



Wednesday 5th March 2025

Dear Parents and Carers,

Today is Ash Wednesday, the first day of Lent. This is the day when Catholics throughout the world come together to celebrate Mass and receive ashes on their foreheads to mark the beginning of the Lenten Season.

The season of Lent reminds us of Jesus' 40 days of fasting and prayer in the wilderness, where he grew stronger through resisting various temptations. In this Sunday's Gospel, the tempter makes three suggestions in an effort to divert Jesus from his true mission.

Jesus rejects the temptations, one after another – each time with a word from Scripture, which is the Word of God.

It is part of the human condition to face temptations in life. But the more familiar we become with the Word of God, the more we too can be strengthened to resist temptations and be filled with new life. Enjoy your week and help spread God's love, through **LENT**.

Dom Henry Wansbrough



A Word from Pope Francis

"Lent is a 'powerful' season, a turning point that can foster change in each of us. Let us deny ourselves something every day to help others."

THE GOSPEL IN CHURCH Sunday 9th March 2025



Following his baptism, Jesus went out into the desert for forty days. He was all alone and he ate nothing because he was fasting. Knowing that Jesus would be hungry, the Tempter told him to turn a stone into bread. But Jesus refused and said, "Scripture says, 'No one lives on bread alone.'" Then the Tempter showed him all the kingdoms of the world, promising Jesus all their power and glory if Jesus would worship him rather than God. But Jesus said, "It is written, 'You must worship the Lord your God, and serve Him only!'" Finally, the Tempter took Jesus to the top of the temple and told him to prove he was the Son of God by jumping off, and have God's angels come to save him. But Jesus said, "You must not put the Lord your God to the test." After Jesus had resisted three times, the Tempter left him.

Adapted from Luke 4:1-13
The 1st Sunday of Lent, Year C

Getting to know Jesus makes life joyful.
Learn more about this Sunday's Gospel in your local Parish Church: all are very warmly invited.

2025: The Jubilee Year of Hope!

Having Hope
in our Families

In this Sunday's Gospel Jesus relied on God's word to resist temptation. Lent is a time for us to make an extra effort to listen carefully to God's word, to turn away from things which are wrong for ourselves or others, to grow in love, and to prepare for the celebration of Jesus' resurrection at Easter.



Good News for Families

10 MINUTES TOGETHER TIME

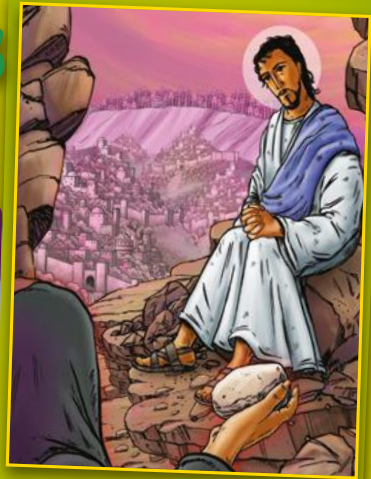


1 READ & REFLECT! Listen & Learn with Jesus, the Word!

Following his baptism, Jesus went out into the desert for forty days. He was all alone and he ate nothing because he was fasting. Knowing that Jesus would be hungry, the Tempter told him to turn a stone into bread. But Jesus refused and said, "Scripture says, 'No one lives on bread alone.'" Jesus resisted two more temptations and then the Tempter left him.

How many days did Jesus spend in the desert?

Which word or words stood out for you in this Sunday's Gospel, and why? Spend a few relaxing moments pondering the picture together. Share any thoughts before moving on.



Sunday Gospel Gallery

Look at this Sunday's Gospel picture. What can you see? How do you feel? What does it make you think about?

