

Young Apprentices

A RESOURCE FOR THE RCIA

CATECHUMENATE SESSION: BAPTISM AND COVENANT

First Sunday of Lent • Year B • February 18, 2024

Loving God,
as the forty days of Lent begin,
help me to grow as your child.

Help me keep my Lenten promise
to spend more time
with you in prayer,
to do acts of love and kindness,
and to fast from things I like
so that I can give money and time
to those in need.

Amen.



Sunday Word

Genesis 9:8-15

Psalms 25:4-5, 6-7, 8-9

1 Peter 3:18-22

Mark 1:12-15

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. God made a covenant with Noah to never again destroy the creatures of the earth by a flood.
2. God set his rainbow in the heavens as a sign of the Covenant between him and the earth.
3. The Flood in Noah's day was the result of forty days and nights of rain. In contrast, in today's Gospel reading, Jesus enters the dry desert for forty days and nights.

Key Teachings



Baptism and Covenant

1. Through Baptism we enter into a committed relationship, a covenant, with the Lord God.
2. God honors this Covenant by never turning away from us and by never forgetting us. No matter how often we turn away from God in sin, God is always ready to forgive us.
3. God invites us to honor our Covenant with him by obeying and putting our faith in him, and by honoring his Commandments.

Faith Words



Baptism

Baptism is the sacrament through which we are joined to Jesus Christ, become members of the Church, and are reborn as God’s children.



Covenant

A covenant is a sacred agreement or relationship, sometimes sealed by a ritual or ceremony.

Lenten Disciplines



Disciplines are things that provide training. The Church’s Lenten disciplines of prayer, fasting, and almsgiving help to spiritually train us to live as disciples of Jesus by honoring God’s Commandments and by living God’s Law of Love.

With My Family



We Listen

In today’s First Reading, we hear the story of Noah—the man with the ark who had a covenant with God—and the waters of the Flood. The Second Reading also mentions Noah and the saving power of water. The Gospel specifically names Jesus’ forty days in the desert, meant to remind us of the forty days and nights of the Flood in the Noah story. Why are Noah and the forty days (or the number forty) so important?

We Believe

Lent has two main focuses: Baptism and repentance. For those who are not baptized, Lent is a time to prepare to enter into that Covenant relationship with God in Christ. For the baptized, Lent is a time to reflect upon Baptism. For everyone, it is a time to repent. Like Jesus says to us in today’s Gospel, “Repent, and believe in the gospel.”

We Live As Disciples

Make a threefold Lenten plan to (1) pray, (2) fast, (3) and do Works of Mercy. Take a look at the activity page. You have seen it before! Decide what you can do as a family during the season of Lent.

We Pray

On Ash Wednesday, as ashes are placed on our foreheads, the minister prays, “Repent and believe in the Gospel.” The ashes are a symbol of our need to repent. Talk about how you felt when you received the ashes on Ash Wednesday.

With My Family: The Corporal Works of Mercy



Here are some ways that your family can practice the Corporal Works of Mercy this Lent. Review the list and discuss which ones your family could do. Circle your top five choices. Make a promise to do at least one Work of Mercy this week and at least one each week of Lent. Invite your sponsors to work with you.

Feed people who are hungry.

- Call the parish office and ask whether your family could take a meal to a homebound parishioner.
- Go grocery shopping for canned goods and take them to your local food pantry.
- Visit your local farmers' market and ask one of the vendors what they do with their food that is left over.
- Call your local soup kitchen and ask whether your family could
 - Help serve
 - Make sandwiches or desserts for a meal
 - Help set up or clean up
 - Donate milk or fresh produce for a meal
 - Make place mats for the patrons

Clothe people who need clothes.

- Volunteer at your local clothes closet.
- Donate your clothes and shoes to your local clothes closet.
- Schools often need clothes and shoes for emergency situations. Contact a local school nurse or health assistant and offer to donate what is needed.

Give drink to the thirsty.

- Set up a free lemonade or hot chocolate stand in your neighborhood. Give away lemonade or hot chocolate, smiles, and the love of Jesus!
- Take a cup of coffee or lemonade to your pastor, coach, youth minister, crossing guard, or someone else who may be thirsty.
- Take a bottle (or a case) of juice, protein drink, or another healthy drink to your local food pantry.

Visit people who are in prison.

- Call the parish office and find out whether there is a prison ministry in your parish. Ask whether you could make a greeting card for a person in prison or for the person's family.
- Contact your local juvenile detention center and ask whether you could donate books, games, toiletries, or other items.
- Pray for an end to the death penalty.

Shelter those who are homeless.

- Donate new sheets, blankets, or pillows to a local shelter.
- Support a local housing ministry. Call or visit the ministry's website to find out the needs and the opportunities in your area.

Visit people who are sick.

- Call the parish office and ask whether you could send a greeting card to someone in the parish who is sick or homebound.
- Call a local senior citizen center or nursing home to ask whether you could visit with residents who might be lonely. You could visit in the community room and play a game of cards.
- Make a prayer blanket for someone who is sick. Or donate the prayer blanket to a hospital.

Bury people who have died.

- Find out whether your parish hosts funeral luncheons. Ask whether you can donate a food item.
- Visit the cemetery to pray for someone you know or for a stranger. Bring a flower to leave at the grave.
- Send a card to a widow or widower. Better yet, ask about making a visit.

Our Family's Ideas

