

52 SUN DAYS

2020

A GUIDE TO RECLAIM THE
LORD'S DAY FOR FAITH
AND FAMILY



ARCHDIOCESE OF
DETROIT



UNLEASH
THE GOSPEL

Excerpts from the *Lectionary for Mass for Use in the Dioceses of the United States of America* Copyright © 2001, 1998, 1997, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, D.C. All rights reserved. No part of this work may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the copyright owner.

TABLE OF CONTENTS

INTRODUCTION	IV	JULY 5, 2020.....	103
THE DAY OF THE LORD.....	V	JULY 12, 2020	107
HOW TO USE 52 SUNDAYS	VIII	JULY 19, 2020	111
JANUARY 5, 2020	1	JULY 26, 2020	115
JANUARY 12, 2020.....	5	AUGUST 2, 2020	119
JANUARY 19, 2020.....	9	AUGUST 9, 2020	123
JANUARY 26, 2020.....	11	AUGUST 16, 2020.....	127
FEBRUARY 2, 2020.....	15	AUGUST 23, 2020.....	131
FEBRUARY 9, 2020.....	19	AUGUST 30, 2020.....	135
FEBRUARY 16, 2020.....	23	SEPTEMBER 6, 2020.....	139
FEBRUARY 23, 2020.....	27	SEPTEMBER 13, 2020	143
MARCH 1, 2020	31	SEPTEMBER 20, 2020	147
MARCH 8, 2020	35	SEPTEMBER 27, 2020	151
MARCH 15, 2020	39	OCTOBER 4, 2020.....	155
MARCH 22, 2020	43	OCTOBER 11, 2020	159
MARCH 29, 2020	47	OCTOBER 18, 2020	163
APRIL 5, 2020.....	51	OCTOBER 25, 2020	167
APRIL 12, 2020	55	NOVEMBER 1, 2020	171
APRIL 19, 2020	59	NOVEMBER 8, 2020	175
APRIL 26, 2020	63	NOVEMBER 15, 2020.....	179
MAY 3, 2020.....	67	NOVEMBER 22, 2020.....	183
MAY 10, 2020	71	NOVEMBER 29, 2020	187
MAY 17, 2020	75	DECEMBER 6, 2020.....	191
MAY 24, 2020	79	DECEMBER 13, 2020	195
MAY 31, 2020	83	DECEMBER 20, 2020	199
JUNE 7, 2020.....	87	DECEMBER 25, 2020	203
JUNE 14, 2020.....	91	DECEMBER 27, 2020	207
JUNE 21, 2020.....	95	APPENDIX: PALM SUNDAY	
JUNE 28, 2020.....	99	OF THE PASSION OF THE LORD	211
		BIBLIOGRAPHY.....	216

INTRODUCTION

Dear Families,

Synod 16 was a seminal moment in the life of the Archdiocese of Detroit. It was an unprecedented gathering of the faithful to determine – under the guidance of the Holy Spirit and in complete fidelity to the teachings of the Catholic Church – what is most needed to bring about a “missionary conversion” in the Archdiocese of Detroit.

The chief priority in the discernment of Synod 16 was the care for the Christian family. We know that the vitality of the Church (as well as society as a whole) relies squarely on the health of Christian families. It is in the family where we understand how to have proper relationships with others. It is in the family where we learn how to give and receive forgiveness. It is in the family where we first learn to think of the needs of others before our own. It is in the family where we first see the *imago Dei*, the image of God, made present for us in the communion of love between Father, Mother, and children.

At the service of the Christian family, the Office of Evangelization has undertaken this work in living out the Lord’s Day. Archbishop Vigneron has written a pastoral note to complement and deepen what was written about the family in his larger Pastoral Letter *Unleash the Gospel*. *52 Sundays* is a book...but more than a book. It is part of a movement to reclaim Sunday as given over to the Lord. Since our culture proposes many other values for this day, it is necessary to support families in their efforts to live Sunday in a distinctly Catholic way. This movement has many parts which include ceasing sporting events on Sunday, offering a richer “Sunday experience” at Mass, and providing time for families to eat, play, and pray together. Taking each part of the Christian life piece-by-piece, we hope that this resource will help families on their journey to reclaim Sunday as a day set apart from the rest of the week in remembrance of the Resurrection of the Christ!

We know that in an imperfect world, it is not always possible to carve out Sunday for the Lord and the family. Some parents have to work on Sunday or some families have other commitments which are unavoidable. If for a period of time or in a particular week you are not able to make this commitment of Sunday, find another day to set aside committed family time. But I would encourage you to do your best in this effort to find a way to make Sunday look and feel different in your personal life and the life of your family.

Our paradigm for evangelization is “Encounter, Grow, Witness.” I hope *52 Sundays* helps you encounter God’s love, grow as a band of joyful missionary disciples, and bear witness to the power of God to make you and your family saints!

May God bless your Sundays in 2020!

Sincerely in Christ,

Fr. Stephen Pullis

THE DAY OF THE LORD

AN UNLEASH THE GOSPEL PASTORAL NOTE



Dear brothers and sisters in Christ,

The Archdiocese of Detroit is in the midst of a “missionary conversion, a change in our culture, such that every person at every level of the Church, through personal encounter with Jesus Christ, embraces his or her identity as a son or daughter of God and, in the power of the Holy Spirit, is formed and sent forth as a joyful missionary disciple.”¹ This conversion requires a re-examining of the way we live collectively as a community of faith. The Church in Southeast Michigan is responding to graces of Synod 16 and actively seeking to Unleash the Gospel in our personal lives, our families and through our institutions.

One of the clearest calls from Synod 16 was for our Church to reclaim Sunday as a day set apart for the Lord, for family and for works of mercy. There are many necessary and worthwhile pursuits which occupy our time and energy all throughout the week but from the earliest days of the Church, Sunday was unique for Catholics. In our time, Sunday has slowly lost its pride of place. In the Archdiocese of Detroit, we are committed to setting aside this day as much as possible for God-centered pursuits.

First and foremost, Sunday is the day of the Resurrection of Jesus to new life. It is the day that definitively marked Jesus’ victory over sin and death, and it is the day that represents that in Jesus we too share in this same victory through our baptism. Therefore, Sunday is not an ordinary day, not just another day of the week. Every Sunday is a mini-Easter Sunday! It is right then to say that Sunday is truly the Lord’s Day.

The first way we keep Sunday holy is through our worship of the Triune God. This is done most perfectly in the Holy Sacrifice of the Mass, where we offer back to the Father the very life of the Son in the power of the Holy Spirit. For this reason, the disciples of Jesus made it a hallmark to gather as a community of believers on this day. The Code of Canon Law and the Catechism of the Catholic Church state that “on Sundays and other holy days of obligation the faithful are bound to participate in the Mass.”² This obligation to attend Sunday Mass—either on the day or on the vigil in the evening—is the most essential way we individually and collectively worship the Lord who gave himself for us.

Our communal worship flows out from the Holy Sacrifice of the Mass into many other areas: “Sharing in the Eucharist is the heart of Sunday, but the duty to keep Sunday holy cannot be

reduced to this.”³ Eucharistic adoration, personal prayer, reciting the Rosary, time for catechesis and Bible studies, faith sharing groups and the like all, are ways families and individuals honor the Lord’s Day beyond Sunday Mass. We are called to live this whole day in recognition that we are God’s people, intimately united to him through the blood of Jesus, in the power of the Holy Spirit.

Our rest on this day also imitates the first “rest” of God after the work of creation: “he rested on the seventh day from all the work he had undertaken.”⁴ God teaches us the value of work — through creation, in the very life of Jesus and in the lives of the saints — but he also teaches us the value of rest. Too often in our world we are valued by how busy we are. This “cult of busyness” is not of the Lord. Taking the Lord’s Day not to be busy with the affairs of the world but rather to rest in more important pursuits honors God and helps us to show him more perfectly to our world. Southeast Michigan needs men and women who can manifest the presence of God through their work and through their rest.

When work becomes the most important thing in our lives, we value ourselves and others by what they can contribute rather than by who they are. This leads to devaluing of human life which Pope St. John Paul II called the “culture of death,” and which Pope Francis calls the “throwaway culture.”⁵ We are not valued by what we can contribute to society. Instead our worth comes from what God has done for us: We are made in his image and likeness, and Christ has died for us. When we choose to make Sunday a day of rest, we choose to renounce these false cultures and live as part of Christ’s band of disciples.

Keeping holy Sunday also reminds us of our eternal destiny; it allows us to keep our eyes fixed on Jesus. We put aside the worldly pursuits which are necessary for this life but too often become a distraction from what is ultimately important: “Seek first the kingdom of God and his righteousness, and all these things will be given you besides.”⁶ Sunday is a day to rest from work so that we have the time and leisure to pursue things that do not have worldly utility. Unless we take this regular time away from these matters, we will easily and quickly lose sight of our ultimate destiny. Our attention needs to be intentionally interrupted from our earthly work to call to mind the reality that we are joint heirs with Christ of the things of heaven.

