

CAFOD
Catholic Agency for
Overseas Development

Friday is CAFOD FAST DAY. There will be a restricted menu in the dining rooms today, in solidarity with communities around the world who go hungry every day.

Friday is also non-uniform day. Please bring in £1.50 to wear non-uniform or £2 if you wish to wear makeup and jewellery. All funds will go to CAFOD. Remember that appropriate clothes must be worn.

LENT

Pray

Fast

Give



Lent: Fasting

WORD OF THE WEEK

LUKE 4: 1-13

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.



siLENT!

PRAYER FOR THE WEEK



I invite you to have 1 minute of silence. In this silence, be still. You don't have to think about anything, just be still and relax. Let God speak to you in this moment.

Pope FRANCIS on LENT 2017



- ✓ 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 TRUST IN GOD.
- ✓ Fast from COMPLAINTS and contemplate SIMPLICITY.
- ✓ Fast from PRESSURES and be PRAYERFUL.
- ✓ Fast from BITTERNESS and fill your heart with JOY.
- ✓ Fast from SELFISHNESS and be COMPASSIONATE to others.
- ✓ Fast from GRUDGES and be RECONCILED.
- ✓ Fast from WORDS and be SILENT so you can listen.



SOMETHING TO THINK ABOUT...



We are bombarded every day by adverts and TV programmes which promise to make you prettier, more successful, better at this or that... Often this media makes other people very rich because we buy their products or service, while we become more and more unhappy because they have't produced the results we want! This is a modern-day version of what happens to Jesus in this week's word of the week; the devil promises him everything that he could possibly want, yet Jesus could see what the devil was trying to do and stayed strong enough to say 'no'! This season of Lent is a chance for us to focus on what really matters. By fasting from (giving up) the noisy distractions of social media for a short time in Lent, we will hopefully be able to see our lives through clearer eyes, minds, and hearts, so that we can see where God is at work within us. As Christians we are called to live our lives in the way God wants us to, and not be distorted by what the world tries to trick us with. This is a very difficult, life-long challenge, but, just like with Jesus in the Gospel, God sends us help for the journey.

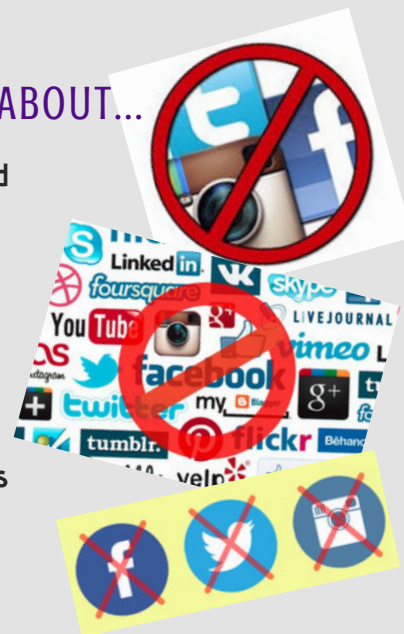


SOMETHING TO TALK ABOUT...

Roughly how much time do you spend on social media in an average day?

What percentage of positivity do you see online? What percentage of negativity?

What temptations do you come across online? How do you deal with them?



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SOMETHING TO DO...

Watch the video on the shared drive about CAFOD's Fast Day and why it is so important for us to fast in order to give this Friday. This Friday can you go without something so that you are able to give to CAFOD. Could you give up the sweets/chocolate/snacks you would buy and donate the money to CAFOD?