

## First Sunday of Lent

Gospel Mk 1:12-15

The Spirit drove Jesus out into the desert,  
and he remained in the desert for forty days,  
tempted by Satan.

He was among wild beasts,  
and the angels ministered to him.

After John had been arrested,  
Jesus came to Galilee proclaiming the gospel of God:  
“This is the time of fulfillment.  
The kingdom of God is at hand.  
Repent, and believe in the gospel.”

Ash Wednesday is the Beginning of the Holy Season of Lent preparing us to celebrate the Easter Resurrection. Just as Jesus fasted for 40 days in the desert; we are called to fast and pray for 40 days during Lent.

During Lent we practice: Fasting, Penance and Alms Giving.

Fasting – We put forth effort to discipline ourselves to do something to honor God. By giving up Candy or limiting computer time we establish God as our top priority.

Penance – We Pray to turn our hearts back to God helps us move towards a more holy future. It is a way to sacrifice to focus of God

Almsgiving - We take some of the money we did not spend of ourselves to gift someone else OR we donate the use of our time and talents to help someone else. (Some people use the CRS Rice Bowl to collect Money all during Lent and then donate the total after Easter.)

## **A Lenten Poem— from Nun's Cross Church - Killiskey Parish**

### **The Fast Life**

Fast from judging others;  
Feast on Christ dwelling in them.  
Fast from fear of illness;  
Feast on the healing power of God.  
Fast from words that pollute  
Feast on speech that purifies.  
Fast from discontent;  
Feast on gratitude.  
Fast from anger;  
Feast on patience.  
Fast from pessimism;  
Feast on hope.  
Fast from negatives;  
Feast on encouragement.  
Fast from bitterness;  
Feast on forgiveness.  
Fast from self-concern;  
Feast on compassion.  
Fast from suspicion;  
Feast on truth.  
Fast from gossip;  
Feast on purposeful silence.  
Fast from problems that overwhelm;  
Feast on prayer that sustains.  
Fast from anxiety;  
Feast on faith.

## **A Covenant**

The Bible makes references to a number of covenants with God. The Covenant with Noah is between God and all living creatures. It is a solemn promise or agreement. It is a way of building on our relationship with God. The Rainbow has come down through the centuries as a sign of God's Love for his people.

### **First Reading** Gn 9:8-15

God said to Noah and to his sons with him:

“See, I am now establishing my covenant with you  
and your descendants after you  
and with every living creature that was with you:  
all the birds, and the various tame and wild animals  
that were with you and came out of the ark.

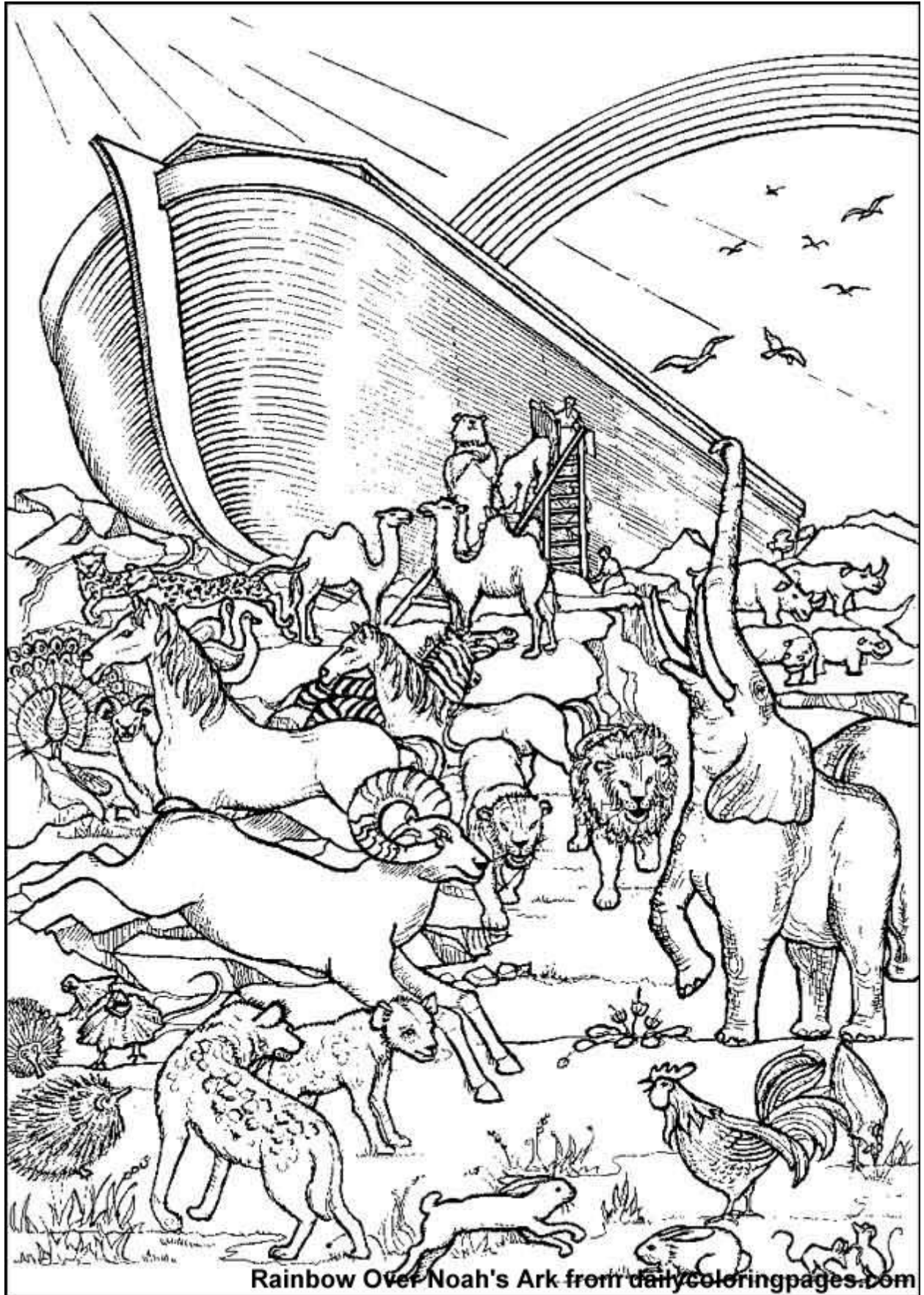
I will establish my covenant with you,  
that never again shall all bodily creatures be destroyed  
by the waters of a flood;  
there shall not be another flood to devastate the earth.”

God added:

“This is the sign that I am giving for all ages to come,  
of the covenant between me and you  
and every living creature with you:

I set my bow in the clouds to serve as a sign  
of the covenant between me and the earth.

When I bring clouds over the earth,  
and the bow appears in the clouds,  
I will recall the covenant I have made  
between me and you and all living beings,  
so that the waters shall never again become a flood  
to destroy all mortal beings.”



Rainbow Over Noah's Ark from [dailycoloringpages.com](http://dailycoloringpages.com)