

Welcome to Week 1!

1st Sunday of Lent Gospel - Matthew 4:1-11

The temptation in the wilderness

After his baptism, Jesus, led by the Holy Spirit, prepared for his ministry by spending forty days in the wilderness, in prayer and fasting, just as we are about to spend 40 days of Lent preparing for his passion and resurrection at Easter. He was tempted to be a false 'Messiah' of worldly deeds and power, but He humbly submitted to His Father.

Jesus, we pray for the grace to follow your example this Lent and to be attentive to how the Holy Spirit is leading us.

Saint David Wed 1st March

Saint David was born in the year 500 and lived in what today is Wales, of whom he is the patron saint. He was a great preacher, and there is a tradition that one day, so the people could hear him better, the ground miraculously rose up, and a white dove came and rested on his shoulder. He founded monasteries and led a very simple lifestyle (some say he only ate leeks, which is why the leek is the national plant of Wales!). His last words to his followers were, "Be joyful, keep the faith, and do the little things that you have heard and seen me do".

How can I be more joyful, keep the faith, and do little things for the Lord and for those around me? Saint David pray for us.

Saint Katharine Drexel (1858 - 1955) Fri 3rd March

Katherine Drexel was the daughter of a very wealthy banker. When she was little, her father and stepmother were very kind to the poor, and she learned by their example to love Jesus and to love the poor. When she was a young woman her father died, and she inherited lots of money. She went to visit the pope to ask him to send missionary nuns and brothers to America to look after the Native American and African American people. He answered her with a question: why don't you become a nun yourself? She said yes! Much to people's amazement she set aside her vast fortune and glittering lifestyle to start life as a nun and used her fortune for the very things she had asked of the pope.

She is the patron saint of those who stand up for people who are treated unkindly because of their race, and of those who give money to good causes.

Who can I stand up for? What good cause can I give something for this Lent? Saint Katharine Drexel pray for us.

Belong and Believe!

Activities

- ❖ Make a decision to pray, to give up something and give alms this Lent in some way. Remember that what we decide should bring us closer to God and closer to others. We have the same Holy Spirit in us as Jesus had in the desert, to help us in our weakness.

Prayer

- ❖ Pray to the Holy Spirit to help you grow in love and holiness this Lent.
- ❖ Why not light a candle and pray the parish prayer to the Holy Spirit as a family in this year dedicated to the Holy Spirit. Let us really think about the words as we pray:

Come, Holy Spirit, come!

Come like a mighty wind! Come breathe new life in all areas of our lives.

Come strengthen us in Your love and guide us into truth.

Come fill our hearts, our homes, our parish.

Come, Holy Spirit, come!

Confirm within us the Father's love and draw us ever closer to Jesus.

Purify our hearts and help us discern that which is true, good, and holy.

Fix our eyes on heavenly things and give us a new thirst for You.

Transform us and burn away all that keeps us from following You.

Come, Holy Spirit, come!