For our local Church to be faithful to the graces of Synod 16, we also must commit to seeing Sunday as a day when families can be together. The vision for families laid out in *Unleash the Gospel* requires time set aside from many other good activities so that families can be together, free from other distractions. Some of the particular aspects of Sunday family time include family Scripture time, the family Rosary, making use of parish activities together as a family and “reclaiming Sunday” through Mass and a shared meal. For some families, this time together has been marked by “technology-free family time” on Sunday, when parents



and children set aside their phones and other devices and commit to spending uninterrupted family time together.

Finally, Sunday is the day when the Holy Spirit was poured out in power upon the disciples of Jesus. In fact, John Paul II called Sunday a “weekly Pentecost.”⁷ Therefore, Sunday is a fitting day to grow in our faith. Catechesis for young people and for adults is not out of place on this day. It also is a day to witness to our faith. That first Pentecost saw the apostles boldly proclaiming Jesus as Lord. As we seek to live a new Pentecost, we should be witnesses to God’s mercy, particularly on the Lord’s Day. This means we should look for opportunities to share our faith with others on this day. We do this in our words of kindness, by sharing our faith with others and through works of charity, especially to the less fortunate.

In the Foundational Conviction section of *Unleash the Gospel*, I wrote that “this missionary conversion” calls for a “strikingly countercultural way of living.” Living Sunday more radically and intentionally as God’s people will help us do this. It will help us to root our lives in prayer and the sacraments. It will create the space for us to demonstrate unusually gracious hospitality and to include those on the margins. And it will remind us of God’s presence even in difficult and stressful times, so that we can be Jesus’ band of joyful missionary disciples in Southeast Michigan.

What follows here are details about one particular way we are committed to this “strikingly countercultural way of living.” After prayerful consultation with the presbyterate of Detroit and responding to what I believe is the call of the Holy Spirit through Synod 16, we in the Archdiocese of Detroit will cease sporting events on Sunday. This means that competitive athletic programs in the grade school and high school levels are called to no longer play games or conduct practices on the Lord’s Day. In the months ahead, we will offer a number of resources to assist families in their own practice of keeping holy the Lord’s Day.

In shifting away from the hustle of required sporting activities on Sunday, we will reclaim this holy day and create more time for families to choose activities that prioritize time spent with each other and our Lord. As the Catholic Church, our primary role is to form disciples. Informed by Synod 16 and inspired by the Holy Spirit, we look forward to abundant blessings as we seek to abide by our God’s teaching to keep holy the Lord’s Day.

Sincerely yours in Christ,
ARCHBISHOP ALLEN H. VIGNERON

[1] *Unleash the Gospel, Foundational Conviction*, Col. 2:12.

[2] *Code of Canon Law*, 1247; CCC 2180.

[3] *Dies Domini*, 52.

[4] *Gen. 2:2*.

[5] *Evangelium Vitae*, 12 and *Laudato Si*, 16.

[6] *Mt. 6:33*.

[7] *Dies Domini*, 28.



HOW TO USE 52 SUNDAYS

The following are some suggestions on how this book can be used to help your family reclaim the Lord's Day for faith and family.



EXPLORE THE SUNDAY GOSPEL

Sacred Scripture is the living Word of God; it communicates to us the deepest truths of God and man. Scripture leads us to true happiness. It is one of the primary ways that we encounter Jesus, grow deeper in our faith, hand on our traditions, discover the graces needed to face life's challenges, and respond as sons and daughters of God. Reflection on Sacred Scripture allows God to speak into the concrete circumstances of our lives. It is one of the greatest gifts parents can give to their children which will have an eternal impact on their life. "Ignorance of Scripture is ignorance of Christ!" insisted St. Jerome, father and Doctor of the Church.

52 Sundays contains the Sunday Gospel for each Sunday in 2020 and the biblical citation of each passage. Exploring the Sunday Gospel each week will help family members encounter the risen Christ and help children grow up with a biblical world view. Here are some ways that you can explore the Gospel each week:

- Read the upcoming Sunday Gospel a few days before the weekend for your personal reflection. Seek an encounter with God through the Gospel. Listen to what God is saying to you personally and consider how the Gospel story relates to your life. Do this as a family or with friends, and after Mass compare your insights with the homily. Have a discussion with other family members or friends sharing insights and what was heard in the homily.
- Parents, read the Gospel as a bedtime story to your children. If a child is very young, tell the story in your own words or use a children's Bible making a connection with God, the people in the story and your child's life. Help your children encounter God through the stories. Pick out parts of the story to listen for during the Mass. As a way to prepare for Mass, have a short conversation on the way to Mass about the readings. Help put the reading into a context they can understand and then share what everyone heard after Mass . . . maybe over coffee and donuts!



MEET OUR EXTENDED FAMILY

The saints are members of the Church who are with Christ in heaven and have joined their wills to the will of God in praying for those in the Church who are still on their pilgrimage of faith. Saints help us see how our ordinary lives can be lived out in extraordinary ways. Were these people perfect? Of course not! They knew that they were sinners, but they loved God and they knew how much God loved them. While many of us have heroes in the world of

sports or music, the saints are our *real* heroes; they are the ones who serve as models for our lives. They are our companions, mentors, guides, and trusted friends, who like us, through sorrows and joys, configured their lives to Christ and are an example for us so that we can do it too! These are real people, alive in heaven, and only a prayer away! We can call on them as we would our own family.

52 Sundays makes it easy to get to know our extended spiritual family by featuring one saint each week. Introducing this saint to your family can be done in a number of ways:

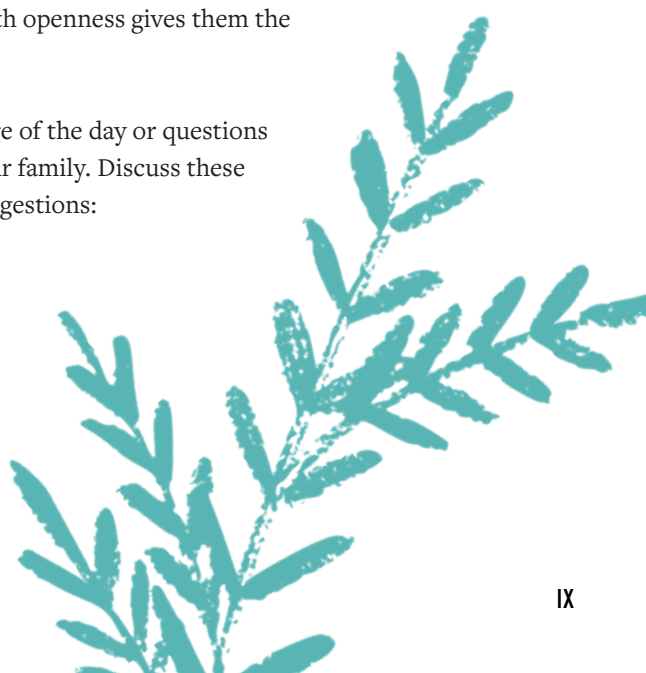
- Talk about the saint throughout the week.
- Take time to get to know the saint of the week by reading their story at bedtime. Consider getting a book of Catholic saints for children and reading more about the saint of the week. There are many such books available through numerous Catholic publishers.
- Read, watch movies, or listen to stories about the saint of the week or other saints that inspire you. Take time to understand their life and journey of faith. Do this with others and share insights. Commit to learning a lot about a few saints each year.
- Parents, help your children pick a patron saint. Help children pick someone who has the same name or similar interests or talents, and help your children include the saint in their daily prayer life to intercede for them and those they love.

TAKE TIME TO CHAT

Modern families are mobile and busy! As a result, many families feel they don't have enough time to talk, bond and firmly connect with each other. Having time to talk has many benefits. It is an opportunity to really get to know what is going on in each other's lives, it provides an opportunity to solve problems or disagreements, and it is an opportunity to hand on family values. In addition, listening to one another strengthens relationships. Children, in particular, need to be listened to. Because they're little, they can often be dismissed especially in a busy household. Listening without judgment or agenda and with openness gives them the opportunity to share that which is most important to them.

52 Sundays provides discussion questions on the Gospel passage of the day or questions about the featured saint in order to stimulate discussion in your family. Discuss these questions at a time that works best for you. Here are some suggestions:

- In the car on the way home from Mass
- Over lunch after Mass
- During your family dinner
- At bedtime when you read the Gospel to your children



The discussion questions in *52 Sundays* may stimulate curiosity and lead to more questions. This is a good thing! Sometimes parents get anxious when children ask questions on topics they don't know or understand. It is easy to think that these answers are better left to experts; however, often those who don't have all the answers tend to be better listeners, giving the child the opportunity to explore and ask questions. The curiosity of children is quite possibly the greatest player in their drive to learn. Here are a few pointers that might be helpful in navigating faith conversations:

- Be docile to the Holy Spirit; the Spirit will prompt you with the right thing to say!
- If you don't know something, be honest. Tell your child that you will research it and get back with them. Feel free to contact your pastor or parish staff to help you find the answer. They can even help you know how best to share the information given the age of your child.
- Don't think that questions lead to disbelief. Rather, great questions lead to deeper belief.
- Don't respond to questions with trite answers such as "because that's what the Church teaches" or "because it's true." This is not helpful. Take the time to research and formulate a good response to your child's question.
- Don't over-answer the question or answer a question they don't have. Be mindful not to firehose them with too much information. Wait for a prompt to offer more information.
- While it is important to answer your child's question, it is also important to ask them questions. This will help you get at the root of what they really want to know which may lie beneath surface-level questions.