2 SHARE & CARE! Growing in Goodness & Love: This Wednesday's Word...

"Lent is a time for drawing near to Christ by listening to the word of God and celebrating the sacraments." *Pope Francis*

LENT



Lent is a time when God calls us to make a special effort - perhaps to give something up or to do something loving and good. Ask your child what the word 'Lent' means to them. What has your child been learning at school about Lent and about Lenten promises? You may want to tell your child something that you know about Lent. Each of you say if there is anything you would like to start or stop doing this Lent - something which will help you to grow in love for God and each other - and then make a Lenten promise.



Lent is a great opportunity to be strengthened. In the same way that bread feeds our body, we also need prayer and God's word to feed and strengthen our mind. How can we strengthen ourselves to keep our Lenten promises? *Perhaps we can: set aside a few minutes each day to pray; read God's word in the Bible; read The Wednesday Word every week; go to Church together. As a family, can you think of any other ways?*

3 Dear Lord Jesus, please help me and my family to grow in love and strength during **Lent** through keeping our **Lenten** promises. Amen.

FINDING THREE

F	Y	S	E	J	R	O	W	A	Y	S
K	G	P	J	T	J	F	O	R	T	Y
J	P	O	L	A	E	F	R	T	T	D
D	E	K	O	P	S	M	D	R	E	Y
A	K	E	M	U	U	T	T	R	M	S
D	A	Y	S	F	S	F	A	K	P	Y
T	R	E	T	P	M	E	T	P	T	A
G	J	F	A	P	P	E	A	R	E	D
F	O	Z	S	P	K	E	O	G	R	F
T	E	N	A	P	P	F	G	O	D	S
Y	S	D	O	G	E	D	W	R	O	D

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER **ACROSS** OR **DOWN**

- ☒ FORTY
- ☐ DAYS
- ☐ TEMPTER
- ☐ APPEARED
- ☐ JESUS
- ☐ SPOKE
- ☐ GOD'S
- ☐ WORD

SUPERSEARCHERS FIND THE WORDS **BACKWARDS** OR **DIAGONALLY**

Forty

Days

Tempter

Appeared

Jesus

Spoke

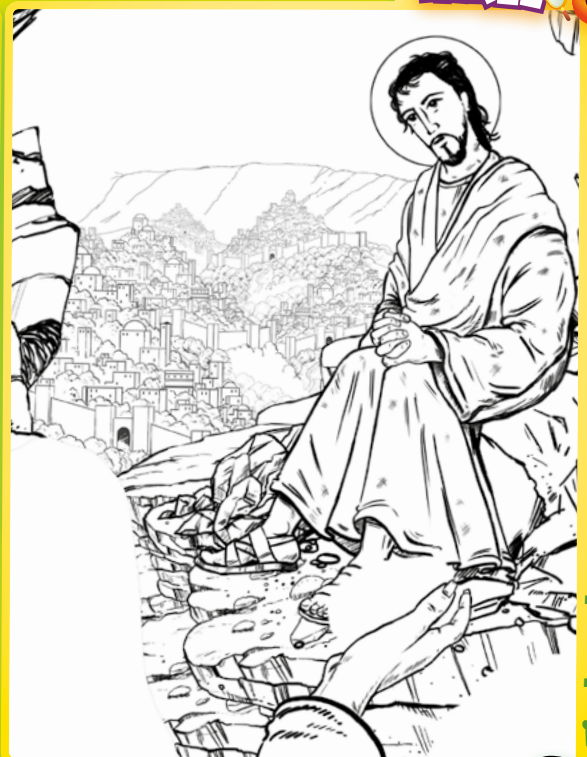
God's

Word

Cross out the letters **U C Z** in the jumbled words below to find 4 real words.

decsezrut fozructy Fozullowicng buapticsmx

"_____ his _____, Jesus went
out into the _____ for _____ days."



Find and draw 3 differences, then colour the picture



Each year, the Church invites everyone to examine their lives, to make Lenten promises and make a fresh start with God. Families can find out more about how to make the best of this Season of Lent at: catholicchurch.org.uk



This week I will try my best to...



Write a promise & draw a big smile on Smiley