



4th Sunday of Lent

Letter from St Paul to the Ephesians 5: 8-14

Brothers and sisters: At one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you."

Some things to think about...

- To be able to walk in the light with Jesus, we have to spend time listening to His Word and praying for guidance to be able to share that light with others.
- The Mini Vinnies share God's light with others by helping those in need.
- 4th Sunday of Lent is also called Laetare Sunday - 'laetare' means 'rejoice' in Latin. This day reminds us to rejoice and look forward to Jesus' resurrection on Easter Sunday. Can you think of things that make you want to rejoice and feel joyful?

Activity

- Bringing joy to others is part of the work of Mini Vinnies and it is a way of walking in the light of God as children of God. Think of ways that you could bring joy to others this week. Could you think of something that your group could do in school? E.g. reminding everyone to do one act of kindness this week.

Alternative activities

Laetare Sunday is usually on the same day as Mother's Day.

- Is there something you could do this week for your mother or the people that care for you, to bring her/them joy?
- Could you think of words that describe your mother or the people who care for you? Perhaps you can include on your list all the things that you are grateful that they do for you?
- Could you make cards for those women in your community to say thank you for all they do?

Teacher's notes

The readings are a reminder that Jesus brings light into the darkness. Christians call Jesus the Light of the World. In the Gospel he heals the blind man and brings him out of darkness. In St Paul's letter to the Ephesians we are reminded to walk in the light so that we do what is right and true.

4th Sunday of Lent is also called 'Laetare Sunday' which means 'rejoice' in Latin and traditionally is a time to be reminded to look forward to celebrating the resurrection. Priests usually wear rose-coloured (pink) vestments instead of traditional purple, symbolising joy and light amidst the fasting. Mothers' day also falls on Laetare Sunday, so this could be an opportunity to celebrate mothers and women who care and support us.