FAMILY FUN

Family fun is an important part of building a strong holy family identity. When families have fun together with Christ at the center, it builds a holy bond that can last a lifetime. Traditions are often developed in times of fun. Those traditions help define and individualize each family. In the hustle and bustle of daily life it can be hard to find time to enjoy being together; holy family fun makes the hustle and bustle worthwhile. Therefore, a family activity has been included for each week to help you carve out some intentional time to have family fun! Here are few things to keep in mind:

- Plan activities ahead of time, especially if it is an excursion. Check hours of operation, ticket prices, etc.
- Consider doing activities with other families from your parish or neighborhood.
- Do the activity suggested in the book or brainstorm other alternatives as a family.
- Always keep Jesus at the center of all family activity. Take time to pray together, give thanks and invite others into your family fun time. Sharing the joy of Jesus in your family with others increases and spreads the joy of the Gospel and is the mission of the family.



RECIPE OF THE WEEK

The New Testament attests to the fact that Jesus often used meals to engage with people and teach important lessons. There are so many benefits to families who share a meal together. Here are just a few:

- Children develop a sense of connection, belonging, and self-esteem when they are with a parent who is present and engaged. This relationship is critical during the tween years since kids will turn to the ones they are connected to when things get hard for them.
- When families eat together, children get the message that family is important, and that they are important to the family.
- Being with their family alleviates feelings of stress, anxiety and isolation that children may experience at school or in other social settings.
- Just by being in their presence each day, parents can pick up on the things kids aren't saying: the verbal and non-verbal cues they're giving, their moods, their habits, and any warning signs of potential problems.
- There is an intimate connection between the Sunday Mass celebration of the sacrificial meal, and the meal of the home such as: prayer, listening to stories, sacrifice, joy and laughter, honoring each other, invitation and welcome, traditions that get handed down and new ones that develop. All of these build family identity which is necessary for real happiness in the home. Families strengthen their faith by building the connection between Sunday Mass and the family meal.

As your family reclaims the Lord's Day for faith and family, make Sunday meals a sacred time to connect with each other and with the Lord. Mealtime provides the perfect opportunity for observing different seasons and feasts of the Catholic Church in our homes, and this book provides some new and exciting recipes to help you do just that. Some of the recipes have a

DON'T FORGET TO CHECK OUT THE GOOD STUFF IN THE MARGINS!

LITURGY LINK

Each week's liturgy link is a way for kids (and adults) to better engage at Mass and become more aware of the church environment. Parents are invited to ask the liturgy link questions immediately before Mass. If you can't easily find the answer, don't hesitate to ask your pastor or another staff member.

UNLEASHING THE GOSPEL IN YOUR FAMILY

Each week contains a quote from Archbishop Allen Vigneron's pastoral letter, *Unleash the Gospel*, to help familiarize you with the content and inspire you to live it out. The pastoral letter is the fruit of an archdiocesan-wide Synod (Synod 16) that was held in November of 2016. The Synod was the ignition spark that was to set the Archdiocese ablaze. Its goal was nothing less than a radical overhaul of the Church in Detroit, a complete reversal of our focus from an inward, maintenance-focused church, to an outward, mission-focused church.

Unleash the Gospel is the road map to implement a "missionary conversion," a change in our culture, such that every person at every level of the Church, through personal encounter with Jesus Christ, embraces his or her identity as a son or daughter of God and, in the power of the Holy Spirit, is formed and sent forth as a joyful missionary disciple. It calls families

connection to the Gospel, the featured saint, holiday, or season. Others were selected simply because they are super easy or fun to make. Either way, the recipes will add some variety to your meal rotation and provide an opportunity for the whole family to pitch in and help. Here are some things you may want to consider:

- Plan ahead! Be sure to have all your ingredients ahead of time so that you don't have to run to the store at the last minute.
- Involve the whole family. Subdivide tasks so that everyone can take part in preparing the meal.
- Create a festive atmosphere by playing music during meal preparation.
- Make Sunday dinner special by setting a nice table. Flowers and cloth napkins can really dress up the table.
- Pray before your meal, using the family prayer provided or use your own prayer.
- Make clean-up a family affair! Many hands make light work.




FAMILY PRAYER

Prayer has the power to dramatically shift the spiritual atmosphere in your home. It's also one of the best ways to help your family thrive. When you pray together, each member of the family learns what it means to be intimate with God. When you see answers to prayer, you experience his love and his presence in your daily lives. Home life can sometimes be filled with chaos, tension, and stress. Praying helps to restore peace and change perspectives.

Families that pray together, stay together. *52 Sundays* provides a Family Prayer each week. These prayers will not only help your family learn new prayers, but will also introduce your family to various forms of prayer. Families are encouraged to set aside some time each Sunday for the family prayer. It may be helpful to create a dedicated prayer space and/or to light a candle in the place you choose to pray. Choose a time that works best for your family such as:

- In the morning, before Mass
- Before your family dinner
- Before bedtime



to embrace its role as the domestic church and, in connection with other families and single persons, to actively seek the spiritual and social renewal of its neighborhood, schools and places of work. For everyone in the Archdiocese it entails making one's relationship with Jesus and alignment with his will the central guiding principle of every aspect of life. This missionary conversion entails a strikingly countercultural way of living grounded in prayer, Scripture, and the sacraments; unusually gracious hospitality; a capacity to include those on the margins of society; and joyful confidence in the providence of God even in difficult and stressful times (*Unleash the Gospel*, Foundational Conviction).

52 Sundays was written in response to the action steps outlined in *Unleash the Gospel*.

FUN FACTS!

Fun Facts include some fun Catholic and secular trivia for the given day or week.

SHARE HOW YOUR FAMILY CELEBRATED SUNDAY!

#52SUNDAYS

The Archdiocese of Detroit will have a *52 Sundays* online presence to engage families and invite them to share their Sunday experiences through #52Sundays. Families are encouraged to share what they did to celebrate each Sunday. Use the hashtag on all of our social media channels:

<https://www.instagram.com/utgdetroit/>

<https://twitter.com/utgdetroit>

<https://www.facebook.com/UTGDetroit/>

THE EPIPHANY OF THE LORD



EXPLORE THE SUNDAY GOSPEL

The Visit of the Magi

MT 2:1-12

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, “Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage.” When King Herod heard this, he was greatly troubled, and all Jerusalem with him. Assembling all the chief priests and the scribes of the people, He inquired of them where the Christ was to be born. They said to him, “In Bethlehem of Judea, for thus it has been written through the prophet:

*And you, Bethlehem, land of Judah,
are by no means least among the rulers of Judah;
since from you shall come a ruler,
who is to shepherd my people Israel.”*

Then Herod called the magi secretly and ascertained from them the time of the star’s appearance. He sent them to Bethlehem and said, “Go and search diligently for the child. When you have found him, bring me word, that I too may go and do him homage.” After their audience with the king they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way.



MEET OUR EXTENDED FAMILY

St. André Bessette (Feast Day January 6)

AUGUST 9, 1845 – JANUARY 6, 1937

Brother André was born in Canada near Montreal. He had a life-long devotion to St. Joseph. As a young adult, he entered the Congregation of Holy Cross. Much like our own Father Solanus Casey, he was given the humble job of doorkeeper at Notre Dame College in Montreal and had an incredible gift of healing. When an epidemic broke out at a nearby college, André volunteered to nurse; not one person died. The trickle of sick people to his door became a flood. He died at the age of 92 and is buried in the basilica he helped to build. He was canonized a saint in 2010 by Pope Benedict XVI.

TAKE TIME TO CHAT

- Why did the Magi pay homage to the baby Jesus?
- What kind of gifts did they bring to him? What do these gifts symbolize?
- What gift would you give to the baby Jesus?



FAMILY FUN

Chalk the Door!

The chalking of the doors is a centuries-old practice used to celebrate Epiphany throughout the world. Take chalk of any color and write the following above the entrance of your home: 20 + C + M + B + 20. The letters represent the initials of the Magi — Caspar, Melchior, and Balthazar. They also abbreviate the Latin phrase, *Christus mansionem benedicat*: “May Christ bless the house.” The plus signs represent the cross, and the “20” at the beginning and the “20” at the end mark the year. Taken together, this inscription is performed as a request for Christ to bless those homes so marked and that he stay with those who dwell therein throughout the entire year.

OTHER IDEAS

- Using a free star-gazing app, take your family outside and observe the night sky. Make some hot cocoa to keep everyone warm!
- Watch the “Star of Bethlehem” documentary as a family.

Liturgy Link

Go to the manger display at your church and see if you can find the wise men that were mentioned in this week’s Gospel.

Unleashing the Gospel in your Family

“By the Holy Spirit’s descent upon the Blessed Virgin Mary, the eternal Word has taken on flesh: the invisible God is now able to be seen with our eyes, heard with our ears, even touched with our hands (cf. 1 Jn 1:1).” (Guidepost 3)

Fun Facts!

