4th Sunday of Lent

MARCH 14, 2021

Jesus and Nicodemus

JOHN 3:14-21

Jesus said to Nicodemus:
"Just as Moses lifted up the serpent in the desert,
so must the Son of Man be lifted up,
so that everyone who believes in him may have eternal life."

For God so loved the world that he gave his only Son,
so that everyone who believes in him might not perish
but might have eternal life.
For God did not send his Son into the world to condemn the world,
but that the world might be saved through him.
Whoever believes in him will not be condemned,
but whoever does not believe has already been condemned,
because he has not believed in the name of the only Son of God.
And this is the verdict,
that the light came into the world,
but people preferred darkness to light,
because their works were evil.
For everyone who does wicked things hates the light
and does not come toward the light,
so that his works might not be exposed.
But whoever lives the truth comes to the light,
so that his works may be clearly seen as done in God.

EXPLORE THE GOSPEL

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

Discuss the following questions as a family:

- Jesus said to Nicodemus that "the light came into the world, but people preferred darkness to light." Jesus Himself is the light that came into the world. What are some ways we can make sure that His light shines in our lives, our homes, our schools, and the whole world?
- According to today's Gospel account, why did God send His son Jesus into the world?

DID YOU KNOW?

The fourth Sunday of Lent is known as "Laetare Sunday", which comes from the Latin word "Laetare" which means "to rejoice." These words are from the opening line of today's liturgy: "Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning…" Traditionally, the vestments worn for this day are rose/pink and it also signifies a shift to the second part of Lent, which focuses very specifically on Jesus' final journey to Jerusalem and his passion, betrayal, suffering, and death.

TIPS FOR EXPLORING THE GOSPEL

- Read the upcoming Sunday Gospel a few days before the weekend. Listen to what God is saying to you.
- Select a part of the story ahead of time and share it with your children. Have them listen for this part of the Gospel during Mass.
- Don't be afraid to let kids ask honest questions. Be honest if you don't know something. Tell your child you will look into it and get back to them.

Pro-Cathedral of
ST. MARY
— Est. 1877 —

Prayer of St. John Paul II
for the Solemnity of St. Joseph

Friday, March 19th is the Solemnity of St. Joseph, the Spouse of the Blessed Virgin Mary. St. Joseph is also the Patron Saint of the Universal Church and this year Pope Francis has dedicated the entire year as a "Year of St. Joseph." This prayer is perfect for parents and spouses to pray together.

St. Joseph, Spouse of the Virgin Mother of God, teach us unceasingly all the divine truth and all the human dignity contained in the vocation of spouses and parents!

St. Joseph, obtain from God that we may cooperate, with constancy, with the grace of the great sacrament in which man and woman promise each other love, fidelity, and integrity till death!

St. Joseph, man of justice teach us responsible love towards those whom God entrusts to us in a special way: love between spouses and love between parents and those to whom they give life! Teach us responsibility towards life, from the first moment of its conception to its last instant on this earth. Teach us a great respect for the gift of life. Teach us to adore deeply the Creator, Father, and Giver of life.

St. Joseph, Patron of human work, assist us in all work, in that vocation of man on earth. Teach us to resolve the difficult problems connected with work in the life of each generation, beginning with the young, and in the life of society.

St. Joseph, Protector of the Church, today, on your solemnity, we pray to God with these words: "Almighty God, who chose to entrust the beginnings of our redemption to the loving care of St. Joseph, by his intercession grant that your Church may cooperate faithfully in the fulfillment of the work of salvation." Amen.

Prayer taken from *Consecration to St. Joseph by Fr. Donald Calloway, MIC*

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

Christians started holding "John 3:16" signs at sporting events beginning in the late 1970s as a way to spread the Gospel. Make a John 3:16 sign and place it in a prominent place in your home. Invite each family member to memorize John 3:16: "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

RECIPE OF THE WEEK
Baked Salmon

In honor of Laetare Sunday where the liturgical color is pink, why not incorporate some pink into your meal? Try this easy baked salmon recipe for a Friday night during Lent!

INGREDIENTS:
1 1/2 lb. salmon filet
2 T. fresh chopped parsley
2 T. olive oil
2 T. lemon juice
3 garlic cloves, minced
2 t. Dijon mustard
1/2 t. salt
1/4 t. black pepper
1/2 lemon, sliced into 4 rings

DIRECTIONS:
1. Preheat the oven to 450 degrees and line a baking sheet with foil. Slice the salmon into 4 portions and arrange them on the baking sheet with the skin side down.
2. In a small bowl, combine parsley, olive oil, lemon juice, garlic, mustard, salt, and pepper.
3. Generously spread the marinade over the top and sides of the salmon, then top each piece with a slice of lemon.
4. Bake at 450 degrees for 12-15 minutes or until just cooked through and flaky.

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

Bibliography: Excerpts from the *Lectionary 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.