

# Kids Column

Mt.4:1-11

## 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](http://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.

## Word Search

sermons4kids, Inc.

R P J L D S T E M P T E D B K  
 P Q G R H P W E G H J S V W J  
 V Y O N N H V X W D E A W F E  
 M L Y R N R F E E N S T S D W  
 V O A G E X B O W X U A D B O  
 S B U S K S B O E D S N Y T R  
 O P D N I I B I U E O C M A S  
 F I L S T S N C W V V L O Z H  
 I A M E L A Z G K I D B M L I  
 B Q S E N A I D D L I W U R P  
 L R G T D D R N E O L P W F N  
 H N E L I O O E S N M E D S X  
 A C R A W N B R E V G S L F C  
 J O F U D Y G E R T E M P L E  
 W H H U N G R Y T S T O N E S

WORD	WORSHIP	LORD	MOUNTAIN	BOW
TEMPTED	ANGELS	HUNGRY	STONES	SERVE
WORLD	KINGDOMS	BREAD	DESERT	SPLENDOR
DEVIL	FASTING	SATAN	TEMPLE	JESUS

L  
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T

Live up to your promise

Engage with your Faith

Never be discouraged

Take God with you



# St. Joseph the Worker

## Gros Islet, Grande Riviere & Monchy

1ST SUNDAY OF LENT - 22ND FEBRUARY 2026 - YEAR A

### Christ, the New Adam.

In today's Liturgy, the destiny of the human race is told as the tale of two "types" of men - the first man, Adam, and the new Adam, Jesus. Paul's argument in the Epistle is built on a series of contrasts between "one" or "one person" and "the many" or "all." By one person's disobedience, sin and condemnation entered the world, and death came to reign over all. By the obedience of another one, grace abounded, all were justified, and life came to reign for all. This is the drama that unfolds in the First Reading and Gospel.

Formed from the clay of the ground and filled with the breath of God's own Spirit, Adam was a son of God, created in His image. Crowned with glory, he was given dominion over the world and the protection of His angels. He was made to worship God, to live, not by bread alone but in obedience to every word that comes from the mouth of the Father. Adam, however, put the Lord his God to the test. He gave in to the serpent's temptation, trying to seize for himself all that God had already promised him. But in His hour of temptation, Jesus prevailed where Adam failed, and drove the devil away.

Still, we sin after the pattern of Adam's transgression. Like Adam, we let sin in the door when we entertain doubts about God's promises, when we forget to call on Him in our hours of temptation. But the grace won for us by Christ's obedience means that sin is no longer our master.

As we begin this season of repentance, we can be confident in His compassion, that He will create in us a new heart. As we do in the Psalm, we can sing joyfully of our salvation, renewed in His presence.

(stpaulcentre.com)

## SUNDAY READINGS

**First Reading**  
Gen.2:7-9,3:1-7

**Second Reading**  
Rom.5:12-19

**Gospel**  
Mt.4:1-11

### MASS TIMES

**GROS ISLET**  
Morning Prayers:  
5:45a.m.

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

**TUESDAY:**  
6:00 a.m.

**WEDNESDAY**  
12:30 p.m./ 6:00 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

### CONFESSIONS

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

Parish Priest: Msgr. Michel Francis, Fr. Festus Iwuagwu  
 Deacons: Rev. Anthony Louis, Rev. David Popo  
 Rev. Winston Taylor, Rev. Madison Stanislaus.  
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 Facebook: [facebook.com/stjosephtheworkerparish](https://facebook.com/stjosephtheworkerparish)





### 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  
Marie Joseph  
Anne Marie Felicien

### DECEASED

Leslie Clarke  
Ange St. Ange  
Vincent Joseph  
Theresa Daniel  
Oswald Bernard  
Elizabeth Gaspard  
Philomene Ambrose

### 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**  
Ez.18:21-28  
Mt.5:20-26



**SATURDAY**  
Dt.26:16-19  
Mt.5:43-48



### MASS INTENTIONS

GROS ISLET	CLERGY /RELIGIOUS	INTENTIONS
<b>1ST SUNDAY OF LENT - YEAR A</b>		
Sat Feb 21 - 6:00 p.m.		<b>Thks:</b> The Destang family Sandra Aimable & family <b>B'day:</b> Naila Williams Kateri Parker, Valentine Oculien
Sun Feb 22 - 7:30 a.m. <i>47th Independence Ann.</i>		<b>MISSA PRO POPULO</b>
10:00 a.m.		<b>B'day:</b> Jesse Edward <b>Wedd Ann:</b> Paula & Lorne Theophilus
Grande Riviere -7:30 a.m.		<b>Parishioners</b>
Monchy - 10:00 a.m.		<b>B'day:</b> Peter Cherry
<b>WEEKDAY MASS INTENTIONS</b>		
Mon Feb 23 - 6:00 a.m. <i>St. Polycarp, Bishop &amp; Martyr</i>	Fr. Linus Clovis Sr. Adinase Mumba	<b>B'day:</b> Giovanni St. Omer <b>Thks:</b> Lew Prudent

### Lenten Devotions

WEEK 1

# FAST

When we fill our lives with obligations, relationships, or ways of thinking that distract us from focusing on Jesus, we are less able to experience life to its fullest. This week challenges you to create space in your life for the full life Jesus came to give us.

WEEK 2

# Pray

Prayer can seem mysterious, either because of doubts about the ability of prayer or because it's difficult to incorporate prayer into daily life. The challenge for week 2 is make time in your day to read and pray the Lord's Prayer, then to create your own prayer based on the model of the Lord's Prayer.

WEEK 3

# GIVE

When we give of ourselves by using the gifts God has given us to serve others, we are able to uniquely worship God. This week challenges you to explore your gifts and talents and then creatively use those to serve those around you.