

THE WORD THIS SUNDAY

COUNT THE STARS IF YOU CAN

SUNDAY, February 21, 2016

Second Sunday of Lent

FIRST READING

The Lord God took Abram outside and said, “Look up at the sky and count the stars, if you can. Just so,” he added, “shall your descendants be.”

—*Genesis 15:5-12, 17-18*

PSALM

The Lord is my light and my salvation.

—*Psalms 27*

SECOND READING

Their minds are occupied with earthly things. But our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ.

—*Phillipians 3:17-4:1*

GOSPEL

While he was praying his face changed in appearance and his clothing became dazzling white.

—*Luke 9:28-36*

REFLECTION QUESTION

What do you think you would have done if you were at the Transfiguration?

Get more reflection questions and Scripture resources from Jen Schlameuss-Perry at pbgrace.com; look for Breaking Open the Word at Home.

THE CHURCH THIS WEEK

MONDAY February 22

St. Margaret of Cartona (1247–1297)

The penitent woman who was taken in by Franciscans, eventually becoming so famous for her holiness that people traveled from abroad to hear her speak.

Chair of St. Peter

TUESDAY February 23

St. Polycarp (69–155)

The bishop and martyr who was a disciple of John the Evangelist and Ignatius of Antioch; at the stake, the flames miraculously did not touch him.

WEDNESDAY February 24

Blessed Josefa Naval Girbes (1820–1893)

The Spanish lay woman who opened an embroidery workshop where young women could learn a trade while studying the Bible and praying.

THURSDAY February 25

Blessed Sebastian of Aparicio (1502–1600)

The Spanish immigrant to Mexico who became the country's first cowboy, built a 450-mile road, made a fortune ranching, and gave his wealth away to the poor.

FRIDAY February 26

St. Maria Bertilla Boscardin (1888–1922)

The religious sister and nurse who bravely cared for children with diphtheria and wounded soldiers, even during air raids.

SATURDAY February 27

St. Gabriel of Our Lady of Sorrows (1838–1862)

Much like St. Therese of Lisieux, he entered religious life at a young age (17) and lived a quiet but holy life until his death of tuberculosis at age 24.

THE WEEKS AHEAD

2 weeks to Laetare Sunday (Mar 6)

Living in Christ day by day

THE BREAD

fresh and free

Get Your Grace On

PRAY

Preview this Sunday’s readings with your kids. Close your eyes and imagine you were with Jesus on the mountaintop during this incident. How do you think you would have reacted? What would you feel? What would you say or do? [30]

Lent 2016

Make the Seven Penitential Psalms and the Songs of the Suffering Servant part of your family prayer time. “Prayerfully reciting these psalms will help us to recognize our sinfulness, express our sorrow and ask for God’s forgiveness,” says the U.S. Catholic bishops’ website (uscbb.org), where you can find the prayers in audio and text forms. [15]

Get in the habit of blessing your children. Here’s a simple way to start. Make the Sign of the Cross on your child’s forehead while saying: “May God bless you and keep you, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Seal the blessing with

a kiss on the forehead. Even more powerfully, allow your kids to bless you as well. See “Bless Your Child” at pbgrace.com for more about blessings. [20]

CELEBRATE

For your meatless Friday meal, try rice and lentil mash, a Catholic Relief Services recipe from Laos that features onion, garlic, and egg. According to CRS, it’s easy enough for kids to make under adult supervision, and inexpensive, too. Be sure to note the suggested modifications in the article above the recipe: crsricebowl.org. [20]

Transform the door of your home into a Door of Mercy this Lent as part of your observance of the Year of Mercy. Get instructions at “Make a Door of Mercy for Your Home” at pbgrace.com,* [25]

SERVE

The cardboard Catholic Relief Services rice bowl has had an upgrade: Now you can get it as an app, complete with automated donations, Lenten prayers, recipes, and videos.

You can download it for either Apple or Android. [30]

Teach your kids a new chore that they can take on as an act of service to your family. See “12 Tips for Training Your Kids to Do Chores” at pbgrace.com. [50]

TALK

Looking for a video to share with your older kids or teens? Check out Catholic youth evangelist Chris Stefanick at Real Life Catholic (reallifecatholic.com). A good place to start? The video “How Do I Pray?” which encourages kids to “chew on” Scripture and pray the ACTS formula. [40]



The Resurrection

This week’s theme: The Resurrection.

Have your kids look at the *Compendium of the Catechism of the Catholic Church* (available online) #125–131, then let them choose questions to pose to you; they get points if they can “stump” you, you get points if you answer correctly. See the full rules at “Stump the Parents” at pbgrace.com.

Sample questions:

What is the “hell” into which Jesus descended? (#125)

What are the signs that bear witness to the Resurrection of Jesus? (#127)

Why is the Resurrection a mystery of faith? (#128)

What is the condition of the risen body of Jesus? (#129)

How is the Resurrection the work of the Most Holy Trinity? (#130)

What is the saving meaning of the Resurrection? (#131)

Bonus:

What is the meaning of the Transfiguration?

NOTES

Keep track of game points and family faith formation activities here.

St. Maria Bertilla Boscardin

1888 - 1922

“Teach me; I want to be a saint.”

Sister Bertilla, who had been nicknamed “the goose” by her family because she wasn’t smart. She went on to become a nurse, and then the head of the children’s ward at her hospital, becoming beloved by all her patients.



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