The word “Epiphany” means manifestation. The feast of the Epiphany is the manifestation of Jesus as Messiah of Israel, Son of God and king of the nations. It celebrates the adoration of Jesus by the wise men (magi) from the East who represent neighboring pagan nations who welcome the good news of salvation through the birth of Jesus.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

French Epiphany King Cake (Galette des Rois)

La galette des rois is a traditional pie the French like to prepare to celebrate the Epiphany, the twelfth day of Christmas, when the wise men visited the baby Jesus. According to this Christian tradition, the galette des rois was to “draw the kings” to the Epiphany. Made with puff pastry with a lucky charm (la fève) hidden inside, la galette is traditionally filled with frangipane, a sweet cream made of almond, eggs, butter, and sugar. Whoever gets and eats the slice with the fève inside is crowned king or queen for the day.

Almond Cream Filling:

½ cup almond (meal/ground)
¼ cup sugar (granulated)
1 egg
3 tablespoons butter (softened)
¾ teaspoon vanilla extract
1 tablespoon flour (all-purpose)

Cake:

17 ounces puff pastry (thawed)
1 batch almond cream filling
1 egg (beaten)
Optional: plastic baby Jesus
2 tablespoons sugar
(confectioners)

** If nut allergies are a problem, use an apple pie filling as a substitute for almond cream.*

How to Make Almond Cream Filling: Using a food processor, combine the first six ingredients to form a smooth, creamy paste.

How to Make the Cake: Preheat the oven to 425 F. Roll out the sheets of puff pastry and cut out two 11-inch circles. Place one of the circles on a parchment-lined baking sheet. Spoon the filling on the puff pastry and spread it to within 1 ½ inches of the edge of the circle. If desired, hide the toy in the filling. Place the second pastry circle on top of the filling, crimping or pressing the edges of the pastry to seal the cake. Brush the pastry with the beaten egg and bake it for 15 minutes. Dust the cake with the powdered sugar and bake it for an additional 10 to 12 minutes, until it turns golden brown. Allow the cake to cool for 20 minutes on the baking sheet. If desired, top the cake before serving with a round of gold paper to be used as the “crown.” Cut the cake into even slices, and crown the one who finds the baby Jesus as the “king” or “queen” with the gold paper round atop the cake. (Be sure to supervise children to ensure that no one tries to consume the baby Jesus.)

Adapted from: <https://www.thespruceeats.com/galette-des-rois-recipe-1375050>



FAMILY PRAYER

Lord Jesus,

Today we celebrate your kingship over all the nations. Just as the Three Wise Men gave gifts to you that day, we present our family as a gift to you. Bless our home and help our family to be a light to our friends and family so that through us, they can meet you. Amen.

**"And you, Bethlehem, land of
Judah, are by no means least
among the rulers of Judah;
since from you shall come a
ruler, who is to shepherd my
people Israel."**

MT 2:6



THE FEAST OF THE BAPTISM OF THE LORD



EXPLORE THE SUNDAY GOSPEL

The Baptism of Jesus

MT 3:13-17

Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, “I need to be baptized by you, and yet you are coming to me?” Jesus said to him in reply, “Allow it now, for thus it is fitting for us to fulfill all righteousness.” Then he allowed him. After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him. And a voice came from the heavens, saying, “This is my beloved Son, with whom I am well pleased.”





MEET OUR EXTENDED FAMILY:

Saint Gregory Nazianzen (Feast Day January 14th)

325 - 390

St. Gregory Nazianzen was a 4th century Christian bishop of Constantinople. He lived in a tumultuous time when false teachings about the divinity of Jesus and the divinity of the Holy Spirit were circulating in the Church. St. Gregory defended the truth about the divinity of Christ and the Holy Spirit and was called to rebuild the faith in the great see of Constantinople which had been exposed to these false teachings for three decades. St. Gregory is a Doctor of the Church, which is a title given to saints recognized as having made significant contribution to theology or doctrine through their research, study, or writing.

TAKE TIME TO CHAT

- How does today's Gospel story reveal the Holy Trinity?
- Why do you think Jesus was baptized?
- Dig out photos of your children's baptisms, gowns, and baptismal candles, and share your memories and experiences.



FAMILY FUN

Outdoor or Indoor Recreational Activity

- Weather permitting, go sledding together. Don't forget to bundle up and bring bike helmets for added safety!
- If there's no snow, go bowling as a family.
- Go to a local ice rink for open skate and go skating as a family.

Liturgy Link

Find the baptismal font in your church, dip your hand in the water, and make the sign of the cross. Ask God to help you know that you are a precious son or daughter of God.

Unleashing the Gospel in your Family

"But in the last half century, even as the western world has become increasingly secularized and countless people have abandoned the faith into which they were baptized, the Church has been ringing out a call for all Catholics to awaken to their baptismal identity as missionary disciples. All are being summoned to engage in a new evangelization—a renewed proclamation of the good news of Christ to the people of our time." (3.1 The Missionary Nature of the Church)

Fun Facts!

Why was Jesus Baptized?

"Jesus loaded the burden of all mankind's guilt upon his shoulders; he bore it down into the depths of the Jordan. He inaugurated his public activity by stepping into the place of sinners. His inaugural gesture is in anticipation of the Cross." (Pope Emeritus Benedict XVI, Jesus of Nazareth)

Share how your family celebrated Sunday!
#52Sundays

OTHER IDEAS

- Winter is a great time to plan summer vacations. Why not plan a Catholic family vacation? In the busyness of daily family life, it can be so easy to push God to the side. What if there was a place to take your family away from the world for a few days, to reconnect with God and have fun—together? Consider attending Holy Family Fest, a week-long Catholic family vacation at Catholic Familyland®, where each member of your family will be drawn to a life-changing encounter with Jesus that makes their faith come alive. Registration opens in January. For details, visit: <https://afc.org/catholic-family-vacation/>



RECIPE OF THE WEEK:

Easy Chicken Pot Pie

- 1 ⅔ cups frozen mixed vegetables, thawed
- 1 cup chopped cooked chicken
- 1 can (10 ½ oz) condensed cream of chicken soup
- 1 cup Bisquick mix
- ½ cup milk
- 1 egg

Heat oven to 375°F. Spray 9-inch pie plate with cooking spray. Add vegetables, chicken and soup and stir to combine. In medium bowl, stir remaining ingredients until blended. Pour into pie plate. Bake uncovered 25 to 30 minutes or until crust is golden brown.



FAMILY PRAYER

Gather your children's baptismal candles and light them during the prayer. Place a small bowl of holy water on the table. Choose a leader for the prayer.

Leader: *In the name of the Father and of the Son and of the Holy Spirit. Amen. Loving God, you created all the people of the world, and you know each of us by name. We thank you for the gift of baptism and for making us a part of your family. Bless us with your love and friendship that we may grow in wisdom, knowledge, and grace. Grant this through Christ our Lord. Amen.*

All: *Our Father, who art in heaven . . . Amen.*

Leader will then use the holy water to trace the sign of the cross on the forehead of each family member.

SECOND SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

John the Baptist's Testimony to Jesus

JN 1:29-34

John the Baptist saw Jesus coming toward him and said, "Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, 'A man is coming after me who ranks ahead of me because he existed before me.' I did not know him, but the reason why I came baptizing with water was that he might be made known to Israel." John testified further, saying, "I saw the Spirit come down like a dove from heaven and remain upon him. I did not know him, but the one who sent me to baptize with water told me, 'On whomever you see the Spirit come down and remain, he is the one who will baptize with the Holy Spirit.' Now I have seen and testified that he is the Son of God."



MEET OUR EXTENDED FAMILY:

Saint Francis de Sales (Feast Day January 24th)

AUGUST 21, 1567 – DECEMBER 28, 1622

After earning a doctorate in law, Francis wished to enter the priesthood. At age 35 he became the bishop of Geneva. He became noted for his deep faith and his gentle approach to the religious divisions in his land resulting from the Protestant Reformation. Francis is well-known for his book, *Introduction to the Devout Life*, which is still available for purchase today. His writings, filled with his characteristic gentle spirit, are addressed to lay people. He wants to make them understand that they too are called to be saints.

TAKE TIME TO CHAT

- Who was John the Baptist?
- Why did John the Baptist call Jesus the Lamb of God?
- St. Francis de Sales wrote a book to remind people that all are called to be holy, not just priests and religious. As a family, how can we become more holy?



FAMILY FUN

Plan an Outing

- Celebrate MLK Day by attending an event sponsored by your local church or community.
- Plan an afternoon trip to a museum. Try the Detroit Historical Museum or the Henry Ford Museum in Greenfield Village.
- Go to a local mall and do a family walk. Make your final destination the food court so that everyone can get ice cream!



RECIPE OF THE WEEK:

Easy Noodle Bake:

- | | |
|------------------------|----------------------------|
| 1 lb ground beef | |
| 1 small onion chopped | Margarine |
| 2 cloves garlic minced | 1 box rotini noodles |
| 1 jar spaghetti sauce | Shredded mozzarella cheese |
| Garlic salt | Parmesan Cheese |

Brown ground beef with onions and garlic. Drain. Sprinkle with garlic salt to taste. Pour in spaghetti sauce. Simmer 5 minutes. Cook noodles according to directions. Drain. Mix in 1 tablespoon margarine. Sprinkle with garlic salt. Pour in spaghetti sauce and mix well. Transfer to baking dish. Sprinkle top with mozzarella cheese and parmesan cheese. Bake at 350 until cheese is bubbly.



