## Day 11 - Saturday, February 27, 2021

**The Transfiguration of Christ**

Jesus took Peter, James, and John and led them up a high mountain apart from 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.

This weekend we celebrate the second Sunday of Lent and the Transfiguration of Christ. The story of the transfiguration is a story of transformation. A glimpse at who Jesus is to become after his death and resurrection and an opportunity for each of us to pause and think about the person we hope to become. As we continue through the season of Lent are we striving to deepen our relationship with Christ through prayer, fasting, and almsgiving? Can you name a time in your life where you grew because of lesson learned or a mistake? Would you have been able to keep this experience a secret? Sit with God and share how you have transformed…are there areas of your life that still need transforming?

Looking for a way to explain the Transfiguration to your children? View this short video:

The Transfiguration of Jesus: Summary and Meaning: [**https://www.youtube.com/watch?v=ynMjc2bMzLY**](https://www.youtube.com/watch?v=ynMjc2bMzLY)

## Day 12 - Sunday, February 28, 2021

**Catholicism 101**

We can offer up our sacrifices and sufferings, writes Father Ed Broom, OMV. “Suffering in and of itself, separated from a supernatural perspective, has no real value. Suffering either makes us better or bitter,” he writes. “Bitter, if one suffers for the mere sake of suffering! Better, sanctified and growing in holiness, only when our suffering is united with the suffering of Jesus on the cross in Holy Mass.”

For additional reading: [**Fr Ed Broom Article**](https://catholicexchange.com/we-can-offer-up-our-sacrifices-sufferings)

With you in prayer for a fruitful Lent, Dave Miskell

## Day 13 - Monday, March 1, 2021

Saint Therese of Lisieux said “Do you realize that Jesus is there in the Blessed Sacrament expressly for you, for you alone? He Burns with the desire to come into your heart.” As Catholics, we believe and know that Christ is fully present- body, blood, soul, ad divinity- in the Eucharist. While we can pray to our Lord anywhere and anytime, praying in Eucharistic Adoration is an amazing reminder of how He offers Himself to us in the Holy Sacrament! In my first 1-2 years of college, I told myself “I was too busy to pray,” “I’m a student first,” and “I’ll do it later.” It wasn’t really until this year that I made a Holy Hour a priority in my prayer life. Mother Teresa said “If you are too busy to pray, you are too busy!” and this pushed me to make time for the Blessed Sacrament each day

Jesus is waiting for us to spend time with him in the presence of the Eucharist. He wants us to bring Him all our joys and thanksgivings. He wants all anxieties and sorrows. Each day, I like to sit in adoration and tell Him about my day- all the good and all the bad. Each time with spend with the Lord in front of the Blessed Sacrament, it is impossible not to fall more and more in love with Him. He asks for so little of our time, yet he gives us all of Himself!!

Join us for Adoration, Reconciliation & Benediction on Monday March 1, 2021. Come early for silent prayer and reflection anytime during Adoration of the Blessed Sacrament which is from 9:00 a.m. to 6:45 p.m. and staying with us for Benediction at 6:45 p.m. What a great opportunity for Lenten prayer, sacrifice, reconciliation, and almsgiving!

Adoration 9:00 a.m. – 6:45 p.m. (sign up for a half hour or more, if possible) Reconciliation 5:45 p.m. – 6:45 Benediction 6:45 p.m. – 7:00 p.m.

With you in prayer during this Lenten Season. This reflection was written by Bernadette Willson

## Day 14 - Tuesday, March 2, 2021

“It’s not fair!  I have to do everything around here!”

These are words I know I said many times growing up as the eldest of nine children in a farm family.  I was obviously unhappy over some perceived inequity and wanted everyone to know it.  I’m ashamed to admit that I sometimes still have episodes of self-pity when I’m feeling overworked or underappreciated, so I can relate to Martha’s feelings when I read the Bible passage about the visit of Jesus to the home Martha shared with her siblings Mary and Lazarus in Luke 10:38-42.  Mary sat attentively at the feet of Jesus, which was probably a privilege usually reserved for men at that time, listening to all that He was saying.  Martha, on the other hand, was “distracted by her many tasks.”  Well, of course she was!  Martha, Mary, and Lazarus had opened their home in Bethany to Jesus (and probably his 12 friends too).  Martha was bustling about, laboring to be a gracious hostess to their invited guests, and she didn’t have the conveniences we take for granted today like running water, electricity, or microwaves.  I can imagine that as she painstakingly prepared food for her many guests, she could hear the conversations drifting in from the other parts of the house and realized she was the woman doing ALL the work, while her sister Mary was having ALL the fun.  We know her resentful frustrations came tumbling out in her demand to Jesus that he makes Mary help her.

When we read this passage, we might tend to compare the two sisters and feel that Martha was the “wrong” one but take a minute to frankly think about it.  Don’t we need reliable people like Martha to keep families and organizations functioning smoothly?  Surely, we can understand her feelings when we recall that we have felt that way ourselves when others don’t readily pitch in to help.  Then go further and visualize that moment when Martha asked Jesus to make Mary help her.  He probably looked at her with love and compassion.  He acknowledged her frustration, and I’m sure his look conveyed his appreciation for her hard work, but He wanted her to relax and realize that she needed to find time for “the better part” that Mary had chosen.  And we need to find that balance too.

