



# - Saint Thomas More -

## International Catholic Chaplaincy Bonn

### Children & Youth Lenten Mass

SUNDAY, March 15th, 2026

4th Sunday of Lent

Mass 9:30

a.m.



- HEILIG KREUZ CHURCH-  
Cheruskerstr. 11, 53175 Bonn  
- PARISH OFFICE -  
Lucas-Cranach-Str. 24, 53175 Bonn  
Tel. (0228) 373526  
E-mail: [office@stmbonn.de](mailto:office@stmbonn.de)  
Website: [www.stmbonn.de](http://www.stmbonn.de)  
Parish office is open Mo to Fri from 2pm to 5 pm  
Chaplains: *Father Gregory White*  
*Father Stephen Oranuba*  
Parish Secretary: *Martina Löscher*

### Welcome to the Children & Youth Lenten Mass

Lent is a period of reflection for everyone, from the young to the old, and allows us to prepare our hearts for Easter. Through prayer, fasting and almsgiving, we become more connected to Christ.

During the communion meditation today, we will hear some excerpts from an article written by a Spanish Bishop about Saint Carlo Acutis and his great faith and love of the Holy Eucharist. We will hear how his friendship with Christ led him to go beyond himself, and care for others, including the poor. The article highlights how Holy Mass doesn't end with 'Go in peace' but it is there that everything begins.

With this in mind, the children will conclude today's mass with the Hymn, 'This Little Light of Mine', where, in multiple verses in the book of Matthew, we are encouraged not to hide our faith but to live in a way that reveals God's light to the world.

<b>Today's Mass Intention: For the parishioners</b>	
Today's readings	<i>GATHER NO 913</i>
KYRIE	sung
<b>FIRST READING:</b> A Reading from the first book of Samuel: 1. Samuel 16:1b, 6-7, 10-13a	
Responsorial Psalm	Psalm 23: 1-3a, 3b-4, 5, 6
<b>R. (1) The Lord is my shepherd; there is nothing I shall want.</b>	
<b>SECOND READING:</b> A Reading from the letter of Saint Paul to the Ephesians: Ephesians 5:8-14	
<b>Lenten Gospel acclamation (sung): all: "Praise to you Lord Jesus Christ, King of endless glory"</b>	
<b>I AM THE LIGHT OF THE WORLD, SAYS THE LORD; WHOEVER FOLLOWS ME WILL HAVE THE LIGHT OF LIFE.</b>	
<b>Lenten Gospel acclamation (sung): all: "Praise to you Lord Jesus Christ, King of endless glory"</b>	
<b>GOSPEL:</b>	John 9:1-41

### Credo: recited

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## PRAYERS OF THE FAITHFUL

Today's Prayer Response: Heavenly Father, hear our Prayer

1. For all God's people, that we recognise our blindness and repent so Christ may heal us. Let us pray to the Lord. **All: Heavenly Father, hear our Prayer**
2. For national and local representatives, that they consider the long-term effects of their laws. Let us pray to the Lord. **All: Heavenly Father, hear our Prayer**
3. For those who think their sins are unforgivable, that they turn to God with trust in his loving mercy. Let us pray to the Lord. **All: Heavenly Father, hear our Prayer**
4. For those who take their blessings for granted, that they learn generosity of spirit. Let us pray to the Lord. **All: Heavenly Father, hear our Prayer**
5. For all who walk in the shadow of illness and death, that your loving presence will be a source of nurturing comfort. Let us pray to the Lord. **All: Heavenly Father, hear our Prayer**



## OFFERTORY PROCESSION

The children will offer special gifts as part of the offertory procession today



### Number 40

**Alex** is carrying the number 40 today to symbolise the duration of Lent. The number 40 represents the 40 days Jesus spent fasting in the desert. Lent is a period of reflection and allows us to prepare our hearts for Easter and become more connected to Christ.

### Basket of Bread

**James** brings forward a basket of bread as a symbol of fasting during Lent. Fasting is a traditional Lenten practice that takes us away from our own desires while making us more open to receiving God's grace.