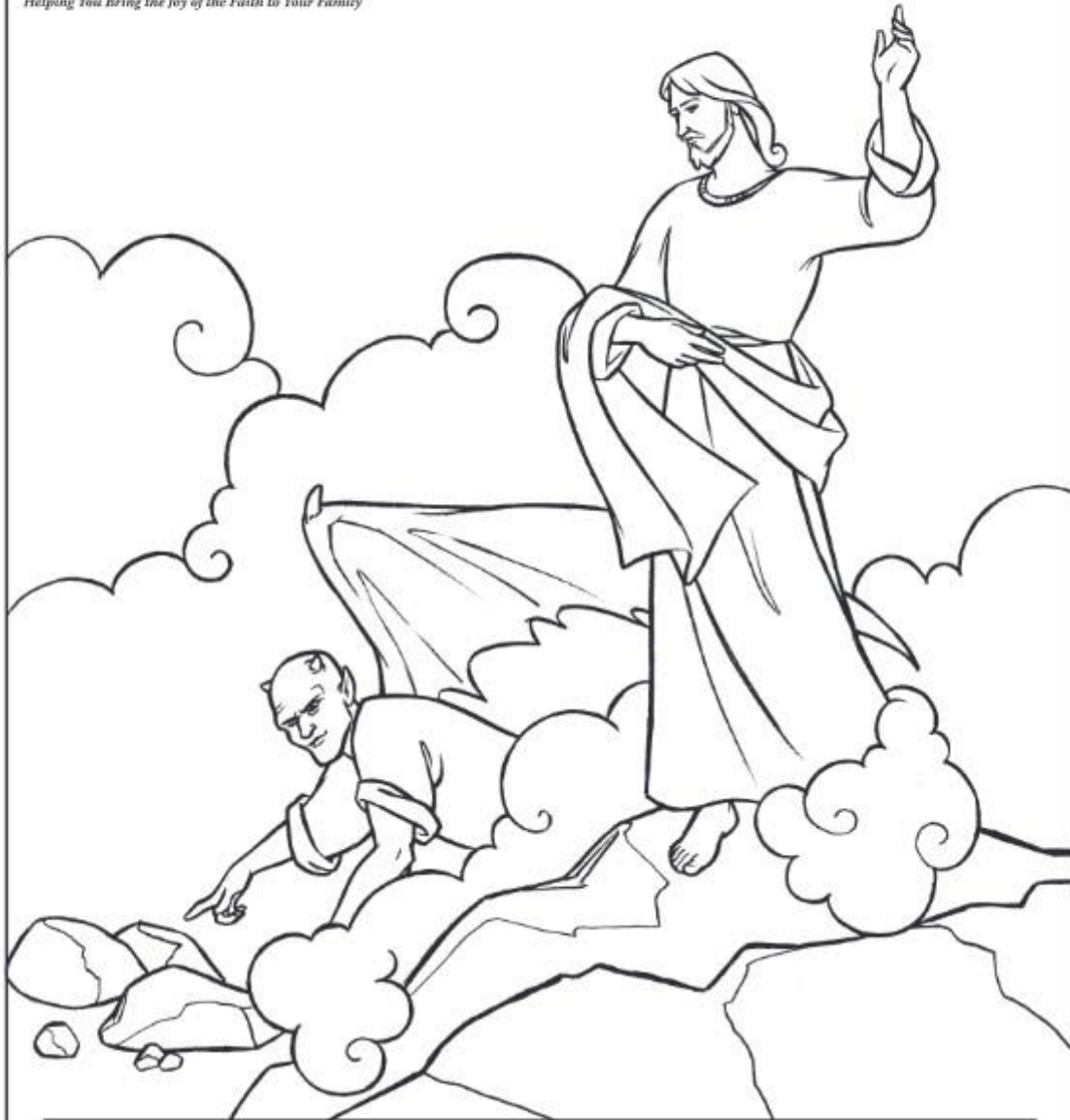
Stir up in us a joyful faith and awaken in us the graces of our baptism.

Give us eyes of mercy and compassion and help us recognise those in need.

Raise us up and equip us to be courageous witnesses to the Gospel.

Bless us and send us out as channels of God's love, hope and healing.

Amen.



"Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over He was hungry. The devil said to Him, 'If You are the Son of God, command this stone to become bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' (Luke 4:1-4)