Over the coming days, we can contemplate this Scripture passage and look for ways to imitate the best traits of both Mary and Martha in our own lives.  Some suggestions for how we can “choose the better part” to be more like Mary include:  make more time for private and family prayer, read Scripture and Catholic publications (such as our diocesan newspaper, The Messenger), listen to a Catholic podcast (for example, Bishop Robert Barron - [**https://www.wordonfireshow.com**](https://www.wordonfireshow.com)**),** sign up to participate in e-mail novenas ([**PrayMoreNovenas.com**](http://www.praymorenovenas.com/)), or research the lives of saints.  We can strive to follow Mary’s example and dare to “sit at the feet of Jesus,” listening and reflecting on His words.

In honor of Martha, we could choose to be doers and not moaners:  do a chore that’s usually handled by someone else in the family, share a special dish with a neighbor or friend who lives alone, offer to pick up supplies or clean up winter yard debris for an elderly neighbor, make a phone call to a someone you haven’t seen for a while (even if you know they will talk forever), or help someone who does not have time or internet access to schedule their COVID vaccination.  And always remember that, like Martha, you can tell Jesus anything.  He wants to hear about your problems and frustrations, especially when you are overwhelmed or feel like you’re dealing with an unfair situation.

This Lent, welcome Jesus into your heart.  Do the preparation and work to make it a hospitable place, but don’t forget to sit and listen to the quiet whispering of God’s loving voice.

With you in prayer for the Lenten season, Mary Kay Miller

## Day 15 - Wednesday, March 3, 2021

Celebrating Lent as a Family

Lent can be a very exciting season to celebrate with your family. The traditions that you build during this important liturgical season will set an example and leave a lasting impact on them for years to come. As a mom and youth minister I am always looking for ways to engage both parents and students in the important lessons that our faith must share. As you discern how to celebrate the season of Lent as a family don’t forget to share the meaning of Lent; a time to prepare our hearts for the dying and rising to new life that is celebrated on Easter.  Make this Lent a time for you and your family to embrace the transformation that can occur when we embrace the season and prepare for the Paschal Mystery and Resurrection. Below are a few ideas of what you can do to deepen your faith at home and be outward examples of Christ to others in your school and community?

Decorate your home for the season           Attend Mass together

Pray the rosary together           Read a story of the Bible

Surprise someone by doing a task together           Read a religious book

Watch a religious movie          Do something to help the earth

Look for God throughout the day          Write a family prayer

Attend the stations of the Cross          Choose an item each day or each week to fast from

Looking for addition ways to celebrate the season as a Family? Below are three of my favorite sites to find activities for my family and the youth of our parish.

Catholic Icing:  [**https://www.catholicicing.com/**](https://www.catholicicing.com/)

Holy Heroes: [**https://blog.holyheroes.com/**](https://blog.holyheroes.com/)

Sadlier: [**https://go.sadlier.com/religion/lenten-calendar**](https://go.sadlier.com/religion/lenten-calendar)

## Day 16 - Thursday, March 4, 2021

Joy in the Midst of Trial

**Question: "How can I find joy in the midst of trials?"  
  
Answer:**[**James 1:2-4**](https://biblia.com/bible/esv/James%201.2-4)says, “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.” This is the very first thing James writes in his letter after his salutation. Why? Because of its import. Many Christians think once they’ve made that decision for Christ that everything will fall into place and life will be that proverbial bowl of cherries. And when trials and tough times come upon them or continue, they begin to question, “why?”

Peter also tackles this subject of joy through trials. “In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls” **(**[**1 Peter 1:6-9**](https://biblia.com/bible/esv/1%20Pet%201.6-9)**).**  
  
In both of these passages, we see the instruction of what we should do. ‘Consider it pure joy…’ ‘In this you greatly rejoice…’ Why? Because trials make us stronger. The James passage clearly states that the testing of our faith produces perseverance.  The Peter passage states that our faith, which is priceless, will be proved genuine and result in praise to God. But how? How can we find joy in the midst of all the junk, hardships, and painful circumstances?  
  
First, we need to understand that the joy the world gives is not the same as the joy the Spirit gives. Worldly joy or happiness comes and goes as often as waves hitting the shore. It isn’t something you can cling to when you’ve lost a loved one or are facing bankruptcy. The Spirit’s joy or happiness, on the other hand, can stay with you for the long haul. For the believer, joy is like a bottomless well of water—there’s always an abundant supply. Even in the darkest days, when sadness, grief, and loss may threaten to overwhelm you, God’s joy is there.  
  
