

Saint Olga of Kiev

Olga of Kyiv, wife of Igor, is today recognized as one of Eastern Orthodoxy's greatest saints. Olga's legend was born of her actions in the weeks and months that followed the gruesome murder of her husband. His enemies sent messengers to suggest she marry their leader Prince Mal. Overwhelmed with the urge for revenge, instead, Olga slew over 5,000 of her enemies using fire, drowning and massacre - as well as a great deal of deception.



In later life, Olga visited Byzantium, where she converted to Christianity. After that, she turned to good deeds instead of violent ones. She did all in her power to spread the Christian Faith throughout her country. She started hospitals and cared for the poor. Her son, St. Volodymyr is also acknowledged for his role in continuing the evangelization that Olga had begun.

St. Olga, and the city of Kyiv's patron saint, St Michael the Archangel, remain key figures of intercession among those who need comfort in an hour of great need.

Prayer for Ukraine

O Lord our God, look down with mercy on the Ukrainian people.
Protect and save them from harm. Grant them trust in Your mercy and protection.

Give them strength and courage to defend what is good, right, and holy,
and the wisdom that leads to peace and mutual understanding.

Keep them safe from harm and provide for all their needs.

Hear our prayers, O Lord,

for You are merciful and compassionate and love all mankind.

To You we give glory: the Father, the Son, and the Holy Spirit, now and forever and ever.

Amen

Oh, St. Olga, who brought Faith in Christ to Ukraine,
intercede for the Ukrainian people in their time of need.

GROWING CATHOLICS

Leaflet 

First Sunday in Lent

Sunday Gospel • March 6, 2022 Luke 4: 1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread."

Jesus answered him, "It is written, *One does not live on bread alone.*"

Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me."

Jesus said to him in reply, "It is written

*You shall worship the Lord, your God,
and him alone shall you serve.*"

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written:

He will command his angels concerning you, to guard you, and:

*With their hands they will support you,
lest you dash your foot against a stone.*"

Jesus said to him in reply,

"It also says, You shall not put the Lord, your God, to the test."

When the devil had finished every temptation, he departed from him for a time.



EVERYONE SHOULD KNOW

The word *diabolos* in the Greek translation of the Bible is usually rendered as “devil;” however, in Hebrew, the word is *satan*, meaning “adversary” or “accuser” (as in a court of law.) The word “lucifer” is found in only one verse in the Bible (Isaiah 14:12) and it is not a proper name, either, but a description of a “day-star” who is no longer that, rather one who is “cast down to the ground”.

SWORD OF THE SPIRIT

Jesus quotes scripture in response to each of the three temptations. He knows scripture—has studied it since he was a small child.

In today’s Gospel we see how in His hands, scripture becomes a “sword of the Spirit” for his defense. Jesus’ knowledge of scripture is so complete that he can find the exact verse He needs to counter Satan in each instance.

How are you doing? Do you have a weapon to fight with?



SEEDS FOR CONVERSATION

Today’s Gospel begins by saying that Jesus was filled with the Holy Spirit when he returned from the Jordan. How do you think the Holy Spirit helped Jesus resist the temptation of the devil?

In what way can the Holy Spirit help us to resist temptation?

What would it be the most difficult part of being in the desert for 40 days? What’s the most difficult part of Lent for you?

Jesus knows the Scriptures. Each time the devil tempts Jesus, Jesus responds with a Scripture passage. What is one thing you personally could do to grow in your knowledge of Scripture?



Sorry, a temptation I could not resist.

GET STARTED WITH FAMILY FAITH TIME DURING LENT

While we think the perfect focus for your family time during Lent is the **JESUS TREE**, which is valuable, not-too-long, and has a hands-on component, you can certainly find many other worthwhile programs. Whatever you do, here are some hints that might make it work for you:

- Find a timeframe that works. (Mealtime is popular.)
- Be consistent and develop a routine.
- Talk about it in advance to hype it up (like a commercial).

Make it visible:

- Leave the booklet out where family can see it.
- Keep it conveniently located, like inside your car’s middle console.
- Place it in high trafficked areas like in the kitchen on the counter so it can’t be overlooked or forgotten.

Make it enjoyable:

- Model positivity, so kids can take their cue from you and get excited.
- Make it special (you might light a candle.)
- Add a drink or snack of some sort.
- Follow up with some games, as a cue that devotions are part of family fun.
- If needed get fidget toys that you reserve for use only during reflection time.
- Get kids engaged - give them turns to mark days on the calendar, put the sticker on the cross, put the beans in the jar.

Make it a family event:

- Make each child responsible for something.
- Have older children read different sections of each day’s devotion aloud.
- Give younger children an active role like ringing a bell to gather the family, or formally start the devotion.

Extend your circle:

- Include other participants outside your home through virtual apps.
- Alternate days with various grandparents or godparents online.
- Let children invite their friends to join you and let them participate actively.

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- When God destroyed the earth with water, He caused it to rain 40 days and 40 nights
- Moses killed the Egyptian, he fled to Midian, where he spent 40 years in the desert tending flocks
- Moses was on Mount Sinai for 40 days and 40 nights
- The Israelites wandered 40 years in the desert.
- Israel served the Philistines for 40 years
- Goliath taunted Saul’s army for 40 days before David arrived
- The prophet Elijah had to walk 40 days and 40 nights before arriving at Mount Horeb where he met God.

The number 40 shows up often in Scripture to describe a time of testing. Scholars understands this to be a shorthand for “testing” or “trial”. Good luck with your next 40 days.

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