talking to Jesus and ask him for help to remove the things that are keeping you from him.

## Talk

Share with your family members or with a trusted friend how this Lent, with the help of God, you will strive to live as a child of God.

Are you giving up something as a form of sacrifice? Will you start a new daily practice to bring you closer to Jesus?

Once you have shared, close together in prayer asking God for the help, strength, and courage necessary to continue living as a child of God

# Family Challenge!

Choose a Family Lenten Saint! Each person should spend time researching a suitable saint that your family can adopt this Lent. Examine the possibilities and then pick one saint to learn more about this Lent.

#### Check out page 3 for a picture from today's Cospel to print and colour!

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CATHOLIC ICING

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MISSION! Lent is such a special time to get closer to Jesus and make little sacrifices to show Him how much you love Him. What little sacrifices can you offer up as powerful prayers to Jesus this Lent?

Kids 8 Corner

Please email us at faithathome@waterfordlismore.ie if you would like to receive Faith@Home direct to your inbox each week!

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# LEAN INTO JESUS THIS LENT

This past Wednesday began a new season in the Church's year of grace, that of Lent. Our Gospel for the first Sunday in this season tells us that Jesus was driven for 40 days into the desert/wilderness and there with the wild beasts, was tempted by Satan.

It is a lot easier to identify with this short selection from Mark's gospel because for nearly a year now we have found ourselves in our own wilderness, and have many times encountered wild beasts and the evil one. These days have asked us to endure significant sacrifices of altered routines, limited social interaction, and to experience mental, emotional and spiritual fatigue caused by months of uncertainty and anxiety.

These days seem endless and there seems to be nothing positive about them. But as with our scripture reading this week, this testing was as much a part of Jesus' journey as it is ours. For stripped of all that normally nourishes and supports us, exposed to demons and temptations, these are also privileged moments of grace. It is here in the wilderness that God can send His angels to minister to us and it is here in the wilderness that God can ask us to grow in trust and to walk more closely in faith with Him. It is here too that God may be asking us to be His angels for others.

May we journey through these next 40 days, aware that God is with us and in the silence of our desert living, listen for His voice drawing us ever deeper into a loving and trusting relationship with Him and with those with whom we live and minister. By Sr Shawn Lyons ASHJ, Waterford city

### EVENTS QUO VADIS



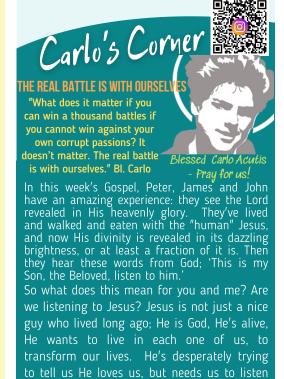
Lenten Series for young adults aged 18 - 35 who are seeking purpose and meaning in their lives. Every Sunday from 7 - 8pm, 14th Feb - 28th March. Testimonies from guest speakers, time for prayer, chat, discussion and getting to know other young Catholic adults. Contact youthministry@waterfordlismore.ie or click here to register:

https://forms.gle/kpPs8niwFXChT6jM8

Family Prayer

Why not make a special effort to pray Grace Before Meals this Lent?

Bless us, O Lord, and these your gifts, which we are about to receive from your bounty through Christ our Lord. Amen.



How to never miss God's will for your life

to Him for that. What is Jesus saying to your

Holy Family Mission: Luminous Mysteries (Try praying the 4th mystery this week!) Hillsong: The Transfiguration



CHECK IT OUT: DYNAMIC CATHOLIC

Meeting people where they are . . . Leading them to where God calls them to be! The US-based team at Dynamic Catholic want to inspire Catholics and their parishes to become the-best-version-of-themselves. **Why not sign up the "The Best Lent Ever" experience by** <u>clicking here</u> to receive a daily email with a short video to help you reconnect with yourself and your God. *"It's not what you give up this Lent, it's who you become."* 

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### Faith@Home: Kids' Corner Colouring Page!