FAMILY PRAYER

Father in Heaven, when the Spirit came down upon Jesus at His Baptism in the Jordan, You revealed Him as Your own Beloved Son. Keep us, your children, born of water and the Spirit, faithful to our calling. May we, who share in Your Life as Your children through Baptism, follow in Christ's path of service to people. Let us become one in His Sacrifice and hear His Word with faith. May we live as your children, following the example of Jesus. Amen

*[Invite each person to share any prayer intentions they may have.]
We ask all these prayers through Christ, our Lord. Amen.*

Liturgy Link

At Mass, we pray or sing a prayer called the Lamb of God. What does the priest do and say right after this prayer?

Unleashing the Gospel in your Family

"Families today face unprecedented challenges, and for this reason our local Church must commit a major portion of her resources to supporting families and helping them live out their call to holiness." (Guidepost 7)

Fun Facts!

Monday, January 20th is Martin Luther King Jr. Day. It is an American federal holiday marking the birthday of Martin Luther King Jr. The Rev. Dr. Martin Luther King, Jr. was a passionate preacher of the Gospel of Jesus Christ in word and example and a martyr for justice. Archbishop Vigneron recently wrote a pastoral note on racism that can be accessed here <https://www.unleashthegospel.org/pastoral-notes/agents-for-the-new-creation/>.

Share how your family celebrated Sunday!
#52Sundays

THIRD SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Beginning of the Galilean Ministry

MT 4:12-23 OR 4:12-17

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and went to live in Capernaum by the sea, in the region of Zebulun and Naphtali, that what had been said through Isaiah the prophet might be fulfilled:

*Land of Zebulun and land of Naphtali,
the way to the sea, beyond the Jordan,
Galilee of the Gentiles,
the people who sit in darkness have seen a great light,
on those dwelling in a land overshadowed by death
light has arisen.*

From that time on, Jesus began to preach and say, “Repent, for the kingdom of heaven is at hand.”

As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, “Come after me, and I will make you fishers of men.” At once they left their nets and followed him. He walked along from there and saw two other brothers, James, the son of Zebedee, and his brother John. They were in a boat, with their father Zebedee, mending their nets. He called them, and immediately they left their boat and their father and followed him.

He went around all of Galilee, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness among the people.



MEET OUR EXTENDED FAMILY

St. John Bosco (Feast Day January 31)

AUGUST 16, 1815 – JANUARY 31, 1888

John Bosco was born in Becchi, Italy. He was ordained a priest in 1841 and became a spiritual father to thousands of children. He started a school for poor boys, many of whom he met when he visited their parents in prison as part of his priestly work. These boys lived in the prisons too, or on the streets. He started a school where they could eat and sleep safely. Later, John began a similar school for poor girls. John Bosco educated the whole person—body and soul united. He believed that Christ's love and our faith in that love should pervade everything we do—work, study, play. For John Bosco, being a Christian was a full-time effort, not a once-a-week, Mass-on-Sunday experience. John started the Salesians—a group of priests who helped boys—and the Daughters of Mary Help of Christians—a group of nuns who helped girls. (The Salesian name came from his devotion to St. Francis de Sales.) In 1875, he sent his first group of missionaries to the Americas.

TAKE TIME TO CHAT

- What is it like to catch a fish? Share a time when you went fishing.
- What does Jesus mean when he says he will make the brothers fishers of men?
- Why do you think James and John left their previous life behind and followed Jesus?



FAMILY FUN

Aqua-Themed Activity

- Take a trip to a local aquarium.
- Go to a pet store to look at the fish and other animals. Who knows, you may return with a new addition to your family!
- Have a movie night and pick an ocean-themed movie (i.e. "Finding Nemo," "Finding Dory," "The Little Mermaid," "Dolphin Tale," etc.) complete with lights off and popcorn!

Liturgy Link

In the early Church, the fish was a secret symbol of Christianity. Look around the church and vestibule to see if you can find any fish in the art, décor, windows, or books.

Unleashing the Gospel in your Family

"Thus it is impossible to overestimate the centrality of the family in the passing on of faith from one generation to the next." (Guidepost 7)

Fun Facts!

In 2019, Pope Francis declared the Third Sunday of Ordinary Time as *Sunday of the Word of God*. This day reminds us to regularly read the Bible and shows us the connection to the sacraments. This celebration goes beyond just one day; it is an invitation to delve into sacred Scripture every day.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Build Your Own Pizza

PREP THE TOPPINGS

The list of options really can go on and on, but here are some ideas. Have the kids help prep!

- Tomato sauce
- Pesto sauce
- Mozzarella (shredded or sliced thin)
- Goat cheese
- Parmesan cheese
- Sausage (cooked and crumbled)
- Pepperoni
- Bell peppers
- Onions
- Mushrooms
- Olives
- Chicken (cooked)
- Roasted veggies (zucchini, yellow squash, eggplant, brussels sprouts, etc.)
- Ricotta cheese
- Pine nuts
- Bacon
- Sliced tomatoes
- Arugula (put on after baking)
- Fresh basil (put on after baking)

Buy pre-made pizza dough from a local specialty grocer, get frozen pizza dough from the grocery store, or make your own pizza dough, if you are ambitious! Divide thawed pizza dough into individual sizes. Flatten out on floured surface until thin, and transfer to pizza pan or stone. Kids can help with this too! Coat dough with a little olive oil, and sprinkle with garlic salt. Top with pre-made sauce, pesto, or omit sauce for white pizza. Top with shredded mozzarella cheese, assemble with desired toppings, more mozzarella cheese, and sprinkle with parmesan cheese. Bake in oven at 500 F for 8 to 10 minutes or on an outdoor grill for about 6 to 7 minutes, rotating pan about halfway through cooking time.



FAMILY PRAYER

Children

Praise be to God

Praise be to God

Praise be to God

Praise be to God

Help us, Lord Jesus

Help us, Lord Jesus

Help us, Lord Jesus

Help us, Lord Jesus

Come, Holy Spirit

Come, Holy Spirit

Come, Holy Spirit

Come, Holy Spirit

Be with us, God

Be with us, God

Be with us, God

Be with us, God

Hear us, Lord Jesus

Hear us, Lord Jesus

Hear us, Lord Jesus

Hear us, Lord Jesus

Spirit, we praise you

Spirit, we praise you

Spirit, we praise you

Spirit, we praise you

Adults

who made us a family.

for the love that we share.

for sending us Jesus.

for teaching us to care.

fill our lives with your Spirit.

teach us how to forgive.

grant us wisdom and patience.

in your grace may we live.

fill our lives with your gifts.

help us serve other's needs.

teach us faith, hope, and love.

guide our thoughts and our deeds.

we ask Mary to help us.

we look to Joseph for aid.

may we respect one another.

may our hope never fade.

watch over our family.

help our faith to grow strong.

come and dwell in our hearts.

to you we belong.

you invite us to know you.

may we walk in your light.

may we find you in all things.

all day and all night. Amen.

Reprinted with permission. © 2019 Loyola Press. All rights reserved.
800-621-1008 Please review our [Privacy Policy](#) and [Terms and Conditions](#).

FEAST OF THE PRESENTATION OF THE LORD



EXPLORE THE SUNDAY GOSPEL

The Presentation in the Temple

LK 2:22-40 OR 2:22-32

When the days were completed for their purification according to the law of Moses, Mary and Joseph took Jesus up to Jerusalem to present him to the Lord, just as it is written in the law of the Lord, *Every male that opens the womb shall be consecrated to the Lord, and to offer the sacrifice of a pair of turtledoves or two young pigeons*, in accordance with the dictate in the law of the Lord.

Now there was a man in Jerusalem whose name was Simeon. This man was righteous and devout, awaiting the consolation of Israel, and the Holy Spirit was upon him. It had been revealed to him by the Holy Spirit that he should not see death before he had seen the Christ of the Lord. He came in the Spirit into the temple; and when the parents brought in the child Jesus to perform the custom of the law in regard to him, he took him into his arms and blessed God, saying:

“Now, Master, you may let your servant go
in peace, according to your word,
for my eyes have seen your salvation,
which you prepared in the sight of all the peoples:
a light for revelation to the Gentiles,
and glory for your people Israel.”

The child’s father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, “Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted--and you yourself a sword will pierce --so that the thoughts of many hearts may be revealed.” There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived seven years with her husband after her marriage, and then as a widow until she was eighty-four. She never left the temple, but worshiped night and day with fasting and prayer. And coming forward at that very time, she gave thanks to God and spoke about the child to all who were awaiting the redemption of Jerusalem.

When they had fulfilled all the prescriptions of the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favor of God was upon him.



MEET OUR EXTENDED FAMILY

St. Josephine Bakhita (Feast Day February 8)

C. 1869 – FEBRUARY 8, 1947

St. Josephine Bakhita is an African saint, who was born in Sudan around 1869. She was kidnapped as a child and taken as a slave by Arab traders and suffered a difficult life until her eventual freedom in Italy. Josephine's freedom came when she needed a temporary place to stay while her masters moved abroad without her. Her owners left her in the custody of the Canossian Sisters in Venice. There, she was baptized, confirmed, and received Holy Communion. Josephine eventually became a nun with the Canossian Daughters of Charity and lived and worked with them for 45 years.

