



St. Joseph's Family Activities

Lent week 2: 28th February-6th March

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A warm welcome once more to this edition of the Family Activities sheets. If you have missed any they are all available on the parish website; <https://www.stjosephsmalvern.org/j/> and then click on the dropdown box for past editions.

St. Joseph is the head of the Holy Family and patron of the universal Church, the “family” of the Church. Although many of these activities are aimed at young families, the term “family” here is very loosely applied.

The family is the “domestic Church” and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 mins two or three times a week. These are graced moments. Light a candle and have a few moments' silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and can even if it is just a few minutes after a meal, it can be a fruitful time. Don't bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.

This week this activity sheet is being sent to a wider group of people. Please do pass it on and if anyone would like to be guaranteed that they receive a copy each week (free of charge), please email me using the email address at the top of the list. They can “unsubscribe” at any time.

Finally, as ever, please do send any photos or “letters” of what you have done from the activity sheets.

**Speaking/Learning the faith
(which the Church calls
“professing the faith”)**

**Celebrating it in the liturgy
and the sacraments**

***There are Four
Dimensions of the
Faith making sure
that Jesus Christ is
the centre of
everything we do***

Christian prayer.

**Living it (in Christ) – i.e. the
choices we make in
everyday life**



Gospel for Sunday 28th February

Mark 9:2-10

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus: 'Rabbi,' he said, 'it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down from the mountain, he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

The Gospel of the Lord
Praise to you Lord Jesus Christ

Family discussion on the Gospel (on the next page is a picture to colour)

- Light a candle
- Make the Sign of the Cross
- Someone read the passage slowly

Q: Where did Jesus take Peter, James and John? (A: Up a high mountain)

Q: Why do you think He went there? (A: To pray, to spend time with His heavenly Father)

Q: What happened when He was there? (A: He was transfigured.... And may be the rest of the story could be recounted)

Q: What does “transfigured” mean? (A: Jesus was suddenly visible in all His heavenly glory)

Q: Who appeared with Jesus? (A: Moses and Elijah)

If needed you can explain that both Moses and Elijah also had mountain-top experiences of the presence of God, (Moses when he received the Ten Commandments [Exodus 19:16-24]) and Elijah on Mount Horeb [I Kings 9:9-18]) and also Moses represents the Law and Elijah the Prophets.

Q: What did the Father say? (A: “This is my Son, the beloved, Listen to Him”).

Q: Who was the Father speaking to? (A: The Apostles and through them, to us.)

Q: How can we listen to Jesus? (A: Listen to Him in the Gospel, in our prayers.....)

Q: At the end, Jesus tells the Apostles not to say anything until after He had risen from the dead. The Apostles didn't know what Jesus meant, but we do, what did Jesus mean? (A: That He would rise from the dead after His crucifixion)

This is
my Son,
the
Beloved



Listen to
Him

The Apostles Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father
almighty;
from there he will come to judge the living and the
dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

This week in our occasional look at prayers, we will get to know the Apostles creed more closely. The Apostles Creed rose out of the baptismal promises made by new Christians in Rome in the very early Church. They had to publicly claim faith in God who is Father, Son, and Holy Spirit.

Q: How is God the Father described? (A: *Creator....*)

Q: Who is Jesus described as? (A: *Son of the Father, our Lord [Lord is a title for God]*)

Q: What was Jesus' suffering? (A: *His crucifixion is mentioned but you could discuss the fact that He was mocked, beaten, whipped, wore a crown of thorns, etc*)

Q: Which lines recount what we commemorate in Holy Week and Easter? (A: *Suffered....rose from the dead*)

Q: From where will Jesus come to judge us? (A: *the right hand of the Father in Heaven.*)

Q: In the Bible there are lots of symbols of the Holy Spirit, e.g. cloud, water, fire, dove. Which symbol of the Holy Spirit was used in the Gospel account of the Transfiguration? (A: *The Cloud that covered Jesus before the voice of the Father was heard.*)

Q: Who forgives our sins? (A: *The Father does through Jesus by the power of the Holy Spirit. In confession, when the priest says "I absolve you" He is speaking for Jesus, so the work of forgiving is Jesus' work, not the priest's*)

Pray the Apostles Creed slowly together and may be work on learning a few lines together each day.

Although at Mass we normally say the Nicene Creed, it's a good idea to learn the Apostles creed by heart.