Second, we need to understand that God’s joy cannot be taken away. Oh, you might think that it’s gone—that the hands of misfortune have snatched it from you—but it’s not. As believers, we are promised the constant presence of the Holy Spirit and his joy. Jesus’ words in [**John 15:11**](https://biblia.com/bible/esv/John%2015.11), “I have told you this so that my joy may be in you and that your joy may be complete.” Other examples, [**Acts 13:52**](https://biblia.com/bible/esv/Acts%2013.52), “And the disciples were filled with joy and with the Holy Spirit.” [**Acts 16:34**](https://biblia.com/bible/esv/Acts%2016.34)**,** “The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God—he and his whole family.”  
  
Third, we need to stop wallowing, whining, and complaining,  and grab onto God’s joy. Just like salvation, joy is a free and perfect gift from Him, and we must reach out and accept that gift.  Like a lifeline. Choose joy. Over bitterness, anger, and sorrow. Make a decision to choose joy every day. No matter what.

This topic and lesson is something we can relearn each and every day.  We may be faced with seemingly insurmountable obstacles, but you know what, God’s joy is really there.   We can consider each trial joy, we can greatly rejoice with joy, inexpressible and full of glory even when you feel like we are face-first in the mud puddle. We can endure whatever circumstances are making us quake in our boots right now. If we have been saved through faith in Jesus Christ—you have all you need.  Grab onto God’s joy!!

With you in prayer during this Lenten time, this reflection is submitted by Dorothy Kohler.

## Day 17 - Friday March 5, 2021

Breaking and the Legend of the Pretzel

One of my favorite pastimes is baking. From an early age I can remember baking cookies, fresh bread, various desserts. Nothing can beat the opportunity to sit down together as a family to savor the delicious baked goods or meals we had prepared together. It’s only fitting now that my children beg to join me in the kitchen. To soak up the memories, of time spent with mom and a conversation over dinner.

Legend tell us that years ago an Italian Monk who knew the importance of prayer created a special treat for children who memorized their prayers. The monk would mix a batch of dough that he would roll and cut into long strips. The strips would then be folded into a special shaped that resembled a child’s folded arms and baked. The monk called these treats, “pretiolas.”

This weekend I encourage you share a snack or meal with a loved one or if time allow bake. Take time to think about the many meals you have shared around the table. Think of special guests who may have joined your family for a meal. Share with your child memories of you First Communion.

In addition, please keep in your prayers the students who will be celebrating their First Communion Retreat this week. May their hearts always be open to the love of Christ

Interested in learning more about the legend of the pretzel or looking for an easy pretzel recipe? Visit Catholic icing:   [**https://www.catholicicing.com/pretzels-for-lent/**](https://www.catholicicing.com/pretzels-for-lent/)

## Day 18 - Saturday, March 6, 2021

**Mary our Mother**

As Catholics we hold Mary in very high regard.  The church teaches that Mary is the Mother of God and Queen of Heaven.  Mary’s role in our salvation and how she fits into our spiritual journey can sometimes be misunderstood.  The link below is to a podcast that discusses the Dogmas of Mary and her role in the church.  The Talking Donkey Catholic Podcast hosted a conversation between three men who are in different places in their faith journey but all share a passion for their faith and a devotion to Mary.

[**https://traffic.libsyn.com/secure/talkingdonkeycatholicpodcast/Final\_EP26\_-\_22421\_9.56\_PM.mp3**](https://traffic.libsyn.com/secure/talkingdonkeycatholicpodcast/Final_EP26_-_22421_9.56_PM.mp3)

With you in prayer for a fruitful Lent, Nathan Higgerson

## Day 19 - Sunday, March 7, 2021

Catholicism 101

**Why does the language in the Mass sound so foreign?**

We use language to communicate with each other and the same holds true in our relationship with God.  We speak differently to our coworkers than we would to our boss or our spouse or our two year old toddler.  Certain occasions also require certain types of language.  A birthday celebration requires a different type of language than a funeral.  The celebration of the Eucharist requires a different type of language than everyday conversation.  The church uses the language appropriate for the celebration of the Mass to our God!

Excellent 5- minute video on this subject: [**5 Min YouTube Video**](https://www.youtube.com/watch?v=lOCuXzbUrZA&ab_channel=ElementsoftheCatholicMass)

With you in prayer for a fruitful Lent, Dave Miskell

## Day 20 - Monday, March 8, 2021

International Women’s Day

Years ago a dear friend sent me a funny quote she thought I would enjoy.  Maybe you’ve seen it.

**Be the kind of the woman  
that when your feet hit the floor each morning,  
the devil says  
“Oh crap!  She’s up!!”**

As humorous as this quote is, it got me thinking . . .  I’m called to be that woman.  I want to be that woman!  But, if that’s to be the case, my day MUST begin in prayer.

Since receiving this nudge from my friend so many years ago, before my feet hit the floor each morning, I say this prayer.  You might enjoy it, too.

This prayer is great for men, as well!  ;)

**Fatima Morning Offering**

Oh Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings, all that this day may bring, be they good or bad: for the love of God, for the conversion of sinners, and in reparation for all the sins committed against the Sacred Heart of Jesus and the Immaculate Heart of Mary.  Amen

With you in prayer for a fruitful Lent,  Michelle Miskell