



St Patrick's Value Focus

This week, we reflect of things we can fast from to help us spend more time with God in Lent. Take this time to also reflect on things we can feast on like helping others as we grow in compassion.

Fasting



Fasting is a way of showing self-discipline and of focusing on our relationship with God. Fasting can also be a way of expressing solidarity with those who are less fortunate. Fasting is an important part of Lent, as it allows us to follow the example of Jesus in the desert, and to grow in our compassion for others.

What can you go without this Lent? Think of something that you can give up to leave more time and space for what's important.

MON 26/2	2 nd week of Lent
TUES 27/2	Commemoration of the Saints Margret Clitherow, Anne Line and Margret Ward
WEDS 28/2	2 nd week of Lent
THUR 29/2	2 nd week of Lent
FRI 1/3	Saint David (Bishop)



READ Mark 9: 2-10

Jesus took with him Peter and James and John and led them up a high mountain on their own by themselves. There in their presence he was transfigured: his clothes became brilliantly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking to Jesus. Then Peter spoke to Jesus, 'Rabbi,' he said, 'it is wonderful for us to be here; so let us make three shelters, 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 from the cloud there came a voice, 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them anymore but only Jesus. As they were coming 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.



THINK In this week's Gospel we hear how Jesus changed in front of Peter, James and John. He became a dazzling white and the voice of God explained how important Jesus was. This gave the 3 men the strength to follow Jesus as they saw how special he was. How will you show Jesus is special to you this week?



PUT YOUR FAITH INTO ACTION!

Use the Blessed Carlo Acutis prayer station this week to share how you will spend more time with God.
Chosen by Year 5 Faith Ambassadors



**MISSION
DISCIPLESHIP**