### Bible and Rosary Beads

**Triumph and Imani** offer the Holy Bible and Rosary Beads. This is to encourage us to pray more during Lent. Praying is a very important way to strengthen our relationship with God.

### Jesus on the Cross

The Cross that **Femke** is offering is the key symbol of both Lent and Easter. It represents the sacrifice and suffering of Jesus Christ. Jesus died to save us from our sins. Lent is a time to reflect on the suffering Jesus faced.

### Almsgiving

Together with prayer and fasting, almsgiving, is a key part of Lent. It represents a willingness to share what we have with others. This includes; charitable acts, volunteering our time and talents, or through acts of mercy. As an example, **David** carries forward a box filled with food that we can donate to the homeless or one of the charities supporting them.

### Flowers

Today is the fourth Sunday of Lent and is also known as Laetare Sunday. It is the half way point between Ash Wednesday and Easter Sunday. **Johanna** offers flowers as a sign of joy and hope as we look to Easter and the resurrection of our Lord and Savior, Jesus Christ.



**Memorial Acclamation: We proclaim your death, O Lord, and profess your resurrection until you come again.**

### Communion Meditation

*A couple of our youth will read some excerpts from an article written about one of our newest saints, Saint Carlo Acutis, by a Spanish Bishop, Fernando Prado Ayuso in September 2025.*

*Anyone interested in receiving the full article, please contact Martina.*

***Confession is available Sunday after Mass and by appointment.***

**ALL FAMILIES WELCOME**



Our community is blessed to have many young families, and we want to make sure that they all know how happy we are to have them with us. We also know that children can act up on occasion, and that is by no means a reason to leave them or anybody else at home. It is good for the children to participate in the liturgy from their first days, so that it is also a familiar environment for them. For the moments when they do lose control, please feel free to use the different areas in the back of the church.

The entrances are all closed in by glass doors, forming a good sound barrier and making it possible to still participate in Holy Mass. If it is too cold or drafty there you are also welcome to use the rooms behind the confessionals and the sacristy. Thank you for your consideration of the others and we hope you and your family always feel welcome.

**ARE YOU NEW?**

If you are new to our Saint Thomas More Catholic Chaplaincy, we are glad to have you with us this morning. Please fill in a Newcomer Registration form so that you can receive copies of our occasional email news bulletin and other communications. Newcomer Registration forms can be found on the table at the back of the church at the end of the middle aisle. Please put your filled-out forms in one of our collection baskets or pass them to the ushers or directly to our parish secretary. For reasons of data protection, we ask that you may not leave your filled out registration forms in the church but rather hand them to us personally. If you need any assistance, please feel free to contact our secretary via email or personally after our Sunday Mass.

**MORE DATES FOR YOUR CALENDARS**

**Weekday Masses are on Tuesday and on Thursday at 7pm in the rectory**

**Coming Sunday, 22<sup>nd</sup> March**

**9am: Rosary before Holy Mass**



**Sunday 22<sup>nd</sup> March**  
**Eucharistic Adoration for our children and youth including confessions**  
**directly after our Mass**

**All parishioners are very welcome to attend**



**- OUR PROGRAMME FOR HOLY WEEK:**

- **Sunday March 29th – PASSION OF THE LORD - Palm Sunday with Blessing of the Palms before Mass**
- **April 2nd – HOLY THURSDAY – Mass at 6.30 pm followed by ADORATION OF THE BLESSED SACRAMENT in the side chapel**
  - **April 3rd – GOOD FRIDAY – STATIONS OF THE CROSS – 12 noon,**
    - **Liturgy at 6.30 pm**
- **April 4th – HOLY SATURDAY - EASTER VIGIL MASS at 9 pm - followed by the EASTER AGAPE IN OUR RECTORY.**
  - 
  - **Hopefully you will all be able to join us for these special celebrations.**
  -

**ON EASTER SUNDAY April 5th – THERE WILL BE NO MASS IN OUR CHURCH**