

# PARENTS'S PAGE

Lent can sometimes be a little bit like Christmas, it can often all be about the Children. Here a few suggestions to help you, and your family, pray Lent and prepare for Easter.

1. Your Sacred Space. Consider changing your family Sacred Space to fit in with the season of Lent. The colour of Lent is Violet, so maybe replace the cloth with a violet one. Perhaps add a small amount of ash to your sacred space, to remind us of our Lenten commitment and promise and of Ash Wednesday. You could also add some sand or stones to remind us of the desert and how Jesus was tempted, as we hear about in our Gospel this weekend.



2. As a family, talk about some things that you could do to be nicer to each other and to other people around you. Consider performing **Acts of Random Kindness**. They should be very simple, free and done from the heart, then they are sure to make a big difference to lives of everyone involved. Get creative, use your imagination.
3. During Lent, consider wearing a religious symbol, like a crucifix or cross around your neck. If you cannot wear one, perhaps carry one in your pocket. You could even carry a Rosary Beads. St Teresa of Kolkata (St Mother Teresa of Calcutta) used to say that holding the Rosary in your hand was like holding our Lady's hand. What better way to go through Lent than holding our Lady's hand?
4. As a family, read the Gospel from Sunday Mass. Talk about it and what you think it might mean. Pray, as a family, asking Jesus to help you understand it.
5. Consider getting a small notebook, or even make a digital note of the people or things that you would like to pray for during Lent. You can offer your sacrifices for them as well, so whatever your are giving up for Lent, everytime you manage to avoid it, it becomes a prayer for that person.
6. Have a look at our Parish Lenten Programme, '*Journeying in Faith and Hope*'. There are different things on offer in the parish to help you on your journey towards Easter. Details are on the flyer at the door to the Church, they are also available on our parish website and on our social media.

During Lent the three key words are: Pray, Fast, Give.

**PRAY**  
IS LOVE FOR GOD  
**FAST**  
IS LOVE FOR YOURSELF  
**GIVE**  
IS LOVE FOR OTHERS

**PRAY:** as a family during Lent try to pray together, if you already pray together, try increasing the amount of time you pray together by even 5 minutes..

**FAST:** as a family consider giving up some family treat during Lent.

**GIVE:** as a family consider encouraging the children and adults to donate a small amount of pocket money to the Trócaire campaign each week during Lent, as your means allow.

## PARISHES OF ATHY, NARRAGHMORE & MOONE



### DTIM NEWSLETTER Parish Resource Sheet for the Sacraments of Reconciliation & Holy Communion 1<sup>st</sup> Sunday in Lent - 25<sup>th</sup>/26<sup>th</sup> February 2023

Did you know that word 'Lent' is a very old word for spring? That is because Lent happens in springtime. But it is also because that Lent is like a spring-time in our friendship with God and each other.

Unfortunately, for many people Lent has become a time when we 'just' give something up. We don't really know why we are doing it. It has become for some people a spring time diet or detox. We forget that by giving up we are offering a sacrifice to God. We are saying to God, 'Look, I really want to do better, and to show you how hard I am trying to do better I will give up/sacrifice this...'

Improving our relationship with God, being considerate of others is really what Lent is about. This is not easy, that why the Church gives us forty days to break old habits and to form new ones.

But not only that, the number forty is very significant in the Bible. The flood lasted for forty days at which time Noah and his family saved the animals. The Israelites wandered in the desert for forty years. Jesus was tempted in the desert for forty days, and there are forty days between the Resurrection of Jesus and HIS ascension into heaven. So you see, forty is a really important number in the Bible.

In our Gospel story today we hear how Jesus was tempted by Satan in the desert for forty days. Satan, the devil, tried lots of tricks to get Jesus to worship him, but Jesus relied on GOD and on His knowledge of the Word of GOD, the bible, to protect Himself from the devil. Maybe we should do the same, when we are tempted to do what we know is wrong, let's rely on GOD for His help and strength. What will you do with your forty days? How will you Live Lent and Transform your world?

