

# St Bede's Catholic School

Weekly Theme

Lent - Fasting

27<sup>th</sup> February - 3<sup>rd</sup> March 2023



The liturgical  
colour is Purple

We are in Lent.

**"I was hungry and you gave me food." Matthew 25:35**

During the six weeks of Lent, Catholics prepare for Holy Week and Easter by "prayer, fasting and almsgiving".

In other words, Lent is an opportunity to get to know God better by listening to God in prayer, removing some of the distractions that stop us from listening, and by helping other people. This week we think about fasting. Let us remember that we can choose to 'Fast' but lots of people of the world have no choice and they do not have enough or any food to eat.



*Reflection Point:*

*After listening to the Scripture, think about those who do not have enough to eat and give thanks for everything that you have.*

*Before your meals today, say this short prayer.*

*Lord, thank you for the gift of food. Help me to treasure it. Amen*

<https://www.youtube.com/watch?v=7Llq4il9GV8>

This morning instead of our usual prayer, fill in this Lenten pledge.

Who will you **pray** for?  
How can you **make a difference**?  
Which **charity** will you support?

Example

You could **pray** for the **homeless**.

You could be **kind** to those who you don't get along with.

You could **donate** small change to **Lenten Alms**.

The image shows two shoe print templates, one on the left and one on the right, designed for a Lenten pledge activity. Each print is an oval shape with a dashed border. The left print has the text 'THE BIG LENT WALK' at the bottom, with 'THE' in small blue letters, 'BIG' in large blue letters, 'LENT' in large green letters, and 'WALK' in large blue letters. At the top of the left print, it says 'This Lent I pledge to pray, act and give to make a difference. I will:' followed by ten horizontal lines for writing. The right print has the text 'THE BIG LENT WALK' at the top, with 'THE' in small blue letters, 'BIG' in large blue letters, 'LENT' in large green letters, and 'WALK' in large blue letters. At the bottom of the right print, it says 'This Lent I pledge to pray, act and give to make a difference. I will:' followed by ten horizontal lines for writing.

# Lent 2023: Family Fast Day

This Lent, join in Family Fast Day on Friday 3 March 2023. Your generosity and prayers will provide more families around the world with the tools they've asked for to fight the climate crisis.

Share our short talk in Mass



<https://cafod.org.uk/give/donate-to-cafod/lent-appeal>

**CAFOD**

Catholic Agency for  
Overseas Development