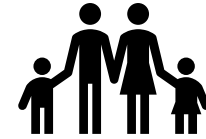




St. Joseph's Parish



Family Activity Sheet



Week 6 of Ordinary Time: 14th – 21st Feb 2021

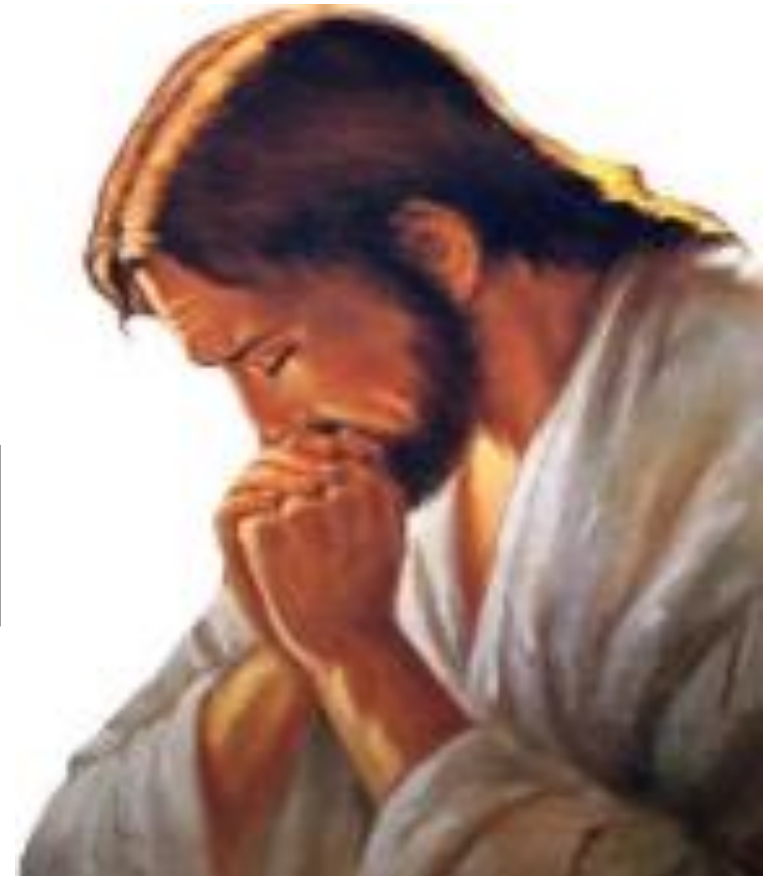


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The week begins last few days of ordinary time until the end of May. Wednesday sees the start of Lent, a season of the Church's year that invites us to grow in our faith in three particular ways:

- Fasting
- Prayer
- Almsgiving

This picture of Jesus praying reminds us that above all, we are invited to spend time in prayer this Lent. May be we can resolve to spend time with Jesus in prayer; Lent begins with Him in the desert praying and ends with Him in the garden of Gethsemane praying.



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

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

Christian prayer.

Second reading



1 Corinthians 10:31-11:1

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

Family reflection on the Second Reading:

- Light a candle
- Make the Sign of the Cross together
- Someone read the Reading



This week let's look at this short reading from St Paul's letter to the Corinthians, which is good preparation for Lent.

Q: There are 5 instructions in this short passage, what are they? (A: 1. Whatever you do, do it for the glory of God; 2. Do not do anything that is offensive to anyone else; 3. Try to help; 4. Be anxious for other people; 5. Take St Paul as our model)

Let's look at these one at a time and see what we can learn about Christian living.

Q: St Paul tells us that whatever we do, we need to do it for the glory of God. How can we do this when we eat? (A: May be thanking God for our food before and after meals. If you don't routinely say grace, may be someone could write one for the family to use.)

Q: What other things can we do for the glory of God? (A: Doing best at school-work as if we were doing it for Jesus, helping other people as if we were helping Jesus.)

Q: What sort of things do we do that are offensive to other people? (A: Various – e.g. being unkind, laughing at them when they make a mistake...)

Q: What does St Paul mean when he tells us to be anxious for other people? (A: Be concerned about them, check that they are ok.)

Q. How can we show our concern for people outside the immediate family? (A: Maybe get in touch with a letter (people love to receive letters) or a phone call to someone whom you have not seen for a long time. May be send some pictures (drawn or photos) to a distant member of the family.

Q: How can we be more helpful? (A: as well as the obvious helping in the home, how about thinking about how we can help people outside the home this Lent.)

St Paul says to imitate him – we can choose any of the saints to imitate, so why not find out about the saints of the family and decide to copy something in their lives.

Thinking about Lent

Lent comes from the old English word for “spring”. This time of year when the days get longer and (hopefully) warmer is a very special time. As the world around us wakes us from it's winter sleep, so too our lives of faith can wake up. Lent is about preparing us for Easter, when we celebrate that Jesus has risen from the dead. Every year we all renew our baptismal promises, which is to formally reject the devil and his empty promises, and restate our belief in God who is Father, Son and the Holy Spirit.

Lent is a time to work out what our priorities are. As the increased light in our houses shows up the dust and dirt that may have been hidden in the dark winter months and we do some spring cleaning, Lent is a kind of spring cleaning of our souls. Just as in spring cleaning, we tackle one room at a time, so with the Lenten activities, we can work on correcting our bad habits bit by bit. On Ash Wednesday, in the Gospel we hear Jesus teaching about how we can go about doing good deeds, fasting and praying. Basicallly He is telling us not to boast about them!

