

Our Gospel Value this week is **Courage**

<https://www.youtube.com/watch?v=mYrdhefZCaU&t=6s>

Our Virtue this week is **Fortitude**



**We gather together to love,
value and respect each other
within our Catholic family, to
nurture each individual's
talents and skills as Jesus
taught us.**

***Everyone matters and is loved
by God.***

Peace be with you
and with your Spirit

Jesus Christ light of the world
... **shine brightly in our lives**



Jesus Christ God's living
Word
... **speak to us your truth**



Jesus Christ God's love
revealed
... **dwell among us**



Our lit candle reminds us that
we are in God's presence as
we mark ourselves with the
sign of the cross

**In the name of the Father,
and of the Son
and of the Holy Spirit
Amen**

We Say Sorry

You call us to follow you
Lord, have mercy.

Lord, have mercy.

You ask us to love one another
Christ, have mercy.

Christ, have mercy.

You open your arms to all of us
Lord, have mercy.

Lord, have mercy.

Today we are going to hear about how Jesus spent 40 days praying in the desert, to get closer to God, and to get ready for his ministry.

At the end of this time, he was very hungry.

Let's think some more about this today...

God of life, your Son
Jesus went out into the
desert to spend time in
prayer and be closer to
you. Help us to draw
closer to you this Lent, in
our prayers and in our
actions. Through Christ
our Lord,

Amen.

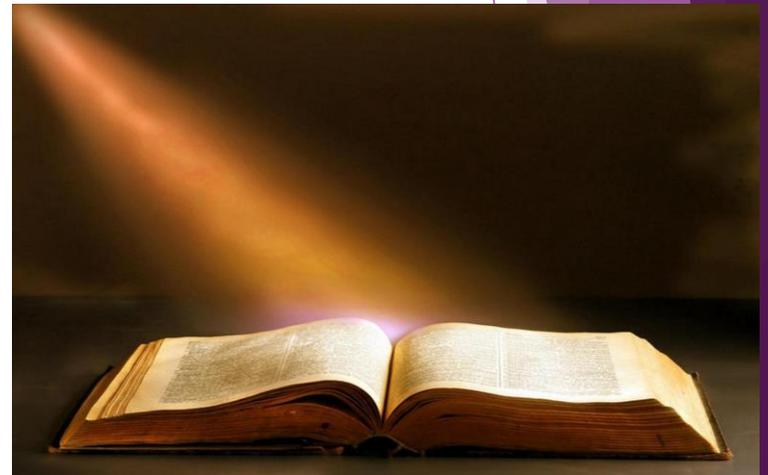
We listen to the word

Gospel according to Luke 4:1-13

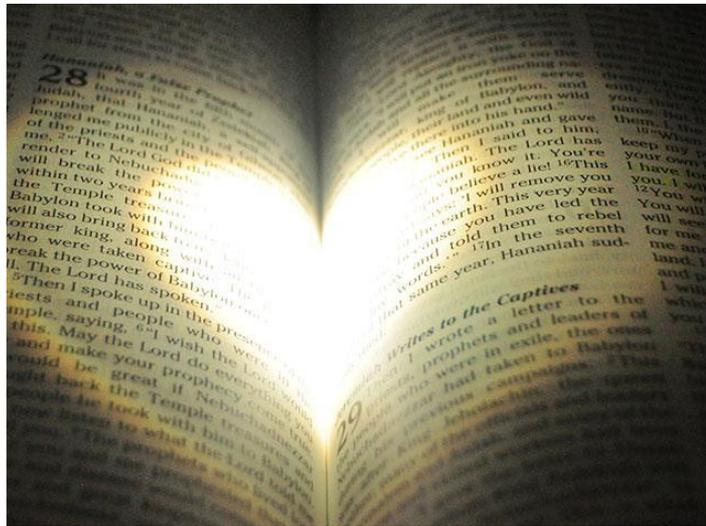
**May the words of Jesus be
On my mind
On my lips and
In my heart**

The Gospel of the Lord

Praise to you Lord Jesus Christ



We are still and silent as
we reflect on God's
word for us in the Gospel.