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The Temptation of Christ

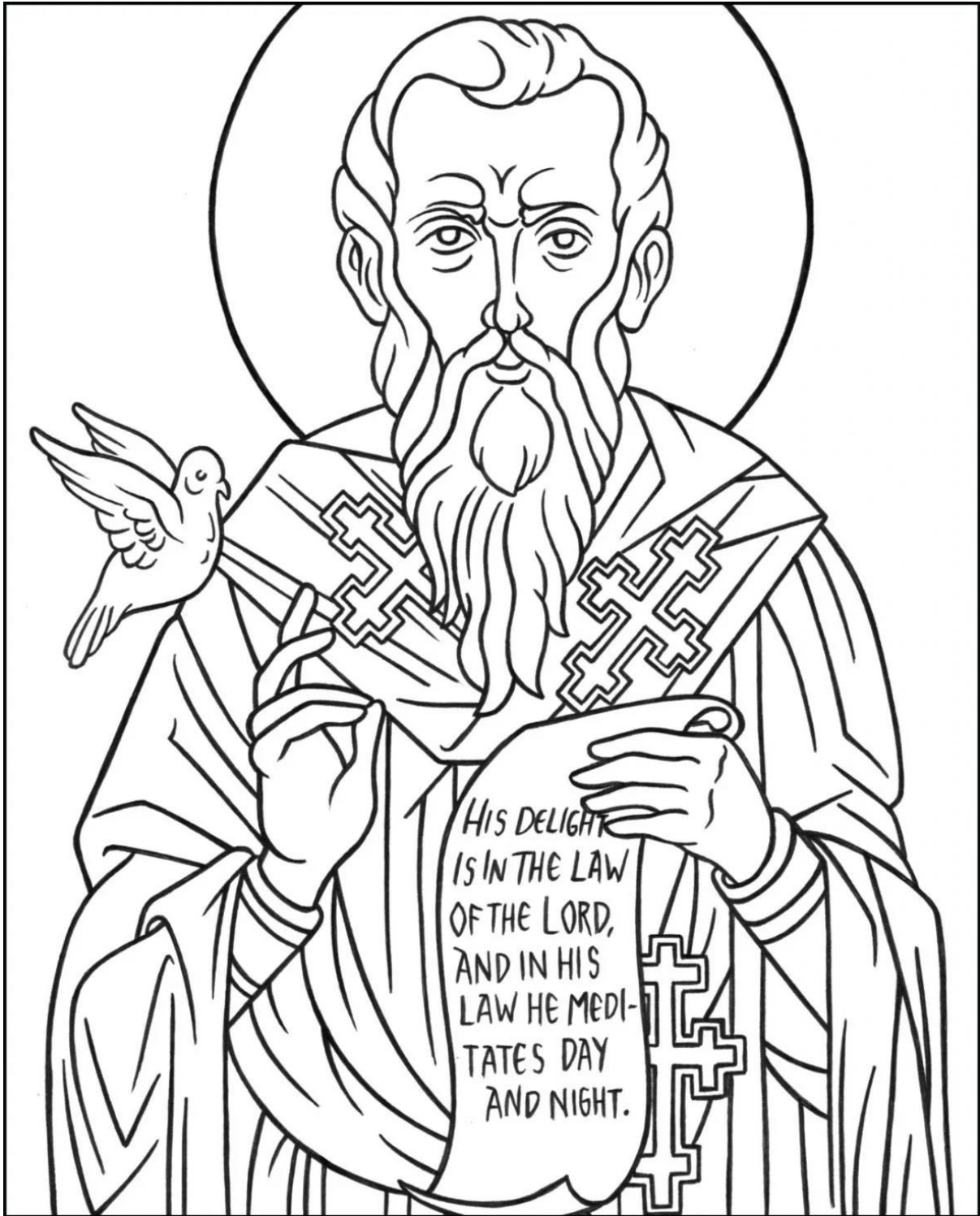
When the devil had finished all this tempting, he left him until an opportune time. Luke 4:13 (NIV)

Based on Luke 4:1-13



U F O R T Y A W O R S H I P N
 I G S L W X D T E M P T E D L
 L O U W E N R B F M T W O S A
 Y Z O V A E D I E I F Y Y N P
 J S I M S A U L R E N A N W E
 P L M E E D A I Y A D A Q Y P
 A O D R E S P T D M T L Y Y F
 C N B I U S I R O S E I K F N
 D D G R L R O Z S A M I I Y Z
 S W E E O J O N E Q P H N G V
 K J V H L D E V I L L U G J Q
 S U T H A S M G N D E N D H M
 S U U R O M W O R L D G O U W
 A X T H S L Q Z O J P R M O P
 W O S G S R Y N P W A Y S K M