Fasting

Fasting helps us to be self-disciplined and so we begin to train our souls to recognise the most important things in life. Most of the things we decide to “give up” for Lent are things that we can live without, they are luxuries. We have got used to a lot of things around us, but if we only look at pictures of children in Fr Naz’s country of Milawi, we can see that they don’t have all the things that we think are really important.

Traditionally people think about “giving up” something, like chocolate, cakes, sweets, sugar etc, but we can fast from other things too, e.g. our devices, the TV, games etc. Maybe think in terms of the 6 weeks and choose one different thing each week. Or decide that family meal times will be device free.... Or walk instead of driving to somewhere....

Prayer

There are lots of different ways to pray and each week there will be different suggestions. The important thing to remember, is that prayer is a conversation between you and God. It's often easier to imagine that you are looking at Jesus who is God the Son. When you “look” at Jesus either in a picture or in your imagination, you are looking at God in His human nature.

This week – maybe use the picture of Jesus at prayer on the front cover and say the “Our Father” slowly and thoughtfully together. When we pray the “Our Father” we are praying to the Father – Jesus’ Father and our Father together with Him. Jesus joins us in that prayer!

Have another look at the reflection on the Our Father from the activity sheet on week 2 of ordinary time to help you.

Almsgiving

Traditionally, we give to charities what we save from fasting. If you have chosen not to eat sweets or biscuits one week, you can put what you would normally spend on them in a special box and then at the end of Lent, send it off to a charity of your choice.

Another way to give alms is to give time – is there a neighbour you can (Covid -safely) help? Maybe an elderly person would appreciate some help in their garden, or their shopping done?

The Stations of the Cross

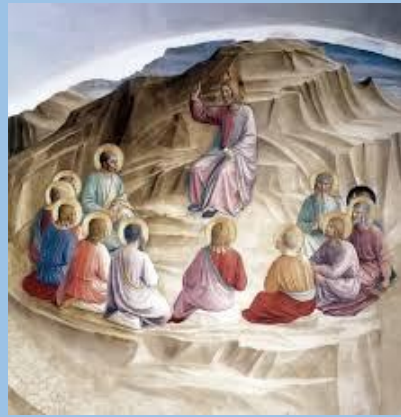


A really beautiful thing to do in Lent is to reflect on the Stations of the Cross – Jesus’ journey from Jerusalem to Gethsemane. At St. Joseph’s we would like to create a display in the Church of your work. They can be either words and/or Pictures or models. Please do as a family come up with something to add to the parish collection. We are hoping to use your reflections, poems, prayers, pictures, or models in a live-streamed Stations of the Cross at the end of Lent. You can contribute as many different items as you wish. So far we have received offer of a model for Jesus being placed in the tomb, and pictures for Jesus meets St. Veronica and Jesus is condemned to death. This is the full list:

Choose from:

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

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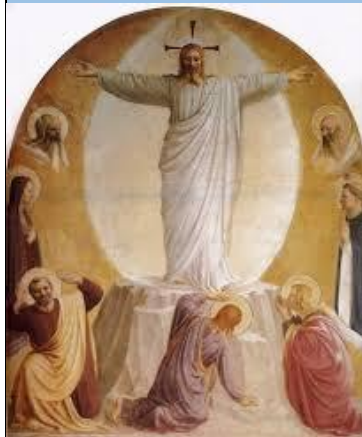


18th February: Blessed John of Fierose/Better known as Fra Angelico

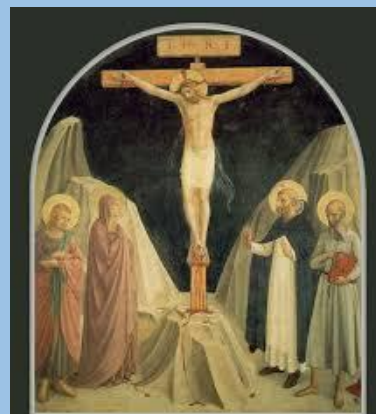
This amazing painter was a Dominican friar from Florence in Italy. Dominicans are officially known as the “Order of Preachers” which means



that their job is to tell people about Jesus Christ. Blessed Fra Angelico did not use words, but he used paintings to speak about Jesus. Notice that in a lot of them we can see some monks (Dominicans) in black cloaks in the picture. They are there to remind us that the pictures are not decorations but are to reflect and pray about. When we look at art, we are not worshipping the image, but the picture helps us to talk to Jesus/Our Lady etc. A bit like we might talk to a photo of someone who has died. Here are some of his most famous pictures. How about cutting these out and putting them in chronological order? Please send us a photo of your version to share.



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Prayer to St. Joseph

There is an official prayer to St. Joseph for this year, but it is quite wordy for families. You can look it up here <https://yearofstjoseph.org/devotions/prayers/>

Instead, it would be lovely to see some of your own prayers. As ever, please email any prayers you write as a family if you would like to share them with the parish. stjoe.fam.activities@gmail.com



Remember, when we pray to the saints, they then turn to Jesus as they are with Him in heaven and ask Jesus to help us.

Signs of Spring

As we begin the month of February, we see signs of God's creation waking up around us. (I am writing this with snow still on the ground) but even through the snow, we see snowdrops opening up and the daffodil plants beginning to grow. I've seen my first lambs this year! It would be lovely to share your images of spring. Please email pictures to stjoe.fam.activities@gmail.com

