

A graphic for Lent 2024. At the top, a purple banner curves across the frame with the text "CHRIST WALKS WITH ME" in white. Below this, a central brown cross is decorated with a red heart, a yellow flame, and a black infinity symbol. The cross is surrounded by green palm fronds. Two smaller brown crosses are positioned on either side of the central one. At the bottom, a purple banner curves across with the text "LENT 2024" in white. The background features a purple sky with white clouds and purple footprints leading towards the central cross. A purple fish symbol is located below the central cross.

CHRIST WALKS WITH ME

LENT 2024

"Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew."

– Pope Francis



# WE PRAY WITH OUR HOLY FATHER POPE FRANCIS

## PRAYER INTENTION FOR FEBRUARY 2024



### For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.





Week Commencing: Monday 19<sup>th</sup> February 2024

The First Week of Lent - Year B



Resilience



Honesty

Week Commencing: Monday 19<sup>TH</sup> FEBRUARY 2024

**THEME FOR THE WEEK:**  
*'The Desert.'*

**LINKED CST PRINCIPLE**



Resilience

**LINKED BHCET VIRTUE**



Honesty



**1<sup>ST</sup> WEEK OF LENT YEAR B.**

**Mark 1:12-15**

**'Jesus was tempted by Satan,  
and the angels looked after  
him.'**



**WORLD RELIGIONS AND  
CULTURAL EVENTS:**

20<sup>TH</sup> WORLD DAY OF SOCIAL JUSTICE



**FEAST DAYS AND MEMORIALS  
THIS WEEK:**

Feast of St. Peter's Chair 22nd,  
Commemoration of St. Polycarp

23rd

Stations of the Cross and  
Lenten devotions to start this week  
Lenten Almsgiving  
Stations of the cross

We Gather to Pray...



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

Glory Be to the Father, and to  
the Son, and to the Holy Spirit.  
As it was in the beginning, is  
now, and ever shall be, world  
without end.  
Amen

Our Father, Who art in heaven,  
Hallowed be Thy Name.  
Thy Kingdom come, Thy Will be  
done, On earth as it is in  
Heaven.  
Give us this day, our daily bread,  
And forgive us our trespasses,  
as we forgive those who  
trespass against us.  
And lead us not into  
temptation,  
but deliver us from evil.  
Amen

Hail Mary, Full of Grace,  
The Lord is with thee.  
Blessed art thou among  
women, and blessed is the  
fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now,  
and at the hour of death.  
Amen



# Monday 19<sup>th</sup> February 2024

Of Lent



Resilience



Honesty

## Sign of the Cross and Gather

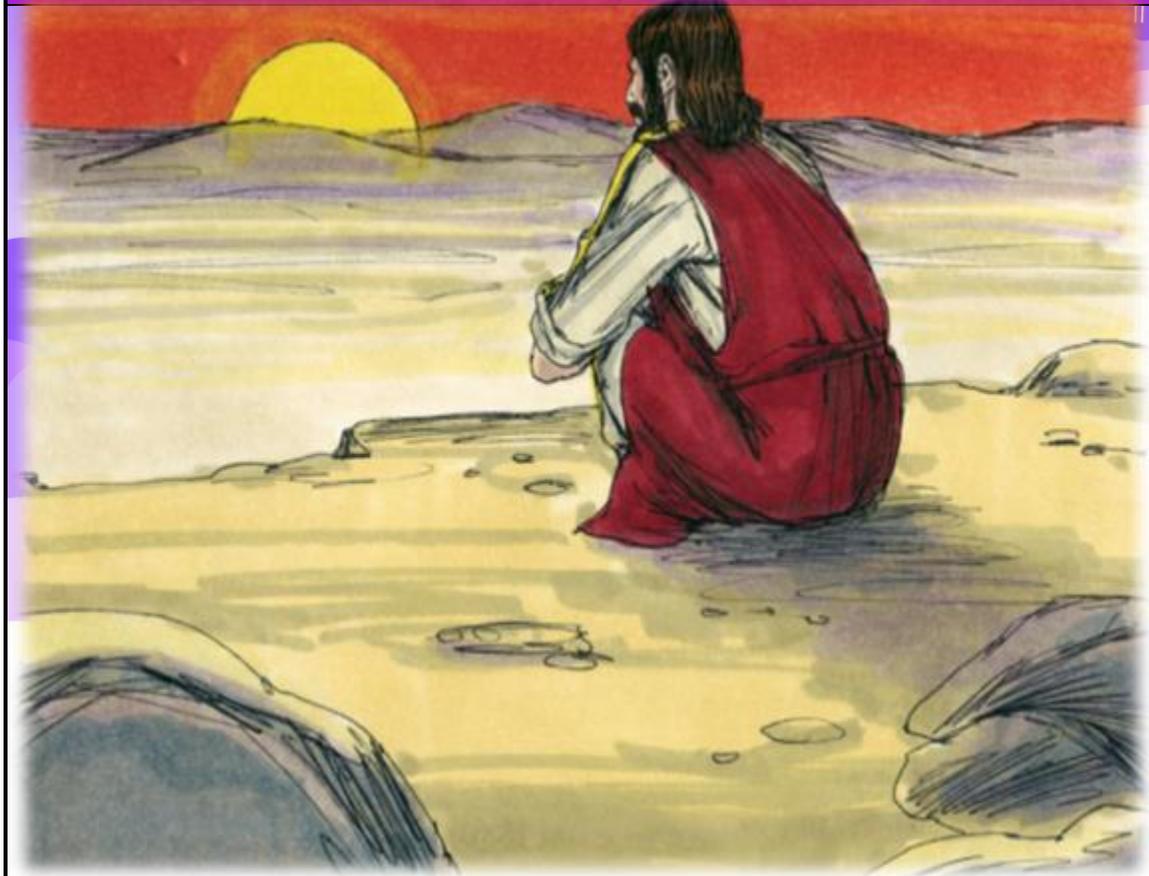
Last week on Ash Wednesday, the Church started its journey towards Easter. Lent is a period of time for us to reflect on our lives, remove those things that pull us away from God and to devote ourselves to following Jesus more closely in our words, prayers and actions.

