

Our Gospel Value this week is **Humility**

<https://www.youtube.com/watch?v=mYrdhefZCaU&t=6s>

Our Virtue this week is **Temperance**



**We gather together to love,
value and respect each other
within our Catholic family, to
nurture each individual's
talents and skills as Jesus
taught us.**

***Everyone matters and is loved
by God.***

Peace be with you
and with your Spirit

Jesus Christ light of the world
... **shine brightly in our lives**



Jesus Christ God's living
Word
... **speak to us your truth**



Jesus Christ God's love
revealed
... **dwell among us**



Our lit candle reminds us that
we are in God's presence as
we mark ourselves with the
sign of the cross

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

We Say Sorry

You call us to follow you
Lord, have mercy.

Lord, have mercy.

You ask us to love one another
Christ, have mercy.

Christ, have mercy.

You open your arms to all of us
Lord, have mercy.

Lord, have mercy.

In today's gospel we hear about an amazing thing that happened to Jesus, which showed the disciples just how important he was. A great change came over him.

Let's think about the changes we can make during Lent...

God of light, you sent
your Son Jesus to show us
how to live. Help us to
make a change in our
world, so that all people
may live free from
poverty and hunger.

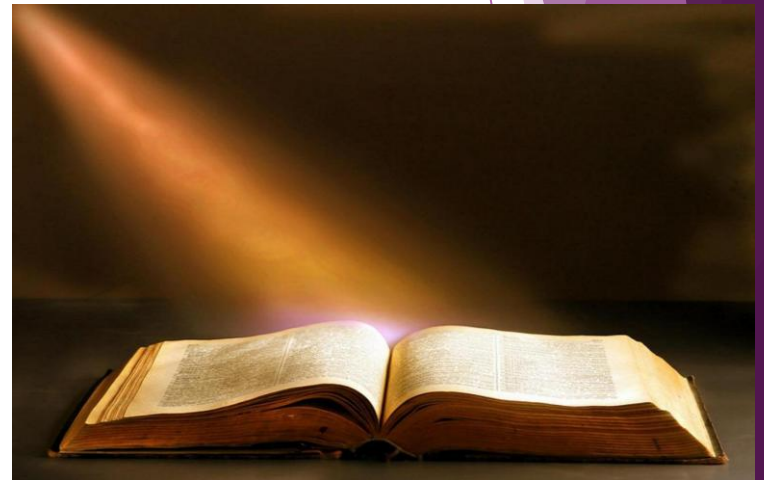
Amen.

We listen to the word

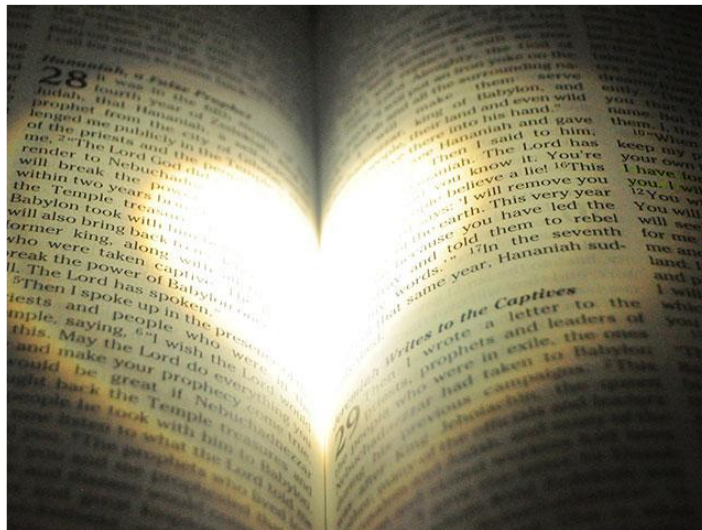
Gospel according to Luke 9:28-36

**May the words of Jesus be
On my mind
On my lips and
In my heart**

The Gospel of the Lord
Praise to you Lord Jesus Christ



We are still and silent as
we reflect on God's
word for us in the Gospel.



What do you remember
from the reading today?

Jesus goes up a hill with Peter, James and John to pray. While he is praying a great change comes over him. His face was changed and his clothes became sparkling white.



How do you think the
disciples felt when they
saw this?



Then a voice came from the clouds saying, “This is my Son, whom I have chosen – listen to him.”

Whose voice do you think this is?



How do you think the disciples felt after hearing God speak directly to them?



How would you feel if
you had been on the
mountain with Jesus
when all this happened?



Jesus is changed. And everything changes for the disciples too. After all they know now that Jesus really is the Son of God.

The disciples see Jesus in all his glory.



It can bring us joy when we see someone who is able to be the best they can be.

Someone who is not just surviving and meeting their basic needs, but someone who is thriving and is filled with hope for the future.

Through our prayers this
Lent we can hope for
wonderful changes.

We can ask God to help
us to act differently, to
make the world a fairer
place, and to treat
others as we would wish
to be treated.



Together we can try to
build a world that is
changed for the better,
a world which reflects
the glory of God.



In this gospel, God also asks us to listen to his Son, who calls us to love one another.

Do you think you could listen to God and Jesus a bit more this Lent?



How do you think we can best listen to Jesus and ask him for help?



The disciples thought perhaps they should stay on the mountain and worship Jesus, but Jesus took them back down.



In the same way, our faith is not something just for church, but it is something that we have to live out every day in all that we do.



What will you do to try and live more as God asks you to?

How will you listen and change your life and our world for the better?

In silence, pray for each other - that God will be with all of us.



As we try to draw closer to
God this Lent, we pray
together:

We pray for the world's
leaders: that God may guide
them to make wise decisions
for the good of all people in
the world.

Lord, in your mercy...
Hear our prayer

We pray for all people who
face droughts and who
struggle to get enough to eat.
Together, with God's help,
may we change our world so
that everyone may thrive and
be filled with hope.

Lord, in your mercy...
Hear our prayer

We pray for our school,
parish, families and friends:
that we may take the time
to listen to what God asks of
us and act to change our
lives and our world for the
better.

Lord, in your mercy...

Hear our prayer

We take a moment now to pray for our own intentions.

We ask our Lady to intercede on our behalf as we say together...



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 OUR DEATH.
AMEN.

God our Father, help us
to see your Son in all
people and to treat
them as we would wish
to be treated ourselves.
Help us to listen and to
live our lives as you ask
us to.

Amen

St Anthony
Pray for us

St Mark
Pray for us

St Francis
Pray for us

St Alban
Pray for us

How will
you follow
Jesus this
week?

What will you do this week, so that you can try to be closer to God ?

- ▶ try and live more as God asks you to
- ▶ listen and change your life and our world for the better

Jesus, I offer my day to you
Jesus, I offer my day to you
Jesus, I offer my day to you

Let us go in
peace

Thanks be to God

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<https://www.youtube.com/watch?v=coWRDjX02pU&t=82s>

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