Yesterday was the first Sunday of Lent.

Last week, Fr Cletus and Deacon Mike talked to us about Ash Wednesday being the first day of Lent and what we can try to do during Lent.

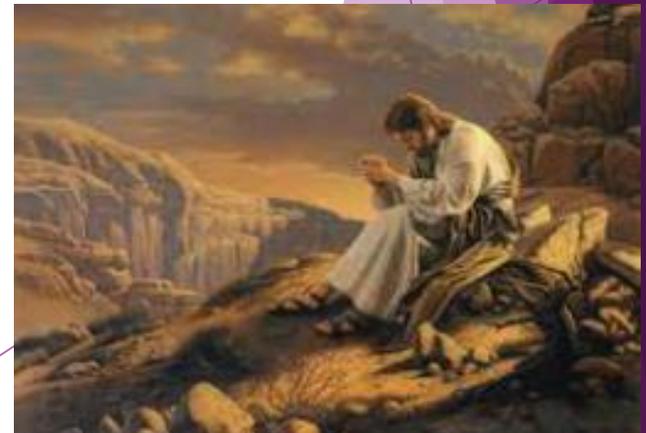
Lent is a time when we try to be a bit like Jesus in the desert. We spend 40 days trying to come closer to God, so that we are ready for Easter.



We try to pray more and share more. We try to think less about ourselves and more about other people – our neighbours at home and around the world.



Jesus goes out into the desert for 40 days to be alone and to pray. He goes to draw closer to God, to listen to what God is asking him to do and to find courage and strength for his work of spreading the good news.



A desert is a very dry place, where there is very little rain or water to drink. While Jesus was there, he had no food and he was probably thirsty as well.



How do you think he felt while he was out in the desert?

Lokho lives in a small village in Kenya, where there was no rain for almost three years. When her cows and goats died because of the lack of water, she had no other way to feed her family.

How do you think you
would feel if it didn't rain for
three years?

What would our local area
look like?

Everywhere would be very dry, there would be no green grass, or flowers growing.

Streams and lakes would dry up and everywhere would become very dusty.

Together with other women in her village, Lokho learnt some new skills for growing food in very hot and dry places.

CAFOD's local expert, Wakera, gave the women seeds and tools to make a garden where they could grow vegetables and provided special shade nets to protect their crops from the scorching sun.

Lokho's daughter Worqi says, "My favourite food is vegetables, the ones my mum grows. I like rice with onions and tomatoes and potatoes."

By selling some of the vegetables that she grows, Lokho is able to pay the fees for her children to go to school, buy other things that they need and save a little in case the rains fail again.

Lokho and her neighbours work together to support each other and to share what they have.

We talked earlier about Lent being a time for coming closer to God. A time when we pray more and share more.

How do you think we can do this?



We can be closer to God by praying, by asking for forgiveness for all the things that we have done wrong, and by trying to live the kind of life God wants us to.



We can share with and care for others who need our help. We can give our money and our time to help make the world a fairer place for us all to live in.



We can also pray for Lokho and for all members of our global family who struggle because of a lack of water or food.

God is always with us.
Knowing that we are never
alone can give us strength
to face challenges. And it
can lead us to work
together with others to
make a real difference in
our world today.

In silence, pray for each other - that God will be with all of us.



As we try to draw closer to God
this Lent, we pray together:

We pray for the world's leaders:
that they may do all that they
can to care for and protect the
earth, and to support their
people as their lives change
because of the climate crisis.

Lord, in your mercy...

Hear our prayer

We pray for our brothers and sisters throughout the world, especially those who do not have enough water or food: that God may guide us all to support each other and to share our hope for a better world.

Lord, in your mercy...

