

Kids Column

What Happens in Lent?

In today's Gospel story, Jesus goes out into the desert to fast and pray for forty days. In the forty days of Lent, the Church asks us to fast, give alms, and pray.



In Lent we don't eat meat on Fridays. Many people give up things like candy or dessert for all of Lent. When we give up food that we like, it reminds us that food isn't the only thing we need- we need God too!



Giving alms means giving money or things to the poor or the Church. God lets there be people who need our help so that we can become better by helping them!

The third thing that we should do in Lent is praying. You could say an extra prayer every day- maybe an "Our Father" or a "Hail Mary" when you wake up or before you go to bed. Another good idea is reading a bit from the Bible, because when we read the Bible we let God speak to us.

What are some little things you could do for Lent? Try to do things that will help you think a bit more about God every day.



www.thekidsbulletin.com

SACRAMENT OF BAPTISM:

Baptisms are usually celebrated on the fourth Sunday of every month. Please contact the Parish Office at least 6 weeks before the date.

SACRAMENT OF MARRIAGE:

Couples should contact the Parish Office to make arrangements at least 6 months before the desired date

MASS INTENTIONS:

Intentions must be booked at least by the Wednesday, one week before the desired date.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com



St. Joseph the Worker Parish
Gros Islet, Grande Riviere & Monchy

CONFESSIONS

Every Saturday
9.00 - 10.00 a.m.
&
by appointment



Synod 2021-2023: Communion/Participation/Mission

1ST SUNDAY OF LENT 9TH MARCH 2025- YEAR C

The Lord answers when we call.

In today's epic Gospel scene, Jesus relives in His flesh the history of Israel. We've already seen that, like Israel, Jesus has passed through water and been called God's beloved Son. Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights.

He faces the temptations put to Israel. Hungry, He's tempted to grumble against God for food. As Israel quarreled at Massah, He's tempted to doubt God's care. When the Devil asks for His homage, He's tempted to do what Israel did in creating the golden calf. Jesus fights the Devil with the Word of God, three times quoting from Moses' lecture about the lessons Israel was supposed to learn from its wilderness wanderings.

Why do we read this story on the first Sunday of Lent? Because like the biblical sign of forty, the forty days of Lent are a time of trial and purification. Lent is to teach us what we hear over and over in today's readings: when we call He will answer, the Lord promises in the Psalm; Paul promises the same thing in the Epistle; this was Israel's experience, as Moses reminds his people in the First Reading: "we called on the Lord . . . The Lord heard."

But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters.

Like the litany of remembrance Moses prescribes for Israel, we should see in the Mass a memorial of our salvation, and "bow down in the sight of the Lord our God" offering ourselves in thanksgiving for all He has given us.

(excerpt: stpaulcenter.com)

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SUNDAY READINGS

First Reading

Dt.26:4-10

Second Reading

Rom.10:8-13

Gospel

Lk.4:1-13



MASS TIMES

GROS ISLET

Morning Prayers:
5:45a.m.



MONDAY:

6:00 a. m./12:30 p.m.



TUESDAY:

6:00 a.m.



WEDNESDAY

6:00 a.m./12:30 p.m.
G/Riviere: 6:00 p.m.



THURSDAY

6:00 a.m./12:30 p.m.
Monchy: 6:00 p.m.



FRIDAY

6:00 a. m./12:30 p.m.



SATURDAY

6:30 a.m./6:00 p. m.



SUNDAY

Gros Islet/G. Riviere
7:30 a.m.

Gros Islet/Monchy

10:00 a.m.



HOLIDAY

Variable





Pray, Give, Sacrifice.

Giving up something for Lent, eating fish on Fridays, fasting, almsgiving and penance throughout the forty days of Lent, these are some of the practices for which Catholics are known. But why do we as Catholics do this? Because through these commitments - known as Lenten practices or disciplines - the Church calls us each year to renew our discipleship in Christ. Specifically, each year during the liturgical season of Lent, the Church asks us to pray, give alms, and fast.

Pray:

We know the importance of prayer in our lives as individuals, as families, and as a community. Prayer is especially important during Lent. The Lenten season is a time for reflection, evaluation, and repentance. Lent asks us: “What needs changing?” Lent calls us to a personal conversion and renewal, to a recommitted life in Christ so that we might not just celebrate Easter forty days later, but also feel the risen Christ alive in us and in the world. This means prayer. During Lent we set aside time for prayer that is reflective in nature and reveals places where we have failed to open ourselves to God.

