



Gospel Newsletter



St. Michael Catholic Primary School and Nursery
Excellence · Enrichment · Enjoyment

First Sunday of Lent

March 2025

Luke 4:1-13

You can share a variety of liturgies linked to this week's gospel with your child at home.

You can find weekly Gospel Liturgies from The Mark 10 Mission by clicking on the link [here](#).

You can also share the Children's Liturgy from Redemptorist Publications with the Dominican Sisters of St Joseph by clicking this link [here](#).

Check this newsletter regularly for other links to liturgies designed for children.

Each week, you can download a weekly Bible verse from *The God Who Speaks* website.

[Click here](#) to access the Weekly Bible Verse archive.



Jesus returned from the Jordan full of the Holy Spirit and was led by the Spirit into the desert, where he was tempted by the Devil for forty days. In all that time he ate nothing, so that he was hungry when it was over.

The Devil said to him, "If you are God's Son, order this stone to turn into bread."

But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone.'"

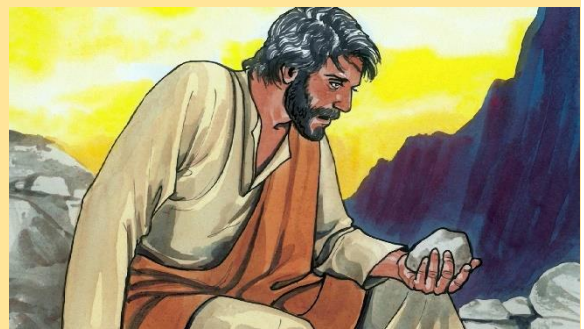
Then the Devil took him up and showed him in a second all the kingdoms of the world. "I will give you all this power and all this wealth," the Devil told him. "It has all been handed over to me, and I can give it to anyone I choose. All this will be yours, then, if you worship me."

Jesus answered, "The scripture says, 'Worship the Lord your God and serve only him!'"

Then the Devil took him to Jerusalem and set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down from here. For the scripture says, 'God will order his angels to take good care of you.' It also says, 'They will hold you up with their hands so that not even your feet will be hurt on the stones.'"

But Jesus answered, "The scripture says, 'Do not put the Lord your God to the test.'"

When the Devil finished tempting Jesus in every way, he left him for a while.



(Gospel passage taken from Good News Translation® and used with permission)

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 strength for his work of spreading the good news.

Today is the first Sunday of Lent. Can anyone tell me anything about Lent? How long does it last for? What do we 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.

Can you tell me what a desert is?

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.

How will you pray more and share more this Lent?

Art can help bring the Gospel to life for children.



You may find the website [Christian Art](#) enjoyable to explore with your child. Each day they share artwork linked to the daily Gospel.

Peter said: 'See, we have left everything and followed you.'
Mark 10:28-31

In Spirit,
Digital Artwork by Philip McKay,
Created in 2022,
Digital Art
© Philip McKay Art



We can worship and pray through Music. For this week's Gospel, enjoy listening to both traditional and contemporary worship music!



Traditional: '[Lord, Who Throughout These Forty Days](#)' by Claudia F Hernaman
Contemporary: '[Lay It All Down](#)' by United Pursuit



You can now access the Ten:Ten Parent Portal at home with the details below.

Ten:Ten
Resources

Username: st-michaels-tw15

Password: thames-orange

Parent Portal:

www.tentenresources.co.uk/parent-portal



YouCat is a guide to the Catechism of the Catholic Church for children. It is an easy read and a user friendly guide for parents and carers to support their children.

You can find out more about YouCat at www.youcat.org

Catholic Social Teaching:

Which principle do you think the gospel teaching best relate to this week?

**DIGNITY SOLIDARITY THE COMMON GOOD THE OPTION FOR THE POOR PEACE
CARE FOR CREATION THE DIGNITY OF WORK AND PARTICIPATION**



This week's Gospel activity sheet from [CAFOD](#):



First Sunday of Lent (Year C)

"During that time he ate nothing and the end he was hungry." Luke 4:2

In the desert

Jesus spent 40 days in the desert with no food to eat and little water to drink so that he could come closer to God. At Lent we spend 40 days trying to pray more and share more, to think less about ourselves and more about other people.

Lokho lives in Kenya where there was no rain for almost three years. Can you imagine what our local area would look like if there was no rain for such a long time? What would we have to do differently?

Write or draw your ideas below.

Prayer for Family Fast I

Loving God,
help us to work together
to share what we have
so that everyone has what th
Help us to build a better wor
where each of us can becom
the best person we can be.
Amen.



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L

Lent begins on the 5th March, marking a season of reflection, prayer, and preparation for Easter. It is a time for Catholics to renew their faith through fasting, almsgiving, and prayer, drawing closer to Christ's sacrifice and resurrection. Traditionally, the 40 days of Lent mirror Jesus' time of fasting in the desert, encouraging the faithful to embrace self-discipline and spiritual growth.

E

The day before Lent, Shrove Tuesday, (popularly known as Pancake Day) is a time of preparation and repentance. The name 'Shrove' comes from the old English word shriven, meaning to confess sins and receive absolution. Many celebrate the day with pancakes, symbolising the use of rich ingredients before the Lenten fast begins.

N

Ash Wednesday marks the beginning of Lent. It is a day of repentance and reflection, where Catholics are invited to examine their hearts and commit to a season of spiritual renewal. During Mass or a liturgy, ashes are placed on the foreheads of the faithful in the shape of a cross, with the words, 'Remember that you are dust, and to dust you shall return.' This symbolises the mortality of human life and the call to humility, repentance, and conversion.

T



OBSERVING THE SEASON OF LENT IN SCHOOL

Liturgical Year



- 1st March – St David, Bishop, Patron of Wales (Feast)
- 4th March – St Casimir
- 7th March – Sts Perpetua and Felicity, Martyrs
- 8th March – St John of God, Religious
- 9th March – St Frances of Rome, Religious
- 17th March – St Patrick, Bishop, Patron of Ireland (Feast)
- 19th March – St Joseph, Spouse of the Blessed Virgin Mary (Solemnity)
- 25th March – The Annunciation of the Lord (Solemnity)

Cycle of Prayer

During Ordinary Time (Winter), i.e. up to Lent, we are asked to pray for these intentions:

- Peace on Earth;
- Openness to the Word of God;
- Christian Unity;
- The Sick and Those Who Care for Them;
- Victims of Trafficking and Those who Work to Combat it;
- The Unemployed.

Other Religions

- **Between the 28th February – 1st March** – Ramadan begins
 - A sacred month of fasting, prayer, and reflection observed by Muslims worldwide.
- **14th March** – Purim (Judaism)
 - A joyful Jewish festival commemorating the deliverance of the Jewish people as told in the Book of Esther.
- **29th March** – Holi (Hinduism)
 - A festival celebrating the arrival of spring, marked by joyful gatherings and the throwing of coloured powders.

OTHER RELIGIONS/WORLDVIEWS:

FOR POWERPOINTS REGARDING KEY OTHER RELIGIOUS FESTIVALS SEE [HERE](#).