TAKE TIME TO CHAT

- What do you think Joseph and Mary thought when they heard what Simeon told them?
- How did Simeon know about Jesus if he'd never met him before?
- Have you ever heard the Holy Spirit speak into your heart or give insight into something you didn't know? Share your experience.



FAMILY FUN

Super Bowl Party!

- Gather with friends and family to celebrate America's biggest sporting event of the year! Even if you are not a football fan, it's always fun to get together and catch up with friends.
- Get the kids involved by letting them help decorate, prep food, and get the house ready. Set up activities for smaller children who may not be interested in the game: coloring station with football-themed printables, Super Bowl bingo using free downloadable Super Bowl cards, origami flick football, etc. Search the Internet for more ideas!

Liturgy Link

In today's Gospel, Joseph and Mary presented Jesus at the Temple. At Mass, we do something called the "Presentation of the Gifts," when members of the faithful present the gifts of bread and wine to the priest. See if you notice when this happens at Mass.

Unleashing the Gospel in your Family

"The Holy Spirit is God's love poured into our hearts (cf. Rom 5:5), revealing to us the Lordship of Jesus and our own exalted identity as beloved sons and daughters of God."
(Guidepost 1)

Fun Facts!

The Blessing of the Throats is celebrated on February 3, the feast day of St. Blase. St. Blase was a bishop and a doctor. He was reputed to have miraculously cured a little boy who had a fish bone lodged in his throat. At Blase's command, the child was able to cough up the bone

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Super Bowl Chili

Ingredients:

1 pound lean ground beef	3 clove garlic minced
1 pound sausage or lean ground pork	3 tablespoons chili powder
Two 15-ounce cans your favorite beans, undrained	2 tablespoons sugar
One 28-ounce can diced tomatoes, undrained	1 tablespoon red pepper, crushed
2 large onions chopped	3 tablespoons wine vinegar
1 bell pepper chopped	1 tablespoon cumin
	Grated cheddar cheese
	Sour cream

Brown beef and pork in a large pot. Drain and stir in undrained beans, tomatoes, onions, pepper, garlic, chili powder, sugar, red pepper, vinegar, and cumin. (Adjust amount of red pepper flakes and chili powder to your taste.) Add some water if you like more juice in your chili. Cover and simmer for about 1 hour. Stir frequently to keep from sticking and burning. When ready to serve top with cheese and sour cream.





FAMILY PRAYER

Lord Jesus,

Thank you for your amazing power and work in our lives; thank you for your goodness and for your blessings over us. Thank you for your great love and care. Thank you for your sacrifice so that we might have freedom and life. Help us to set our eyes and our hearts on you afresh. Fill us with your peace and joy. We love you, and we need you, this day and every day. We give you praise and thanks, for you alone are worthy!

Please hear the prayers we lift up to you today. [Invite each of your children to write or say a short prayer in their own words.]

We ask all this in your most Holy Name. Amen.

FIFTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Similes of Salt and Light

MT 5:13-16

Jesus said to his disciples: “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden.

Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”





MEET OUR EXTENDED FAMILY

St. Scholastica (Feast Day February 10)

480 – FEBRUARY 10, 542

Twins often share the same interests and ideas with an equal intensity. Therefore, it is no surprise that Scholastica and her twin brother, Benedict, established religious communities within a few miles of each other. Born in 480 of wealthy parents, they were brought up together until Benedict left central Italy for Rome to continue his studies. St. Scholastica founded a religious community for women near Monte Cassino at Plombariola, five miles from where her brother governed a monastery. The twins visited each other once a year in a farmhouse because Scholastica was not permitted inside the monastery. They spent these times discussing spiritual matters.

TAKE TIME TO CHAT

- In today's Gospel, Jesus talks about salt that is useful and salt that is useless. Salt is being compared to discipleship. When is a disciple of Jesus useful and when is a disciple of Jesus not useful?
- What are some ways God wants you to shine before others?
- St. Scholastica and her brother had similar interests. Who are you most like in your family?



FAMILY FUN

Make Your Own Candles/Valentines

- In today's Gospel, Jesus reminds us to be a light to the world, and candles remind us of the light of Jesus. Today you can gather your family to make candles. Purchase a DIY candle-making kit from a local craft store or find instructions on the Internet. Something about the coziness of candlelight works wonders for conversation. Light them with dinner or after dinner as you talk and clean up.
- Alternatively, make valentines or valentine crafts for friends at school, grandparents, or those who are forgotten or the elderly. Search the Internet for crafts that are fun and easy for your kids!

Liturgy Link

In church, candles symbolize Jesus, who is the light of the world! When you go to Mass this week, count how many lit candles there are in church.

Unleashing the Gospel in your Family

"The world needs the light that is in Christ alone." (Guidepost 8)

Fun Facts!

St. Valentine was a widely recognized third-century Roman saint, commemorated in Christianity on February 14. St. Valentine was a bishop who ministered to Christians who were persecuted. Since the High Middle Ages, his feast day has been associated with a tradition of courtly love.

Share how your family celebrated Sunday!
#52Sundays

OTHER IDEAS:

- Help your child become salt and light by sending your child to a Catholic or Christian summer camp. Camp registration is usually in the winter or early spring. Check out the following options:
- Camp Sancta Maria for boys and girls ages 8-16, Gaylord, Michigan, <https://campsanctamaria.org/>
- CYO Boys Camp (Carsonville, MI) or CYO Girls Camp (Port Sanillac, MI) for children ages 7 – 16, <https://www.aod.org/being-catholic/catholic-youth-organization/camps/>
- Spring Hills Camps, overnight and local day camps for grades K-12, Evart, MI, <https://www.springhillcamps.com/>
- Pine Hills Camps, Grass Lake, MI <http://www.thewordofgodcommunity.org/index.php/youth/pinehills>
- Catholic Youth Summer Camp for Middle School and High School Youth, Centerburg, Ohio, <https://cysc.com/>
- Steubenville Youth Conferences for High School Youth, Steubenville, OH, <https://steubenvilleconferences.com/youth/> (Contact your local Youth Minister to connect with a group that is going.)

**RECIPE OF THE WEEK****Salty Snack: Parmesan Ranch Snack Mix**

- 9 cups Corn, Rice, or Wheat Chex
- 2 cups miniature pretzels
- 2 cups miniature cheddar cheese Gold Fish crackers
- ½ cup butter, melted
- ½ cup grated Parmesan cheese
- 1 envelope ranch salad dressing mix

In crockpot, combine cereal, pretzels, and crackers. Drizzle with butter. Sprinkle with cheese and salad dressing, and mix; stir to coat. Cook covered on low for 3 hours. Spread onto a baking sheet to cool. Store in an airtight container or divide into snack bags for lunches!



FAMILY PRAYER

After Mass, light a candle and offer a silent prayer for someone who needs Jesus. Before you eat dinner as a family, pray the prayer of St. Dominic:

May God the Father who made us bless us.

May God the Son send his healing among us.

*May God the Holy Spirit move within us and give us eyes to see with, ears to hear with,
and hands that your work might be done.*

May we walk and preach the word of God to all.

May the angel of peace watch over us and lead us at last by God's grace to the Kingdom.



SIXTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Teaching About the Law, Anger, Adultery, Divorce, Oaths

MT 5:17-37 OR 5:20-22A, 27-28, 33-34A, 37

Jesus said to his disciples: “Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill. Amen, I say to you, until heaven and earth pass away, not the smallest letter or the smallest part of a letter will pass from the law, until all things have taken place. Therefore, whoever breaks one of the least of these commandments and teaches others to do so will be called least in the kingdom of heaven. But whoever obeys and teaches these commandments will be called greatest in the kingdom of heaven. I tell you, unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

“You have heard that it was said to your ancestors, *You shall not kill; and whoever kills will be liable to judgment.* But I say to you, whoever is angry with his brother will be liable to judgment; and whoever says to his brother, ‘Raca,’ will be answerable to the Sanhedrin; and whoever says, ‘You fool,’ will be liable to fiery Gehenna. Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court. Otherwise your opponent will hand you over to the judge, and the judge will hand you over to the guard, and you will be thrown into prison. Amen, I say to you, you will not be released until you have paid the last penny.

“You have heard that it was said, *You shall not commit adultery.* But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. It is better for you to lose one of your members than to have your whole body thrown into Gehenna. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one of your members than to have your whole body go into Gehenna.

“It was also said, *Whoever divorces his wife must give her a bill of divorce.* But I say to you, whoever divorces his wife -- unless the marriage is unlawful -- causes her to commit adultery, and whoever marries a divorced woman commits adultery.

“Again you have heard that it was said to your ancestors, *Do not take a false oath, but make good to the Lord all that you vow.* But I say to you, do not swear at all; not



by heaven, for it is God's throne; nor by the earth, for it is his footstool; nor by Jerusalem, for it is the city of the great King. Do not swear by your head, for you cannot make a single hair white or black. Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the evil one."



