



A WEEKLY NEWSLETTER FOR THE KIDS OF ST. AMBROSE

Sunday, February 26, 2023

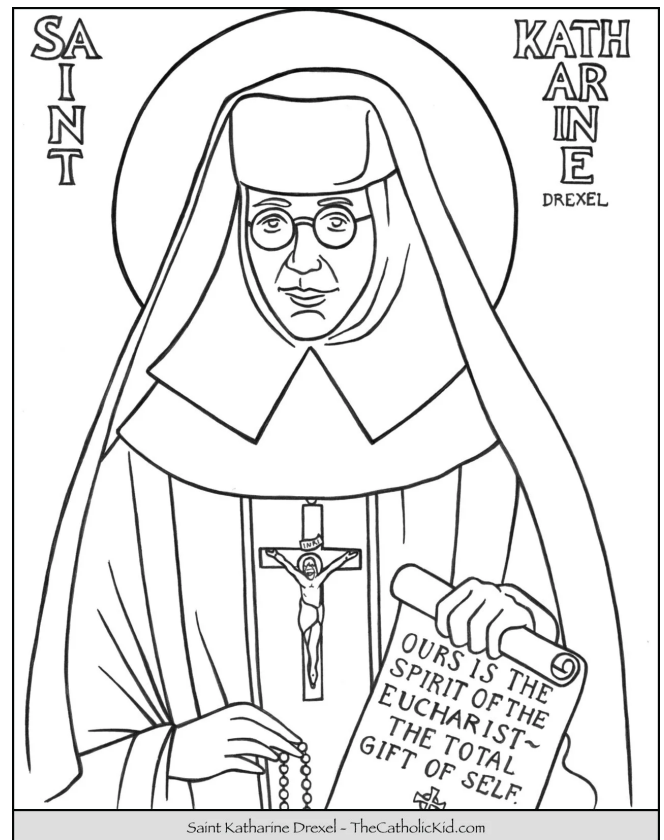
Gospel: Matthew 4:1-11

Saint Katharine Drexel was born into wealth in 1858 in Philadelphia, Pennsylvania. From an early age, her parents taught her that their wealth was to be shared with others. They lived a comfortable but simple, faith-filled life and Katharine's mother often opened their home to the poor. Katharine had a deep love for the Blessed Sacrament. As a young woman, she begged Pope Leo XIII to assign more missionary priests to places where they were needed. He instead asked her to become a missionary. So, at the age of 29, Katharine became a nun with the purpose of helping those in the American West and South. By 1940, she had over 30 foundations made in 17 states. She is the second American-born saint to be canonized in the Catholic church and is the patron saint of social justice and philanthropists. Her feast day is March 3rd. **Saint Katharine Drexel, pray for us!**

(Ref: www.saintkatharinedrexelshrine.com)

"All is vanity except knowing, loving and serving God. This alone can bring peace to my soul."

-St. Katharine Drexel



Saint Katharine Drexel - TheCatholicKid.com

FAMILY TIME

*At the dinner table,
in the car,
we talk about our faith,
wherever we are!*



In today's Gospel, Jesus fasts in the desert and is tempted by the devil. He resists all temptation and shows us that we can rely on God alone.

LITTLE ONES: You may never find yourself in the desert confronted by the devil, but there is still temptation in your life! You may want to play video games instead of doing your homework, or listen when your parents tell you to go to bed. Jesus turned to scripture when confronted with temptation and you can, too. Review the 10 Commandments with your parents at home and pick one to especially focus on this week.

BIGGER ONES: Would you attempt to climb Mt. Everest without a guide? Of course not. In the same way, you shouldn't attempt to journey through life without the help of the Bible. There is a lot of temptation out there for young people, but you are not alone. Take some time to find a verse from scripture, write it down, and put it in your pocket. One example is from today's gospel: "One does not live by bread alone" Matthew 4:4. Let God's word give you strength.

FAMILY CHALLENGE: Together say The Lord's Prayer, focusing on the words "and lead us not into temptation." Ref: loyolapress.com

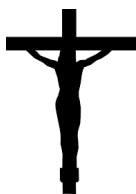
Psalm 51: "Be merciful, O Lord, for we have sinned."



COMPASSION
STEADFAST
SALVATION
GOODNESS
PRESENCE

PROCLAIM
CLEANSE
SUSTAIN
SPIRIT
PRAISE

MERCY
HEART
RENEW
JOY



Lenten Ideas For Families

A way to give as a family: Here is a simple idea from Catholic Icing to make an almsgiving box in your home.



Looking for some new meat-free recipes for Fridays? Check out this list from Taste of Home to inspire you:



Check out this 5 minute reflection on the first week of Lent by Sr. Miriam James Heidland on Formed. You can watch it as a family:



Learn The Lent Song!

The Lent Song

Tune of "Frere Jacques"

Prayer, Fasting, and Alms Giving,
Hands folded in prayer, hand on tummy, outstretched hands
We are meant to repent.
Knock on heart 3 times
40 days of sacrifice,
One hand with 4 fingers up, one hand in shape of zero
Being super, extra nice,
Bend arms at elbows and swing back and forth
This is Lent. This is Lent.
Right hand out like holding a tray, then same with left