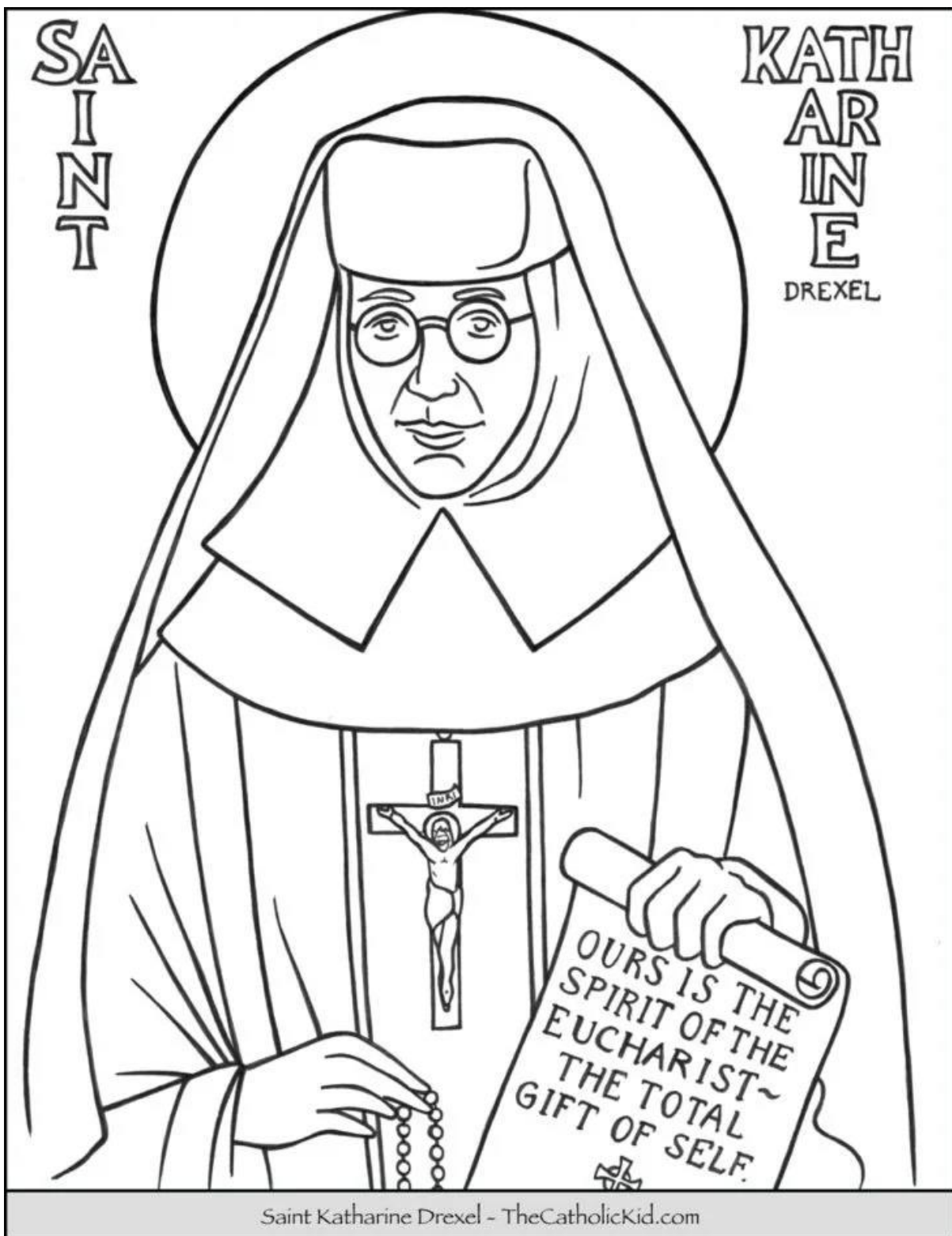
DESERT	ANGELS	WORSHIP	HUNGRY	KINGDOMS
TEMPTED	DEVIL	JORDAN	AUTHORITY	BREAD
SPIRIT	JERUSALEM	COMMAND	FORTY	STONE
LIVE	DAYS	WORLD	TEMPLE	HOLY



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