**LOVE LIFE**  
**LIVE**  **LENT**  
**TRANSFORM YOUR WORLD**

#### Parish Team Contact Details

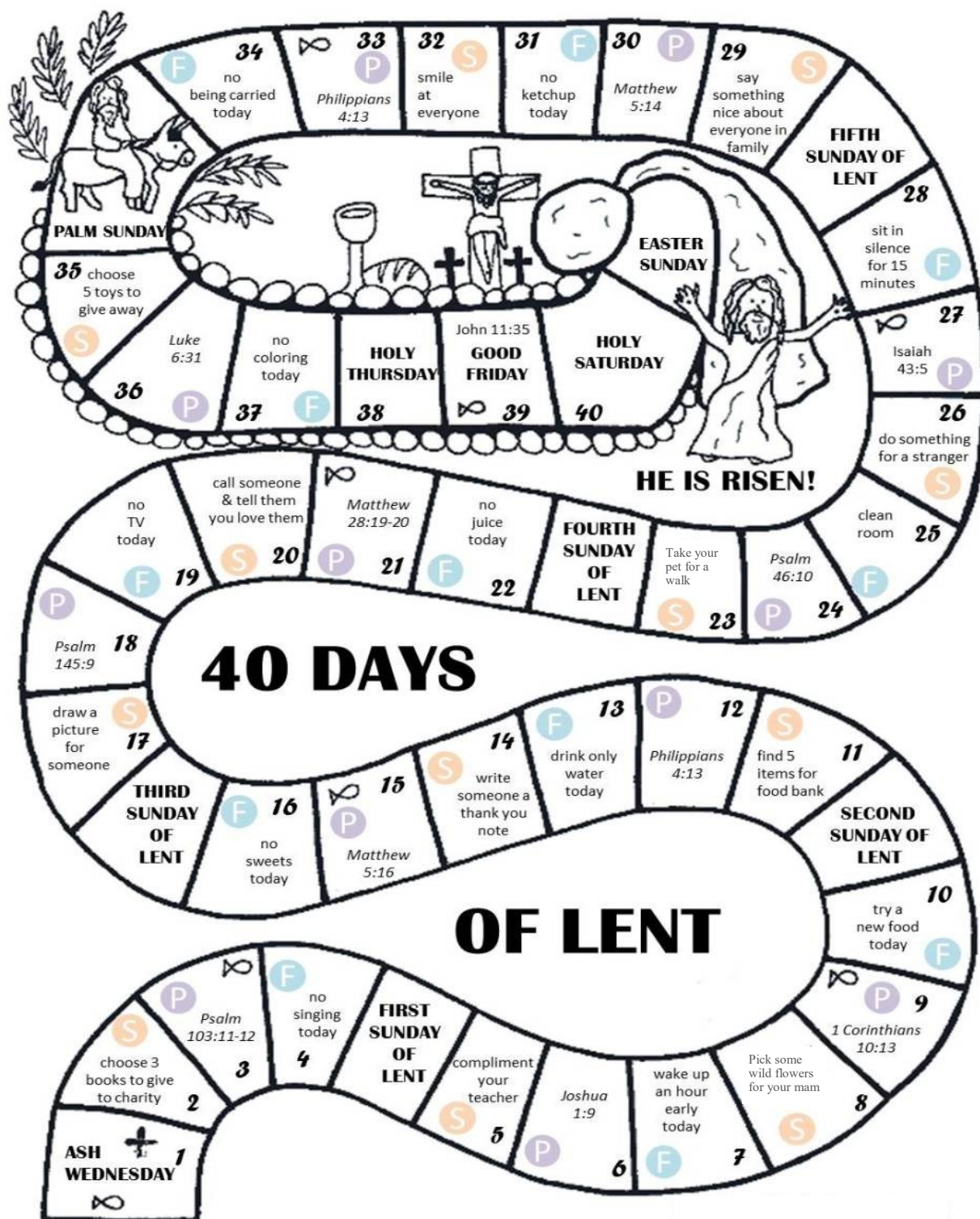
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# ACTIVITY PAGE

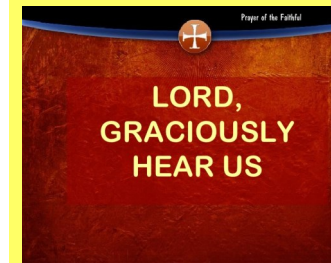
## MY LENTEN CALENDAR

Here is a calendar that will help you make Lent really special. Each day during Lent there are things for you to try so that you can live the way GOD wants us to. As you complete each daily task, colour in the box and you can keep track of how well you are doing. Are you up for the challenge?



## LEARNING THE MASS

When we gather at mass it is important that we are all able to participate as fully possible. Each month we will include some of the prayers and mass responses that you can practice with your child.



After the Creed which we looked at last month, we offer our prayers, the prayers of the Church to God, we call these the Prayer of the Faithful. At the end of each prayer the person offering the prayer will say:

"LORD, HEAR US." and we reply with:  
"LORD, GRACIOUSLY HEAR US."

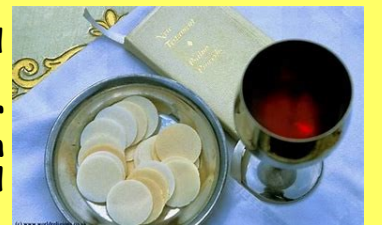
Practice this with your child, so that they can offer the prayer of the Church with the rest of the community.

After the Prayer of the Faithful we bring the offerings to the altar. The bread and wine that we offer represent all that we do, all our work - whatever it is, our play time in fact everything we do is offered to God in the form of Bread & Wine. God takes our offerings, blesses them, transforms them and gives them back to us as heavenly food, the Body & Blood of Jesus.

The priest takes our offering of bread and presents it to God saying:

"Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made. It will become for us the bread of life."

And we reply saying: "Blessed be God for ever."



The priest then takes our offering of wine which he also presents to God saying:

"Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink."

And we reply saying: "Blessed be God for ever."

The priest then invites us to pray that will accept the small sacrifice, offering that we make. "Pray, brothers and sisters that my sacrifice and yours may be acceptable to God, the almighty Father."

We reply saying this very important prayer for it is the reason that we are at mass: "May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his Church."

We go to mass to offer praise and glory to God. Why? For our good and good of all HIS Church.

### A Children's Prayer for Lent

Lord, please show me what I should give up for Lent  
And when I've given it up  
Remind me to pray to You instead  
To thank You To love You To hear from You  
Each and every day in Lent  
Amen.

### A PRAYER FOR LENT

Lord, teach me a new freedom.  
Freedom to reject comparison  
And to embrace uniqueness.  
Freedom to cut ties with greed  
And feast on love.  
Freedom to abstain from over indulgence  
And feast on self-control.  
Freedom to leave behind selfish thoughts  
And to focus on the needs of others.  
Freedom to fend off insecurity  
And to embrace grace.  
Lord, at this time of Lent,  
Thank you for the freedom you bring. Amen

A PRAYER for Lent