In the Gospel at Mass yesterday, we heard the account from St Matthew about Jesus being tempted in the desert...

Lent is our yearly opportunity to 'turn back to God with all of our hearts.'

Yesterday's Gospel was Jesus being tempted in the desert- as we start our own Lenten journey we explore the desert areas of our own life; what areas of our spiritual life do we need the refreshment and life that only comes from knowing Jesus as our friend, brother and redeemer?

Lord, walk with us through the desert moments of today, leading us to find you in the everyday and ordinary. Amen



## THE REFLECTION

<https://www.youtube.com/watch?v=Xo1mjuy1NA0>

uy1NA0

– LENT IN 3 MINUTES



## LIVING THE WORD OF GOD

Begin your Lenten journey with prayer, fasting and almsgiving

## WE GO FORTH

Lord, walk with us through the desert moments of today, leading us to find you in the everyday and ordinary. Amen

# Tuesday 20<sup>th</sup> February 2024

## Of Lent



Resilience



Honesty

### Sign of the Cross and Gather

During February, we continue to focus on the Our Father prayer. As we journey towards the Jubilee Year, we place our trust in God Our Father. In today's Gospel, Jesus teaches His disciples how to pray. He tells them that they don't need to use lots of fancy words; God knows exactly what they need even before they ask! As we pray the Our Father today, we ask that we might become better brothers and sisters to each other and that we might build up the Family of God as a family of peace, respect, forgiveness and love.



### THE OUR FATHER

We pray with our global family of faith in the words that Jesus taught us: <https://www.youtube.com/watch?v=22fjCIDPRio&t=3s>

### LIVING THE WORD OF GOD

Live the words of the Our Father throughout Lent.



## Wednesday 21<sup>st</sup> February 2024

Of Lent



Resilience



Honesty

### Sign of the Cross and Gather

Jesus teaches that to be truly great, we must become a servant to others. As we listen to the words of Jesus today, we think about how we serve others.

And he sat down and called the twelve. And he said to them,

**IF ANYONE WOULD BE FIRST,**

he must be last of all and servant of all.

### The Word

From the Gospel of Matthew

'Jesus said: 'Anyone who wants to be great must be your servant and anyone who wants to be first among you must be your servant.'

The Gospel of the Lord  
*Praise to You, Lord Jesus Christ*

### We Go Forth

Create a prayer today with **Resilience and Honesty** as the focus.

### Living the Word of God

Live the words of this Gospel today.



"Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God!"

# Thoughtful Thursday 8<sup>th</sup> February 2024

## The Chair of St Peter



Resilience



Honesty



**WE GATHER TO PRAY:**  
*We light our candle and perhaps play some reflective music...*  
**We have begun the Season of Lent. How are we going to PRAY FAST & GIVE during this time?**

Week Commencing: Monday 19TH FEBRUARY 2024

**THEME FOR THE WEEK:**  
*'The Desert.'*

LINKED CST PRINCIPLE  
LINKED BHCT VIRTUE

1ST WEEK OF LENT YEAR B.  
Mark 1:12-15  
'Jesus was tempted by Satan, and the angels looked after him.'

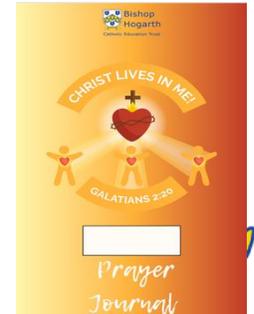
WORLD RELIGIONS AND CULTURAL EVENTS:  
20TH WORLD DAY OF SOCIAL JUSTICE

FEAST DAYS AND MEMORIALS THIS WEEK:  
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Commemoration of St. Polycarp 25th  
Stations of the Cross and Lenten devotions to start this week  
Lenten Almsgiving  
Stations of the cross

During Lent we Pray, Fast and Give.  
As a community we reflect on what we will pray for, what we will fast from and how we will give of ourselves and our resources...

This week we are thankful for:

This week we are praying for:



Friday 22<sup>nd</sup> February 2024

Of Lent



Resilience



Honesty

## The Examen

### 1. GIVETHANKS

Spend a few moments bringing before the Lord all the times of happiness, grace and hope that you have experienced this week...

### 2. ASK GOD FOR HELP

Where has God been working in and through me in this past week? How have I lived Jesus' Law of Love? Ask God to open your heart and mind to His love.

### 3. REFLECT

What things have gone wrong this week? What have I learnt from these experiences?

### 4. SAY SORRY

I see what I can do to love God better, grateful for what Jesus Christ is doing in me. I say sorry for failing to live and love as He would want me to. I watch where the Spirit is leading me.

### 5. DECIDE

*You have given all to me.  
To you, Lord, I return it.*

*Everything is yours; do with it what you will.  
Give me only your love and your grace,  
that is enough for me.  
Amen*

## Sign of the Cross and Gather

We have come to the end of the week. We pause and reflect on the moments of grace we have received. We bring before the Lord the 'desert' moments we have experienced this week... Where have we found it hard to be a person of light, compassion and truth?

***We light our candle and examine our heart...***

## EXAMEN

1. *GIVE THANKS.*
2. *Ask for help.*
3. *Reflect.*
4. *Say Sorry.*
5. *DECIDE.*