

What Happens in Lent?

In today's Gospel story, Jesus goes out into the desert to fast and pray for forty days. In the forty days of Lent, the Church asks us to fast, give alms, and pray.



In Lent we don't eat meat on Fridays. Many people give up things like candy or dessert for all of Lent. When we give up food that we like, it reminds us that food isn't the only thing we need- we need God too!



Giving alms means giving money or things to the poor or the Church. God lets there be people who need our help so that we can become better by helping them!

The third thing that we should do in Lent is praying. You could say an extra prayer every day- maybe an "Our Father" or a "Hail Mary" when you wake up or before you go to bed. Another good idea is reading a bit from the Bible, because when we read the Bible we let God speak to us.

What are some little things you could do for Lent? Try to do things that will help you think a bit more about God every day.

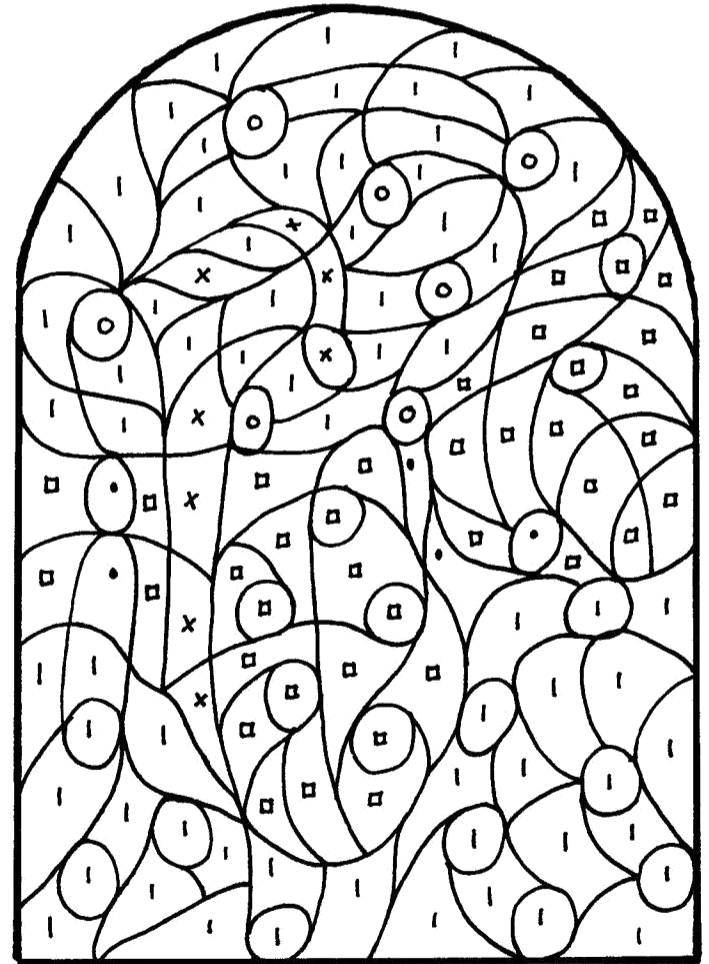


Answers to picture puzzle inside: top: 4, 6, middle: 5, 1, bottom: 2, 3.

The Kids' Bulletin

First Sunday of Lent
March 1st, 2020

Today's first reading tells us about sin. Use the code at the bottom to colour in the spaces and find out what the story was.



- blue
- red
- | green
- skin colour
- x brown

Saint Casimir

March 4

CASIMIR WAS THE THIRD OF THE 13 CHILDREN OF THE KING AND QUEEN OF POLAND IN THE MID-1400'S. HE WAS A GOOD AND PIOUS BOY.

I'm ready for Mass!

EVEN AT A YOUNG AGE HE WOULD STAY UP AT NIGHT TO PRAY, OR SLEEP ON THE FLOOR.

Why is the prince on the Church steps at this hour?

WHEN HE WAS STILL A TEENAGER HIS FATHER SENT HIM TO RULE HUNGARY.

The people there are not happy with their king.

Really, sir, this isn't worth fighting!

Really, sir, this isn't worth fighting!

BUT HE LEFT AFTER HE WAS TOLD TO FIGHT A BATTLE THAT THEY COULDN'T WIN.

HE HAD DECIDED NOT TO MARRY SO THAT HE COULD DEDICATE HIS LIFE TO GOD.

But son, you could marry the emperor's daughter!

SAINT CASIMIR WOULD NOT LET THE GOOD THINGS OF THE WORLD DISTRACT HIM FROM GOD.

Daily, daily... sing to Mary!

HE DIED OF LUNG TROUBLE AT THE AGE OF 23 IN LITHUANIA. HIS LAST WORDS WERE A HYMN TO OUR LADY.

Daily, daily... sing to Mary!

SAINT CASIMIR WAS OBEDIENT TO HIS FATHER AS LONG AS HE WAS ALSO BEING OBEDIENT TO GOD. GOD IS PLEASED WHEN WE LISTEN TO OUR PARENTS, ESPECIALLY WHEN THEY TEACH US TO DO WHAT IS RIGHT. WHAT IS SOMETHING YOU CAN DO TODAY TO OBEY YOUR PARENTS AND PLEASE GOD?

Sort the Story!

What happened when Jesus had prayed and fasted for forty days in the desert?
See if you can sort the order of these pictures.
Write 1 on the first, 2 on the second, and so on.

