

Families in Mission:

St. Joseph and the Holy Family as Refugees

First Sunday of Lent

Dear Jesus, You and your family know how hard it is to travel to a distant land and the struggle to find safety and water in the desert. You know what it is like

Let's pray!

to be tired and hungry and scared. Help us this Lent to be kind to all refugees and to welcome them into our communities as you and your family were welcomed into Egypt. Amen.

Good News!

Read today's Gospel
Mark 1:12-15

Reflect Together:

In today's gospel, it tells us how Jesus was driven by the Spirit into the desert. We know that it's hard to survive in the desert and that it might have been scary too because it says that Jesus was among wild beasts. However, angels ministered to him. We remember too how St. Joseph and Mary had to flee through the desert to Egypt after Jesus was born because the evil

King Herod wanted to have Jesus killed. In their flight, were there angels or people who ministered to them, who helped them along the way with a place to stay or a bit of food or water? We don't know for sure. What kind of courage and strength did they need to keep moving forward.

Discuss some or all of these questions as a family:

- Imagine if you suddenly had to flee from your home in the middle of the night and could take only a few things with you. What would you bring? Why?
- What would it be like when you and your family finally arrived in your new country not knowing how to speak the language or get around from place to place?

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During Lent we are invited to come closer to God by praying, fasting and giving in a special way. Discuss and write a plan of how you will do this in your family. Post it on your refrigerator.

*Take
action as
"a family!"*

Pray: Go to our Discover Your Neighbor website to read and discuss stories about refugees and the Maryknoll Fathers and Brothers who work with them. Once you learn about their needs, include them in your prayer intentions.

Fast: Are there refugees or new students from other countries in your school? If so, what could you do to help make them feel welcome? Fast from making assumptions about who they are and instead, consider talking to them, writing them a little note, offering to help them with their homework or inviting them to eat with you at lunch.

Give: Research to see if there is a Catholic Charities or another agency in your area that helps to resettle refugees. As a family, find out if there are needs that the refugee families have that you might be able to help with.



refugiados de Sudán del Sur en Uganda



Closing prayer:

Dear God, watch over and protect all refugees. Help them on their journey. Give them the food and shelter that they need. In Jesus name we pray. Amen.

Prayer to St. Joseph