



*"It is written: One does not live on bread alone,
but on every word that comes forth
from the mouth of God."*



Today, we celebrate the **First Sunday of Lent**. We read from **Matthew 4:1-11**.

In this week's Gospel, the Holy Spirit led Jesus into the desert. Jesus fasted for forty days and nights, preparing himself for his ministry. At the end of that time, he was tempted by the devil. Jesus remained strong in facing these temptations, relying on sacred scripture and on God, his Father. The devil left Jesus, and angels came and

ministered to him. During this Lenten season, when we face struggles and temptations, let's remember to turn to Jesus for support and strength.

For More Fun:

- ✓ During the season of Lent, we "abstain" from eating meat on Fridays. Help your mom think of something cool to cook for family dinner on Friday, and assist her with cooking and cleaning up after dinner.
- ✓ Do you know someone who is ill or homebound? Visit, draw a picture, make a card or say a prayer for that person this week.
- ✓ This week, we celebrate St. Catherine of Bologna (3/09). Learn more about the lives of the saints at Saints.SQPN.com.
- ✓ Have you checked out our **CatholicMom.com Books Series**? Learn more at <http://catholicmom.com/book/>
- ✓ We love to hear from you! Email me at lisa@catholicmom.com to let me know where you live and where you go to Church!



**Be merciful, O Lord,
for we have sinned.**