

2ND SUNDAY OF LENT

FEBRUARY 28, 2021



The Transfiguration of Jesus

MARK 9:2-10

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant.

EXPLORE THE GOSPEL



Either before or after a Sunday meal together, have a designated member of the family read the Gospel. Other members should listen attentively. Then have each family member share an insight about the Gospel.

Discuss the following questions as a family:

- What did the Transfigured Jesus look like? Why do you think Jesus did this before Peter, James and John?
- In today's Gospel a voice said, "This is my beloved Son. Listen to him." Take a moment to reflect on this. What do you hear God saying to you in your heart?

FAMILY FUN

Kindness

Scavenger Hunt



As a family, create a checklist of 15 random acts of kindness and distribute the checklist to each family member. The object of the game is to complete all of the random acts of kindness by the end of the week. At the end of the week, share with one another about your experience.

Possible ideas (check off each box when it's completed!):

- Assist with making a meal
- Help set the table before dinner
- Clean up the table after dinner
- Help with dishes (without being asked)
- Carry in groceries for your parents
- Let someone go in front of you in line
- Hold a door for someone
- Give someone a compliment
- Memorize a new prayer
- Call a family member and tell them "I love you"
- Draw a picture or write a note to someone you don't see often
- Collect old toys and books for donation to charity
- Read a story to someone
- Share your toys or gadgets with someone
- Do chores for your sibling



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FAMILY PRAYER

Lectio Divina



In today's Gospel, a voice from heaven said to Jesus, "This is my beloved Son. Listen to him." Today's prayer will use Lectio Divina (Latin for "divine reading") to help hear God's own voice in your heart.

Lectio Divina is a way of developing a closer relationship with God by reflecting prayerfully on his words in Sacred Scripture. In Lectio Divina, the chosen passage is read three times in total, giving the reader an opportunity to think deeply about it and respond thoughtfully. The steps below can be used for any Scripture passage.

Step 1. Choose a reader for the passage from the prophet Isaiah below.

Step 2. The reader should read the passage slowly. After reading, allow for a minute or two of silence to let the words sink in. Listen closely to your heart for any words or phrases that seem to jump out.

Step 3. Reader reads the passage a second time. Allow for a minute or two of silence and listen closely in your heart for any words or phrases that speak to you.

Step 4. Reader reads the passage a third time. Allow for a few minutes of silence and pray about what God is calling you to focus on today.

Step 5. Family members are invited to share with each other about their experience afterward.

Scripture passage for Lectio Divina

Isaiah 43:1-4

"Do not fear, for I have redeemed you;
I have called you by name: you are mine.
When you pass through waters, I will be with you;
through rivers, you shall not be swept away.
When you walk through fire, you shall not be burned
nor will flames consume you.
For I, the Lord, am your God,
the Holy One of Israel, your savior.
Because you are precious in my eyes
and honored, and I love you."

Families are encouraged to share what they are doing to celebrate each Sunday by using the hashtag **#ReclaimingSundays** on social media!

Bibliography: Excerpts from the *Lectioary for Mass for Use in the Dioceses of the United States, second typical edition*, Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine; Psalm refrain © 1968, 1981, 1997, International Committee on English in the Liturgy, Inc. All rights reserved. Neither this work nor any part of it may be reproduced, distributed, performed or displayed in any medium, including electronic or digital, without permission in writing from the copyright owner. Excerpts from *52 Sundays, 2021 Edition: A guide to reclaim the Lord's day for Faith and Families*, Archdiocese of Detroit.

RECIPE OF THE WEEK



Slow Cooker White Chicken Chili

The Gospel of Mark reports that the clothes of Jesus turned so white at the Transfiguration, such that no laundry person on earth could bleach them any whiter—that's pretty white! Try this great and tasty recipe of White Chicken Chili.

INGREDIENTS:

- 1 lb. boneless, skinless chicken breasts
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 24 oz. chicken broth
- 2 cans (15 oz. each) of great Northern beans, drained and rinsed
- 2 cans (4 oz. each) diced green chiles
- 1 can (15 oz.) whole kernel corn, drained
- 1 t. salt
- 1/2 t. black pepper
- 1 t. cumin
- 3/4 t. oregano
- 1/2 t. chili powder
- 1/4 t. cayenne pepper
- 1 T. fresh cilantro, chopped
- 4 oz. cream cheese, softened
- 1/4 c. half and half

DIRECTIONS:

1. Add chicken breasts to the bottom of a slow cooker. Sprinkle in salt, pepper, cumin, oregano, chili powder, and cayenne pepper.
2. Add the onion, garlic, beans, green chiles, corn, chicken broth and cilantro to the slow cooker and stir.
3. Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
4. Once cooked, remove the chicken and shred. Return the chicken to the slow cooker.
5. Stir in the cream cheese and half and half.
6. Cover and cook on high for 15 minutes, until the chili is creamy and slightly thickened.
7. Stir well and serve with desired toppings.

Submit your own favorite snack, dessert, or dinner recipe online at www.stmarysbismarck.org/reclaiming-sundays