Hear our prayer

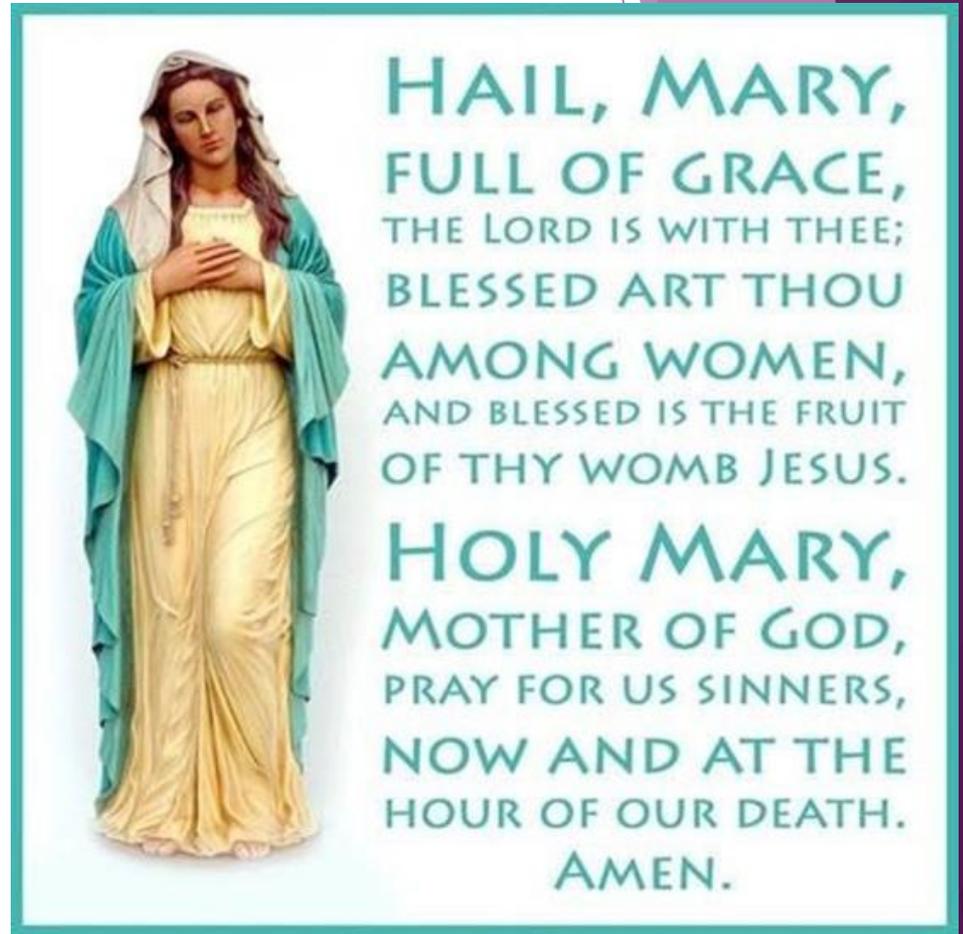
We pray for our school, parish,
families and friends: that we
may be filled with God's love
and share what we have,
working together with our
brothers and sisters throughout
the world to ensure everyone
has what they need.

Lord, in your mercy...

Hear our prayer

We take a moment now to pray for our own intentions

We ask our Lady to intercede on our behalf as we say together...



God who walks with us
and knows what it is to
be hungry, teach us to
support each other and
to work together to
overcome the problems
in our world.

Amen

St Anthony
Pray for us

St Mark
Pray for us

St Francis
Pray for us

St Alban
Pray for us

How will
you follow
Jesus this
week?

What will you do this week, so that you can try to be closer to God ?

- ▶ Pray more
- ▶ Ask for forgiveness for all the things that we have done wrong
- ▶ Try to live the kind of life God wants us to
- ▶ Share with and care for others who need our help

Jesus, I offer my day to you

Jesus, I offer my day to you

Jesus, I offer my day to you

Let us go in
peace

Thanks be to God

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<https://www.youtube.com/watch?v=kWNP-JwDTwE&t=62s>

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