MEET OUR EXTENDED FAMILY

Blessed John of Fiesole (Feast Day February 18)

1387 – FEBRUARY 18, 1455

This patron of Christian artists was born around 1400 in a village overlooking Florence. He took up painting as a young boy and studied under the watchful eye of a local painting master. He joined the Dominicans at about age 20, taking the name Fra Giovanni. He eventually came to be known as Fra Angelico. Among his most famous works are the Annunciation and Descent from the Cross, as well as frescoes in the monastery of San Marco in Florence. He also served in leadership positions within the Dominican Order. At one point, Pope Eugenius approached him about serving as archbishop of Florence. Fra Angelico declined, preferring a simpler life.

TAKE TIME TO CHAT

- One of the teachings in today's Gospel has to do with anger. Jesus is not saying that the emotion of anger is sinful. He is saying that anger is dangerous and to be careful! Why do you think we need to be careful when we are angry? How could anger get us into trouble?
- Can anger ever be good?
- This week's featured saint was an artist. He used his artistic ability to glorify God. Have you ever created something that honored or glorified God (i.e. painting, drawing, poetry, music, craft, woodwork, cooking, etc.)? Share about what you created.

Liturgy Link

Find a piece of art in church and study it. It can be a painting, sculpture, or stained-glass window. What is the story that is being conveyed through this work of art?

Unleashing the Gospel in your Family

"Parishes also need to do everything possible, within their limits, to ensure that struggling families are being cared for, including those affected by divorce, illness or bereavement; infertile couples; those with children with special needs; and those struggling with pornography or other forms of addiction. Ministry to families must be sensitive to the rich cultural diversity within our local Church, appreciating and celebrating the different ways that our Catholic faith is lived out." (Marker 7.1)

Fun Facts!

February 17th is Presidents' Day. It is celebrated each year on the third Monday of February to honor the birthdays of George Washington and Abraham Lincoln.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Art-Themed Activity

- Plan a trip to the Detroit Institute of Arts or a local art gallery. See if there are any pieces attributed to our featured saint of the week (Fra Angelico). Encourage the kids to bring their own colored pencils and a sketch pad, and encourage them to try to sketch at least one piece of art.
- Get some families together and schedule a Family Painting with a Twist event at a local paint venue or have your own family paint night at home.
- Search the Internet for an image of Fra Angelico's Annunciation. Enlarge the image so that everyone can see the details. Try to figure out the story that is being told in the painting.



RECIPE OF THE WEEK

Roasted Orange-Glazed Chicken

Whole Chicken, cleaned

½ jar orange marmalade

3 tablespoons butter

Spices for chicken: garlic salt, pepper, paprika, Italian seasoning, fresh rosemary, thyme, or other herbs.

Wash chicken inside and out. Melt marmalade and butter together. Coat inside and outside of chicken with mixture. Sprinkle inside and outside of chicken with spices and herbs. Roast uncovered at 425 F until meat thermometer reads 165 F at thickest part of thigh. Baste every 15 minutes. Cover loosely with foil if chicken begins to burn. Serve with mashed potatoes. Yum!



FAMILY PRAYER

Heavenly Father, sometimes we are troubled by thoughts and feelings of anger. You know that sometimes we say and do mean things because we've been hurt by others. Lord, please heal our hearts and give us your peace so that we can live like Jesus is calling us to live. We ask all this through Christ, our Lord. Amen.



SEVENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Teaching about Retaliation

MT 5:38-48

Jesus said to his disciples: “You have heard that it was said, *An eye for an eye and a tooth for a tooth*. But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one as well. If anyone wants to go to law with you over your tunic, hand over your cloak as well. Should anyone press you into service for one mile, go for two miles. Give to the one who asks of you, and do not turn your back on one who wants to borrow.

“You have heard that it was said, *You shall love your neighbor and hate your enemy*. But I say to you, love your enemies and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. For if you love those who love you, what recompense will you have? Do not the tax collectors do the same? And if you greet your brothers only, what is unusual about that? Do not the pagans do the same? So be perfect, just as your heavenly Father is perfect.”





MEET OUR EXTENDED FAMILY

St. Maria Bertilla Boscardin (Feast Day February 26)

OCTOBER 6, 1888 – OCTOBER 20, 1922

Maria was born in Italy in 1888. She suffered rejection, ridicule, and disappointment, but these trials only brought her closer to God and more determined to serve him. Her schooling was limited so that she could spend more time helping at home and working in the fields. She showed few talents and was often the butt of jokes. In 1904, she joined the Sisters of St. Dorothy. After some time, Maria received training to be a nurse and began working in a hospital with children suffering from diphtheria. There, the young nun seemed to find her true vocation: nursing very ill and disturbed children. Later, when the hospital was taken over by the military in World War I, she fearlessly cared for patients amidst the threat of constant air raids and bombings. She was canonized in 1961.

TAKE TIME TO CHAT

- Why is it hard to love your enemies?
- Has anyone ever done something so hurtful to you that you really wanted to get even? Share your experience.
- In today's Gospel, Jesus teaches us not to get even but to do good for them and pray for them. What do you think would happen if instead of getting back at someone, you followed Jesus' advice?



FAMILY FUN

No-Sew Blanket Making

Show your family's love of neighbor by making a blanket to give to someone in need.

INSTRUCTIONS

1. Choose the fabric. Choose a print and a contrasting or matching solid.
2. Line up the two fabric pieces, right sides out.
3. Trim to the same size.
4. Cut out the corners.
5. Cut the fringe.

Liturgy Link

With how many people did you shake hands during the sign of peace this week? How does the sign of peace relate to today's Gospel?

Unleashing the Gospel in your Family

"Many people today are deeply wounded by contemporary social ills such as the breakdown of the family, abuse, poverty, or racism. Jesus . . . described his own mission as a work of healing and liberation." (Marker 6.3)

Fun Facts!

Ash Wednesday is February 26. Think about what you can do for Lent individually and as a family! Check out this great video from Busted Halo: <https://bustedhalo.com/video/ash-wednesday-in-two-minutes>.

Share how your family celebrated Sunday!
#52Sundays

6. Tie knots.
7. Continue around the blanket.

Contact your local parish for ideas on where you can donate the blankets you made.



RECIPE OF THE WEEK

Spaghetti and Meatballs

Cook up this easy dish to honor our Italian-born saint of the week!

1 pound spaghetti	Kosher salt
1 pound ground beef	$\frac{1}{2}$ teaspoon red pepper flakes
$\frac{1}{3}$ cup breadcrumbs	2 tablespoons extra-virgin olive oil
$\frac{1}{4}$ cup finely chopped parsley	$\frac{1}{2}$ cup onion, finely chopped
$\frac{1}{4}$ cup freshly grated Parmesan, plus more for serving	One 28-ounce can crushed tomatoes
1 egg	1 bay leaf
2 garlic cloves, minced	Freshly ground black pepper

In a large pot of boiling salted water, cook spaghetti according to package instructions. Drain. In a large bowl, combine beef with breadcrumbs, parsley, Parmesan, egg, garlic, 1 teaspoon salt, and red pepper flakes. Mix until just combined then form into 16 balls.

In a large pot over medium heat, heat oil. Add meatballs and cook, turning occasionally, until browned on all sides, about 10 minutes. Transfer meatballs to a plate. Add onion to pot and cook until soft, 5 minutes. Add crushed tomatoes and bay leaf. Season with salt and pepper and bring to a simmer. Return meatballs to pot and cover. Simmer until sauce has thickened, 8 to 10 minutes. Serve pasta with a healthy scoop of meatballs and sauce. Top with Parmesan before serving.

From: <https://www.delish.com/cooking/recipe-ideas/recipes/a55764/best-spaghetti-and-meatballs-recipe/>



FAMILY PRAYER

Recite a rosary together as a family, meditating on the Glorious Mysteries and offering each decade for someone who has hurt or offended you. Glorious Mysteries can be accessed here: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/a-rosary-for-life-the-glorious-mysteries.cfm>.



FIRST SUNDAY OF LENT



EXPLORE THE SUNDAY GOSPEL

The Temptation of Jesus

MT 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written:

*One does not live on bread alone,
but on every word that comes forth from the mouth of God."*

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down.

For it is written:

*He will command his angels concerning you
and with their hands they will support you,
lest you dash your foot against a stone."*

Jesus answered him, "Again it is written, *You shall not put the Lord, your God, to the test.* Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written:

*The Lord, your God, shall you worship
and him alone shall you serve."*

Then the devil left him and, behold, angels came and ministered to him..





MEET OUR EXTENDED FAMILY

St. Katharine Drexel (Feast Day March 3)

NOVEMBER 26, 1858 –MARCH 3, 1955

Katharine Drexel was born to a well-known Philadelphia family in 1858. Katharine was taught from a young age to share what she had with others in need. She focused her energy on the material and spiritual well-being of African Americans and Native Americans. During an audience with Pope Leo XIII in Rome, Katharine asked him to send missionary priests to the United States to minister to Native Americans. The pope asked her why she did not become a missionary herself. So Katharine founded an order of nuns to serve the Native-American and African-American communities. She and the sisters worked to improve the lives of those they served. She founded Xavier University in New Orleans, the first black Catholic college in the United States. By the time of her death, more than 500 sisters were teaching in 63 schools throughout the country.

