



MARCH 19, 2023

EXPLORE THE SUNDAY GOSPEL

Fourth Sunday of Lent

1 Sm 16:1b, 6-7, 10-13a

Ps 23: 1-3a, 3b-4, 5, 6

Eph 5:8-14

The Man Born Blind

Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38 (Long form posted [here](#))

As Jesus passed by he saw a man blind from birth.

His disciples asked him,

“Rabbi, who sinned, this man or his parents,
that he was born blind?”

Jesus answered,

“Neither he nor his parents sinned;

it is so that the works of God might be made visible through him.

We have to do the works of the one who sent me while it is day.

Night is coming when no one can work.

While I am in the world, I am the light of the world.”

When he had said this, he spat on the ground

and made clay with the saliva,

and smeared the clay on his eyes,

and said to him,

“Go wash in the Pool of Siloam” —which means Sent—.

So he went and washed, and came back able to see.

His neighbors and those who had seen him earlier as a beggar said,

“Isn’t this the one who used to sit and beg?”

Some said, “It is, “

but others said, “No, he just looks like him.”

He said, “I am.”

So they said to him, “How were your eyes opened?”

He replied,

“The man called Jesus made clay and anointed my eyes

and told me, 'Go to Siloam and wash.'
So I went there and washed and was able to see."
And they said to him, "Where is he?"
He said, "I don't know."

They brought the one who was once blind to the Pharisees.
Now Jesus had made clay and opened his eyes on a sabbath.
So then the Pharisees also asked him how he was able to see.
He said to them,
"He put clay on my eyes, and I washed, and now I can see."
So some of the Pharisees said,
"This man is not from God,
because he does not keep the sabbath."
But others said,
"How can a sinful man do such signs?"
And there was a division among them.
So they said to the blind man again,
"What do you have to say about him,
since he opened your eyes?"
He said, "He is a prophet."

Now the Jews did not believe
that he had been blind and gained his sight
until they summoned the parents of the one who had gained his sight.
They asked them,
"Is this your son, who you say was born blind?
How does he now see?"
His parents answered and said,
"We know that this is our son and that he was born blind.
We do not know how he sees now,
nor do we know who opened his eyes.
Ask him, he is of age;
he can speak for himself."
His parents said this because they were afraid
of the Jews, for the Jews had already agreed
that if anyone acknowledged him as the Christ,
he would be expelled from the synagogue.
For this reason his parents said,
"He is of age; question him."

So a second time they called the man who had been blind
and said to him, "Give God the praise!

We know that this man is a sinner.”

He replied,

“If he is a sinner, I do not know.

One thing I do know is that I was blind and now I see.”

So they said to him,

“What did he do to you?

How did he open your eyes?”

He answered them,

“I told you already and you did not listen.

Why do you want to hear it again?

Do you want to become his disciples, too?”

They ridiculed him and said,

“You are that man’s disciple;

we are disciples of Moses!

We know that God spoke to Moses,

but we do not know where this one is from.”

The man answered and said to them,

“This is what is so amazing,

that you do not know where he is from, yet he opened my eyes.

We know that God does not listen to sinners,

but if one is devout and does his will, he listens to him.

It is unheard of that anyone ever opened the eyes of a person born blind.

If this man were not from God,

he would not be able to do anything.”

They answered and said to him,

“You were born totally in sin,

and are you trying to teach us?”

Then they threw him out.

When Jesus heard that they had thrown him out,

he found him and said, “Do you believe in the Son of Man?”

He answered and said,

“Who is he, sir, that I may believe in him?”

Jesus said to him,

“You have seen him,

the one speaking with you is he.”

He said,

“I do believe, Lord,” and he worshiped him.

Then Jesus said,

“I came into this world for judgment,

so that those who do not see might see,

and those who do see might become blind.”

Some of the Pharisees who were with him heard this and said to him, “Surely we are not also blind, are we?” Jesus said to them, “If you were blind, you would have no sin; but now you are saying, ‘We see,’ so your sin remains.

MEET OUR EXTENDED FAMILY

St. Joseph (Feast Day March 19)

The Gospels of Matthew, Luke, and John tell us everything we know about Joseph, the husband of Mary, the Mother of God. Because Jesus was conceived through the power of the Holy Spirit, God the Father is Jesus’ “real” father. But God called Joseph to be his foster father and care for him during his earthly life. The importance of Joseph’s part in God’s plan is found in the Book of Isaiah in the Old Testament. Through the prophet Isaiah, God promises to send a Messiah to save all people. The Savior will come from the “house of David,” which means that he will be an ancestor of King David. Both the Gospel of Luke and the Gospel of Matthew tell us that Joseph was from the family of David. Today, St. Joseph serves as a model for husbands and fathers.

TAKE TIME TO CHAT

- In today’s Gospel, blindness symbolizes lack of faith. Why do you think that some people did not believe that he was the Son of God and long-awaited Messiah even though they witnessed his miracles?
- In what way do you see Jesus working in your life?
- Why do you think some people today don’t believe in Jesus? What can be done to help people believe in him?
- St. Joseph was Jesus’ foster father. What do you think it was like to be St. Joseph?

FAMILY FUN

Think Spring!

- Make bird feeders and hang them outside.
- Make cookies shaped like spring flowers.
- Decorate indoor containers and plant seeds in them (i.e., flowers, vegetables, etc.).

RECIPE OF THE WEEK

Green Eggs and Ham

Want to improve your vision? Food rich in antioxidants, vitamins, and minerals found in dark leafy greens all help to protect our eyes against disease. Your kids will get a kick out of eating green eggs and ham, a dish that is at once familiar and mysterious! This frittata is a perfect recipe for Sunday brunch.

Ingredients:

8 large eggs
1½ tsp dried dill
¼ tsp salt
¼ tsp freshly ground pepper
2 Tbsp extra-virgin olive oil
2 leeks, white and light green parts only, diced
One 5-ounce bag baby spinach, chopped
½ cup diced ham
½ cup shredded Havarti or Muenster cheese

Position rack in upper third of oven; preheat to 450 F. Whisk eggs, dill, salt, and pepper in a medium bowl. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

From: <http://www.eatingwell.com/recipes/22131/health-condition/better-vision/slideshow/recipes-for-better-vision/?recipeId=252336>

FAMILY PRAYER

The Angelus

The Angelus is a way for lay people to sanctify the hours of the day. Historically, the practice has been associated with ringing a bell at 6 a.m., 12 p.m., and 6 p.m., where whole villages and towns would stop to pray. Laborers in the fields, workers in shops, and families at home set aside what they were doing and prayed the Angelus together. Today, many churches and monasteries and several radio and television stations ring the Angelus bell at these same times, inviting the faithful to pause what they are doing and pray. Today, pray the Angelus at the noon or 6 p.m. hour.

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.
Amen.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh: And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

LITURGY LINK

How many images of Jesus do you see in the church?

FAMILY CHALLENGE

Research an organization that helps the blind or visually impaired. Find a way to donate your time, talent, or treasure to this organization.

FUN FACTS

March 25 is the feast of the Annunciation. This feast commemorates the visit of the archangel Gabriel to the Virgin Mary, during which he informed her that she would be the mother of Jesus Christ, the Son of God. This feast is celebrated exactly nine months before Christmas.

<https://www.52sundays.com/sundays/march-19-2023>