Give:

The Church calls us during Lent to be especially conscious of the needs of others and to act accordingly. Giving materially to another is an act of Christian charity known as almsgiving. But every day we also witness situations of injustice, violence, and hatred. Television and the internet bring these into our living rooms, but we also observe and live them in our own communities and homes. During Lent, the Church also calls us to first convert ourselves and then to transform the world for justice, so that we might serve the Kingdom which Jesus lived and preached.

Sacrifice:

Fasting and abstinence are not sacrifices for the sake of pain or vain discomfort. Sacrifice for the sake of sacrifice is not a Christian virtue. We are asked by the Church to fast during Lent, and not to eat meat on the Fridays of Lent. Feeling an empty stomach, or fighting the urge to have that juicy steak or candy bar does more than just remind us that for some people an empty stomach is their daily bread. Fasting and abstinence help us to ask ourselves the question: what sustains me and gives me life? What nourishes me on my journey of life? We will find the answer, not in the steak or the candy bar, but at the end of these forty days of Lent, in the Resurrection of Jesus. We fast and abstain because, when we do, we are reminded of who we are: followers of the risen Christ.

As Catholics, we pray, give alms, and sacrifice because we follow Christ, who loved us so much that He gave His own life so we might share in Eternal Life.

(excerpt: loyolapress.com)

PLEASE PRAY FOR THE SICK

Patsy Crafton
Iris Macauldy
Martha Mason
Marie Joseph

DECEASED

Andrew Flood
Matthew Dujon
Bernadette Leon
Bernadette Hinds
Thomas Edmunds
Nicholas Aurelien
Felicité Hetty Lucien

WEEKDAY READINGS

✠
MONDAY
Lev.19:1-2,11-18
Mt.25:31-46
✠
TUESDAY
Is.55:10-11
Mt.6:7-15
✠
WEDNESDAY
Jon.3:1-10
Lk.11:29-32
✠
THURSDAY
Est.4:17
Mt.7:7-12
✠
FRIDAY
Ezk.18:21-28
Mt.5:20-26
✠
SATURDAY
Dt.26:16-19
Mt.5:43-48
✠

MASS INTENTIONS

GROS ISLET	CLERGY /RELIGIOUS	INTENTIONS
1ST SUNDAY OF LENT - YEAR C		
Sat Mar 8 - 6:00 p.m.		Thks: Perlin Verdant Algitha Richelieu & family B'day: Anthony Bousquet, Leilani Glace
Sun Mar 9 - 7:30 a.m. <i>Jubilee of Women</i>		MISSA PRO POPULO
10:00 a.m.		Holy Spirit: Mario Severin Thks: Felicia Hyacinth & family B'day: Mary & Thomas Albert
Grande Riviere -7:30 a.m.		Thks: Catherine Augustin and family
Monchy - 10:00 a.m.		Int: Staff & Students of SJC
WEEKDAY MASS INTENTIONS		
Mon Mar 10 - 6:00 a.m.	Fr. Joseph Xavier Sr. Petronilla Banda	Thks: Shanta King & family Glace Motors Ltd.
12:30 p.m.		Thks: The Hyacinth family Guid: Erwin Louisy
Tues Mar 11 - 6:00 a.m.	Sr. Scholastica Felician	Thks: Bernadette Pamphile
Wed Mar 12 - 6:00 a.m.	Fr. Festus Iwuagwu Rev. Wilfred Harris Rev. Marcellus Serieux	B'day: Monica Richard Guid: Kaelan Haywood Thks: Keva & Kadie Chong
Grande Riviere - 6:00 p.m.		Dc'd: George Roland
Thu Mar 13 - 6:00 a.m.	Rev. Madison Stanislaus Rev. Vincent Norbert Rev. Anthony Pierre	Thks: Cyrillia & Althea Palton
12:30 p.m		Dc'd: Rosa & Antoine Glace Irene & Joseph Destang
Fri Mar 14 - 6:00 a.m.	Sr. Mary Dungdung Sr. Mercy Masaka	Dc'd: Teresa Huntley
12:30 p.m.		Thks: Thomas Louis & family
Sat Mar 15 - 6:30 a.m.	Rev. Jeremy Joseph Sr. Marie Joseph	Dc'd: Catherine Hinkson James & Paulina Prudent