Fasting = Giving up something for Lent

Why do we fast? Why do we do without something that we like? We do it because it helps us to be self-disciplined and to say to Jesus, "I love you more than this biscuit/cake/chocolate/video game.... If 6 weeks is too long to "give up" something, may be choose something different each week? E.g. one week, give up snacks between meals and the next limit playing video games to just one hour a day, and the next week you can choose something else. The point is that whatever you do, you do it for Jesus because He gave up everything for you and me. Jesus gave up His life so that we can go to heaven and see Jesus in glory as the Apostles did in the Gospel reading.

If your Lenten resolutions have faltered a bit or have not got going, maybe have a family chat about how you can get going with Lent this week. Don't think about the whole 6 weeks, just think about one week at a time.

Here are some Lent questions. The answers are all in the word bank here

1. Where did Jesus go to pray after His Baptism?
2. Who tempted Jesus when He was in this place?
3. Who looked after Jesus when He was in this place?
4. What was Jesus tempted to turn a stone into?
5. What actions of ours offend God?
6. On what day of the week did Jesus die?
7. As well as giving up something and helping people, what else as we asked to do more of in Lent?
8. How many Days are there in Lent?
9. On what day do we celebrate that Jesus rose from the dead?
10. What is the Sunday before Easter called?
11. What is the word for giving up something that we like?
12. What is the Prayer that Jesus taught us?

Word Bank

Our Father, Desert, Satan, Bread, Angels, Praying, Forty, Friday, Sins, Palm Sunday, Easter Sunday, Fasting,

Stations of the Cross

Reflecting on the stations of the Cross can help us to enter more deeply into what Lent is all about. It does not have to be morbid or gloomy, and children can express their real sense of injustice in their simple words and drawings.

St. Joseph's parish is inviting anyone from anywhere (in the world) to write a reflection or prayer and/or to submit an artwork or small model, on one or more of the stations of the Cross. The submissions will be used for a "stations of the cross" which will be live-streamed at 7.00pm on Friday 26th March. Please send your reflections/prayers or scans of drawings to

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|---|---|
| (1) Jesus is condemned to death, | (9) Jesus falls the third time |
| (2) Jesus carries his cross | (10) Jesus is stripped of his garments |
| (3) Jesus falls the first time | (11) Jesus is nailed to the cross |
| (4) Jesus meets his mother | (12) Jesus dies on the cross |
| (5) Simon of Cyrene helps to carry Jesus' cross | (13) Jesus is taken down from the cross |
| (6) Veronica wipes Jesus' face | (14) Jesus is placed in the tomb |
| (7) Jesus falls the second time | (15) Jesus rises on Easter Sunday morning |
| (8) The women of Jerusalem weep over Jesus, | |



Jesus is placed in the tomb - one of the first submissions so far.

1st March: St David (520 - 589), Patron Saint of Wales

St. David was an abbot and bishop at Mynyw, now known as "St. David's". (The name of the present Catholic diocese of Menevia is based on the original Welsh place name.) St. David created a monastic rule and the monks who were formed by him then evangelised South Wales and travelled to Cornwall, Brittany and Ireland. At St David's death, St Kentigern, who founded St Asaph's in North Wales, saw in a vision St. David being joyfully welcomed into the presence of his Lord in Heaven. St. David's holy relics have been found hidden in St David's Cathedral, where they are carefully preserved. He was canonized in 1123 by Pope Callistus II. (Information from www.universalis.com) St. David's Last words to his monks are traditionally accepted to be:

**“Be joyful and
keep the faith. Do
those little things
you have seen and
heard from me.”**

The Daffodil is the National flower of Wales: How about making a nice greetings card out of egg boxes, for someone whom you have not seen for a long time.

1. Fold an A4 Piece of card in half.
2. Cut the cups from the egg carton and paint both the inside and outside yellow. Let dry.
3. Cut out and paint the back petals from lid of the box, (or just draw and colour them onto your folded card). When dry glue onto your folded card.
4. Paint the inside bottom of the egg carton cup orange and let dry.
5. When the orange paint is dry draw in black seeds with the black marker pen.
6. Glue the egg carton cup onto the back petals.
7. Stick green paper or draw/paint the stalks and the leaves onto your card.
8. When it is all dry, write your greetings on the inside and give or send it to someone you love.



(adapted from <https://www.freekidscrafts.com/egg-carton-daffodils/>)