



MARCH 5, 2023

EXPLORE THE SUNDAY GOSPEL

Second Sunday of Lent

Gn 12:1-4a

Ps 33:4-5, 18-19, 20, 22

2 Tm 1:8b-10

The Transfiguration of Jesus

Mt 17:1-9

Jesus took Peter, James, and John his brother,
and led them up a high mountain by themselves.
And he was transfigured before them;
his face shone like the sun
and his clothes became white as light.
And behold, Moses and Elijah appeared to them,
conversing with him.
Then Peter said to Jesus in reply,
“Lord, it is good that we are here.
If you wish, I will make three tents here,
one for you, one for Moses, and one for Elijah.”
While he was still speaking, behold,
a bright cloud cast a shadow over them,
then from the cloud came a voice that said,
“This is my beloved Son, with whom I am well pleased;
listen to him.”
When the disciples heard this, they fell prostrate
and were very much afraid.
But Jesus came and touched them, saying,
“Rise, and do not be afraid.”
And when the disciples raised their eyes,
they saw no one else but Jesus alone.

As they were coming down from the mountain,
Jesus charged them,

“Do not tell the vision to anyone
until the Son of Man has been raised from the dead.”

MEET OUR EXTENDED FAMILY

St. Peter of Alcantara (Feast Day October 26)

1499 – October 18, 1562

Peter was born in Alcantara, Spain in 1499. His father was the governor of the province, and his mother came from a noble family. He was privately tutored and attended the University of Salamanca. After he returned home from university, he joined the Franciscans. He went on to establish several friaries. When Peter was not preaching, he would spend long periods in solitude. He was known for frequently experiencing ecstasy, a state where he was entirely consumed with the warmth and light of the Holy Spirit. These euphoric moments were common during his prayer and meditation. Some claim to have witnessed him levitate. Peter served as a spiritual director and confessor to St. Teresa of Avila. It is said that he slept only 90 minutes each night; he is the patron saint of the Nocturnal Adoration of the Blessed Sacrament.

TAKE TIME TO CHAT

- Imagine you are with Peter, James, and John when Jesus is transfigured. What would it be like to see what they saw on the mountain that day?
- Why do you think Jesus wants Peter, James, and John to wait to tell others what they saw?
- What does it mean to “fall prostrate”? Why is it fitting for the apostles to fall prostrate before Jesus?
- St. Peter of Alcantara liked to spend time alone. Do you like to spend time alone? Why or why not?

FAMILY FUN

Visit a Science Center

Jesus’ transfiguration was a supernatural event. In the natural world, transfiguration is the science of turning one thing into another thing. In honor of today’s Gospel, take the whole family to a local science museum, science center, or technology-related exhibit. If you can’t go to a museum, search the Internet for some cool science experiments that you can do at home!

RECIPE OF THE WEEK

Asparagus Roll Ups

This recipe “transfigures” asparagus to a delightful side dish or appetizer! It is sure to be a hit, even for people who don’t love asparagus.

Ingredients:

12 slices white bread, crust removed
One and a half 8ounce pkg cream cheese
2 Tbsp chopped green onions
8 slices bacon, cooked and crumbled
24 fresh asparagus
1 ¼ cups melted butter
Parmesan cheese

Using a rolling pin, flatten each piece of bread. Combine cream cheese, bacon, and green onions. Spread bread with cheese mixture, covering entire piece of bread. Place 2 asparagus on each slice of bread. Roll up and place seam side down on greased baking sheet. Brush each roll up with butter and sprinkle with parmesan cheese. Bake at 400 F for 12 minutes or until slightly brown. They will go fast!

FAMILY PRAYER

Hail Mary

Ask the Blessed Mother to pray for those intentions that are most important to your family. Say a Hail Mary for each intention, filling the blank with a name or situation you want to lift up in prayer.

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 _____ now and at the hour of our death. Amen.

LITURGY LINK

During the season of Lent, what color do you see in the church? What does this color represent?

FAMILY CHALLENGE

Fast from electronic screens for one evening this week, offering your sacrifice for the intentions in your Family Prayer.

FUN FACTS

The “law and the prophets” is a shorthand expression for the entire Old Testament. Jesus completely fulfilled the Mosaic Law and Old Testament Prophecies. The New Covenant in Jesus perfects and fulfills everything in the Old Testament.

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