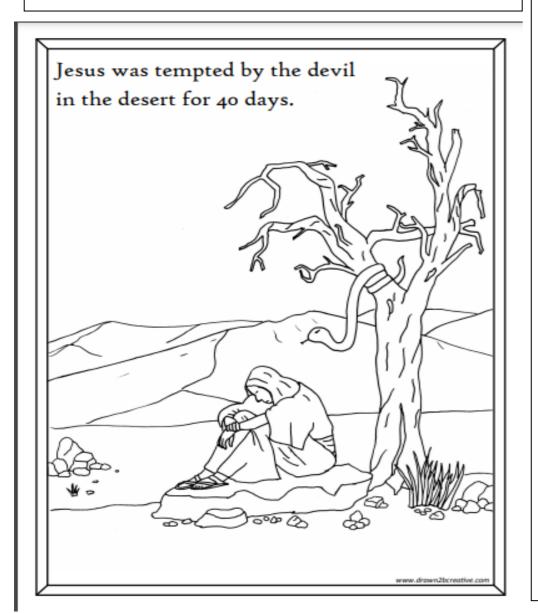
Sunday 21st February 2021

1st Sunday on Lent

Young people's activities

Immaculate Conception R.C. Church,

Mark Chapter 1 verses 12-15



Do you remember the baptism of Jesus?

Jesus was baptized by John The Baptist in the river Jordan. As Jesus came out of the water the Spirit descended like a dove and settled on him. A voice was heard from heaven saying "You are my Son, whom I love; with you I am well pleased."

After Jesus was baptized, the Spirit led him out into the wilderness. A wilderness area is an area where there are no towns, no people, no roads, few trees or plants, and, in this particular case, it was very hot and dry. Jesus was there for forty days and while he was there, he was tempted not to follow the plan God had for him. He was surrounded by wild animals but angels took care of him.

This Time is called Lent, the forty days before Easter when Jesus was led to the wilderness by the Spirit so that He could be alone with God to think about his work and pray over his future plans. Through fasting and prayer, he prepared himself to travel the hard road that lay ahead.

We should use this time, like Jesus to be closer to God and prepare for Easter. Some people give up something that they like and enjoy during lent to remind them of Jesus' suffering in the wilderness.

## Last Wednesday was Ash Wednesday

Ash Wednesday is the first Wednesday in Lent, and begins 40 days before Easter.

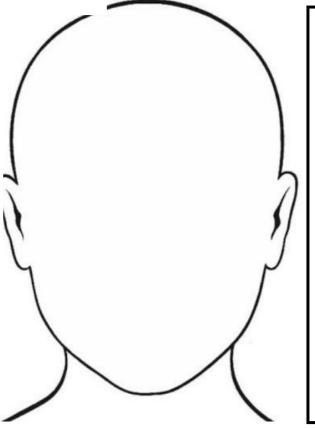
During Lent we are asked to do three things... ..

- 1. <u>Fasting</u>—we try to not eat as much, or give up something we like to eat.
- 2. Praying asking God to help you for these 40 days.
- 3. Almsgiving giving up something you like and give the money to those in need.

Churches take the palms left over from Palm Sunday the year before and burn them.

They save the ashes and use them during the Ash Wednesday Mass.

The ashes are placed on our head to show we are asking forgiveness.



At the moment we cannot go to mass. Draw your face. Draw a cross on the forehead just like the one Father would draw with the ashes. Remember to pray to Jesus telling him you will be thinking about him suffering in the wilderness over the next 40 days and prepare for Easter.

## Stations of the cross / The way of the cross

Around the church are 14 pictures that tell the story of how Jesus carried the cross. Each one is called a station. During lent people pray at each station. Over the next four Sundays mass will start with three Stations of the cross. This Sunday will be the first three stations.



1<sup>st</sup> station Jesus is condemned to death



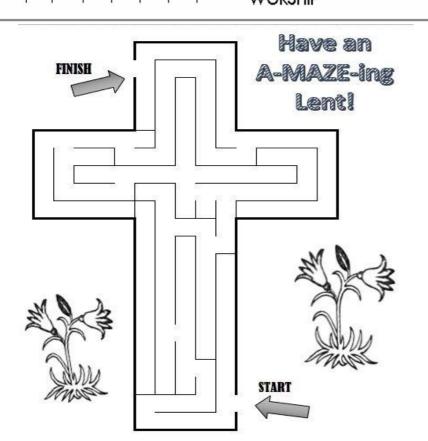
2nd station
Jesus carries the cross



3rd station
Jesus falls for the first time

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## My Rosary for Lent

There are 40 beads, one for each day in lent. Colour in a bead every day when you do something special for Lent.

- Here are some ideas.
- Say a special prayer

Do something nice to make someone smile.

Help out at home

Share something or give something to someone.

See if you can colour all the beads ready for Easter Day

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Name