



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 MARCH 2024



### For the new martyrs

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.





# Week Commencing: Monday 4<sup>th</sup> March 2024

## The 3<sup>rd</sup> Week of Lent Year B



Respect



Honesty



Justice

Week Commencing: Monday 4<sup>th</sup> March 2024



**THEME FOR THE WEEK:**  
*'Respect and Reverence.'*

**LINKED CST PRINCIPLE**  
**LINKED BHCET VIRTUE**



**3rd Week of Lent Year B.**  
**The Cleansing of the Temple:**  
**'Stop turning my Father's house into a market!'**  
**John 2:13-25**



**WORLD RELIGIONS AND CULTURAL EVENTS:**  
8<sup>TH</sup> MARCH INTERNATIONAL WOMENS DAY



**FEAST DAYS AND MEMORIALS THIS WEEK:**  
Sts Perpetua and Felicity 7th, St John of God 8th, St Frances of Rome 8th  
Lenten Almsgiving  
Stations of the cross  
The Sacrament of Reconciliation and/or Penitential Services to be celebrated within Lent

# 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

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

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





# Monday 4<sup>th</sup> March 2024

## Of Lent



Respect



Honesty



Justice



### Sign of the Cross and Gather

We are now in the 3<sup>rd</sup> Week of Advent. The Gospel yesterday at Mass focuses on Jesus 'cleansing' the Temple' standing up for what is holy and just. He says:

"Stop making my Father's house a market!" (John 2:16) It is hard to stand up for what is right, yet, as Christians that is what we are called to do daily.

### WE GO FORTH

We pause in silence, and think about the things in the world that we think are wrong and unfair...

We ask Jesus to give us the courage to be HONEST and to stand up against injustice.

### LIVING THE WORD OF GOD

Create a Mission based on the Gospel Passage

### THE WORD

A reading from the Holy Gospel according to John  
**Glory to You, O Lord**

"...Jesus found people selling cattle, sheep, and doves in the temple courts... He made a whip out of cords, and drove all from the temple courts... He said, 'Get these out of here! Stop turning my Father's house into a market!' The Gospel of the Lord  
**Praise to You, Lord Jesus Christ**

- This [video reflection](#) may be useful for primary schools.





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# Tuesday 5<sup>th</sup> March 2024

## Of Lent



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## DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



### SIGN OF THE CROSS AND GATHER

As we begin a new day, we rest in God's presence. We might light our candle to remind us that Christ is the Light that cannot go out! We play some reflective [Lenten music](#).

As a class, we now reflect on the Lenten resolutions that Pope Francis gives us...

How can we live these recommendations in our lives today?

### WE GO FORTH

Lord of Love,  
May people know that we are Christians, not by our words, but by our actions...

May this Lent be a time of renewal in our own lives- may Jesus be our model and guide.

Amen

### LIVING THE WORD OF GOD

Try to live our Pope Francis' Lenten recommendations!



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## Wednesday 6<sup>th</sup> March 2024 Of Lent



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### Sign of the Cross and Gather

A key theme of the Season of Lent is Forgiveness. How hard is it to forgive people? The world we live in can be so challenging but Jesus reminds us today that forgiveness is very important, especially in this time of Lent. It is a time to be forgiven, forgive others and also to forgive ourselves.

### THE WORD

A reading from the Holy Gospel according to Matthew  
**Glory to You, O Lord**

Peter came to Jesus and asked, "Lord, if my brother keeps on sinning against me, how many times do I have to forgive him? Seven times?"  
"No, not seven times," answered Jesus, "but seventy times seven."

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

- This [video reflection](#) may be useful for primary schools.

### WE GO FORTH

Lord, you know that we love you and we know what you ask us to do, but for those times when we have been too busy, hard hearted, lukewarm, we are sorry. We ask for your forgiving love.

Amen.



### LIVING THE WORD OF GOD

After reflecting on the Gospel, discuss as a class what forgiveness is and how might you be able to try and practice it better over these next few weeks of Lent.

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# Thoughtful Thursday 7<sup>th</sup> March 2024 Of Lent



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This week we mark International Women's Day  
We give thanks for the women who have helped shape our society and have made a real difference to our lives.

*International  
WOMENS  
Day*

This week we are thankful for:

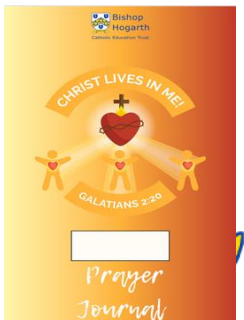


This week we are praying for:



**WE GATHER TO PRAY:**  
We light our candle and perhaps play some reflective music...  
Tomorrow is International Women's Day.  
We give thanks for all of the women who have influenced us and helped shaped our lives. We pray for all women facing oppression and discrimination throughout the world

*Nothing can dim the light that shines from within.*  
~ Maya Angelou



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# Friday 8<sup>th</sup> March 2024

## International Women's Day



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### Sign of the Cross and Gather

On International Women's Day, we come together to celebrate and advocate for women's rights and gender equality. We reflect on the progress made and commit to the ongoing journey towards equity.



### LIVING THE WORD OF GOD

Inspired by Maya Angelou, let us embody strength and advocate for equality in our actions and relationships.

### THE REFLECTION

Today, we reflect on the strength and wisdom of women like Maya Angelou, whose life and work inspire courage and change.

"Each time a woman stands up for herself, she stands up for all women."

Maya Angelou, a celebrated author and civil rights activist whose resilience and advocacy inspire women globally.

### WE GO FORTH

We give thanks for those who have nurtured us, taught us, and paved the way for a world of greater equality and understanding. We are grateful for their strength, wisdom, and compassion.

We remember the words of Mother Teresa, "Not all of us can do great things. But we can do small things with great love." With this in our hearts, may we too strive to act with great love in all our endeavours, acknowledging the impact of the many women who have influenced the world in both grand and quiet ways.

Bless the women who teach, lead, and guide us. May their light continue to inspire and their courage be a beacon as we forge paths of justice and peace.

Help us to support and uplift each other, today and every day.

In unity and gratitude, we pray. Amen