TAKE TIME TO CHAT

- Today's Gospel said that Jesus fasted (didn't eat) for forty days and then he was tempted by the devil to use his power to turn stones into bread. Jesus said no! Do you think it was hard for Jesus to stand up to the devil?
- Have you ever been tempted to do something that you shouldn't do and, like Jesus, had the courage and strength to say no? Share about this experience.
- What does this Gospel story teach us about Jesus?



FAMILY FUN

Outdoor or Indoor Recreational Activity

- Weather permitting, bundle up, and go to a local park for a hike.
- If there's snow, build a snow fort. If there's no snow outside, build a fort or a teepee in the living room.

Liturgy Link

During Lent, we skip one song/prayer during the Introductory Rite. See if you can figure out which song/prayer is missing.

Unleashing the Gospel in your Family

"The Archdiocese of Detroit is resolved to obey the Holy Spirit and be made by him a band of joyful missionary disciples." (Foundational Conviction)

Fun Facts!

Forty is a significant number in the Bible. Israel was tested in the desert for 40 years and failed. Jesus was tempted for 40 days and 40 nights and triumphed over Satan. Go Jesus!

Share how your family celebrated Sunday! #52Sundays



RECIPE OF THE WEEK

Philly Cheese Steak Sandwiches

Our saint of the week was born in Philadelphia, so, why not make Philly Cheese Steak Sandwiches today?

Onions:

1 tablespoon extra-virgin olive oil,
2 large Vidalia onions, sliced very thin
Coarse salt and pepper or steak-seasoning blend

Meat:

2 teaspoons extra-virgin olive oil
1 ½ pounds lean beef tenderloin or sirloin, sliced very thin
1 teaspoon garlic salt
Freshly ground black pepper
8 slices provolone cheese
4 soft Italian sandwich hoagie rolls, split lengthwise

Heat a medium saucepan over medium high heat. Cook onions in olive oil, stirring occasionally for about 10 minutes or until onions are soft. Sprinkle with seasonings.

Heat a heavy griddle pan over medium high to high heat. Sear and cook thin-sliced steaks in olive oil until brown, about 2 minutes on each side. Cook steaks in single layers in 2 batches and tenderize by cutting into meat with the side of your spatula while they cook. When the steaks are browned, sprinkle them with garlic salt and pepper. When all of the steaks are cooked, add onions and mix together. Line each roll with 2 slices of provolone cheese. Pile the meat and onions into rolls on top of the cheese. Enjoy!





FAMILY PRAYER

Teach your children the Act of Contrition. Explain that, at times, we all give in to the temptation to sin. Share that we say this prayer when we celebrate the Sacrament of Reconciliation and that Lent is a good time to go to confession.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.



SECOND SUNDAY OF LENT



EXPLORE THE SUNDAY GOSPEL

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. Dominic Savio (Feast Day March 10)

APRIL 2, 1842 – MARCH 9, 1857

Dominic was born into a peasant family in Riva, Italy. Dominic joined St. John Bosco as a student at the Oratory in Turin at the age of 12. He impressed St. John Bosco with his desire to be a priest and to help him in his work with neglected boys. A peacemaker and an organizer, young Dominic founded a group he called the Company of the Immaculate Conception, which, besides being devotional, helped John Bosco with the boys and with manual work. Dominic was called home to heaven at the age of 14. The members of his group joined the Salesian congregation that was started by John Bosco. As a youth, Dominic spent hours rapt in prayer. Even in play, he said that at times, “It seems heaven is opening just above me. I am afraid I may say or do something that will make the other boys laugh.” Dominic would also say, “I can’t do big things. But I want all I do, even the smallest thing, to be for the greater glory of God.”

TAKE TIME TO CHAT

- Imagine you were with Peter, James, and John when Jesus was transfigured. What would it be like to see what they saw on the mountain that day?
- Why do you think Jesus wanted Peter, James, and John to wait to tell others what they saw?
- What impresses you about this week’s featured saint, Dominic Savio?



FAMILY FUN

Visit a Science Center

Take the whole family to a local science museum, science center, or technology-related exhibit. Here are some local science museums:

- Ann Arbor Hands-on Museum
- Cranbrook Institute of Science
- The Henry Ford Museum
- Michigan Science Center
- Flint Children’s Museum

If you can’t go to a museum, search the Internet for some cool science experiments that you can do at home!

Liturgy Link

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

Unleashing the Gospel in your Family

“How often Scripture tells us, ‘Fear not!’ How often the Lord assures the fearful of his steadfast love and his help (cf. Isa 43:1-2). We must choose not to be guided by fear. Whenever we become aware of fears and anxieties influencing us, we can bring them before the Lord in all honesty and ask him to replace them with apostolic courage.” (3.4 Good and Bad Habits)

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.

Share how your family celebrated Sunday!

#52Sundays



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 tablespoons chopped green onions
8 slices bacon, cooked and crumbled
24 fresh asparagus
1 ¼ cup 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

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.



THIRD SUNDAY OF LENT



EXPLORE THE SUNDAY GOSPEL

The Samaritan Woman

JN 4:5-42 OR JN 4:5-15, 19B-26, 39A, 40-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?"—For Jews use nothing in common with Samaritans.—Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water.

"I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you."

Many of the Samaritans of that town began to believe in him. When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."



MEET OUR EXTENDED FAMILY

St. Joseph (Feast Day March 19)

The Gospels of Matthew, Luke, and John tell us everything we know about Joseph, the husband of Jesus' mother, Mary. Because Jesus was conceived through the power of the Holy Spirit, God the Father is Jesus' real father. But God called Joseph to be his foster father and care for him during his earthly life. The importance of Joseph's part in God's plan is found in the Book of Isaiah in the Old Testament. Through the prophet Isaiah, God promises to send a Messiah to save all people. The Savior will come from the "house of David," which means that he will be an ancestor of King David. Both the Gospel of Luke and the Gospel of Matthew tell us that Joseph was from the family of David. Today, St. Joseph serves as a model for husbands and fathers.

TAKE TIME TO CHAT

- What did the woman in the Gospel story do after encountering Jesus? What effect did this have on the town in which she lived?
- Is there someone you know who needs to hear about Jesus? What can you do to share your story with him or her?
- In *Unleash the Gospel*, the Archbishop writes about the story of the Samaritan woman at the well, "Her message was neither eloquent nor complete, yet it was spectacularly effective." What made her message "spectacularly effective?"



FAMILY FUN

Explore Detroit!

- Go to Mass at one of the beautiful, old downtown churches.
- Visit to the Solanus Casey Center and gift shop.
- Have lunch at a fun downtown restaurant.

Liturgy Link

Find the eighth station of the cross in your church. What is happening in this station?

Unleashing the Gospel in your Family

"Jesus' conversation with the Samaritan woman at the well (Jn 4:5-42) is a paradigm of evangelization. When the woman came to the well for her daily task of drawing water, Jesus engaged her in conversation, showing that he cared for her as a person. He spoke to her of "living water" that would quench her deepest thirst." (Marker 1.2)

Fun Facts!

March 17 is the feast of St. Patrick. St. Patrick was a fifth-century Christian missionary and bishop in Ireland. According to tradition, Patrick converted the pagan Irish to Christianity.

Share how your family celebrated Sunday! #52Sundays





RECIPE OF THE WEEK

Homemade Irish Soda Bread

4 cups flour
 ½ cup sugar
 1 teaspoon baking soda
 1 teaspoon baking powder
 1 teaspoon salt
 8 tablespoons butter, softened
 1½ cups raisins
 2 eggs
 1½ cups buttermilk
 2 teaspoons caraway seeds (optional)

Sift dry ingredients into a medium size bowl. Work in butter with fingers. Add raisins (and caraway seeds if desired). In a separate bowl, combine eggs and buttermilk. Make a well in center of flour mixture. Add eggs and buttermilk. Mix together with a wooden spoon until dough becomes stiff.

Turn out onto a floured board. With floured hands, knead lightly and swiftly for a few seconds. Place smooth side up in a lightly floured 8-inch round cake pan. With a floured knife, cut a deep cross on top. Bake at 350 F for 1 hour until golden brown. Cool on a wire rack.



FAMILY PRAYER

St. Patrick's Breastplate

*Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.*



FOURTH SUNDAY OF LENT



EXPLORE THE SUNDAY GOSPEL

The Man Born Blind

JN 9:1-41

As Jesus passed by he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither he nor his parents sinned; it is so that the works of God might be made visible through him. We have to do the works of the one who sent me while it is day. Night is coming when no one can work. While I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him, “Go wash in the Pool of Siloam”—which means Sent—. So he went and washed, and came back able to see.

His neighbors and those who had seen him earlier as a beggar said, “Isn’t this the one who used to sit and beg?” Some said, “It is,” but others said, “No, he just looks like him.” He said, “I am.” So they said to him, “How were your eyes opened?” He replied, “The man called Jesus made clay and anointed my eyes and told me, ‘Go to Siloam and wash.’ So I went there and washed and was able to see.” And they said to him, “Where is he?” He said, “I don’t know.”

They brought the one who was once blind to the Pharisees. Now Jesus had made clay and opened his eyes on a sabbath. So then the Pharisees also asked him how he was able to see. He said to them, “He put clay on my eyes, and I washed, and now I can see.” So some of the Pharisees said, “This man is not from God, because he does not keep the sabbath.” But others said, “How can a sinful man do such signs?” And there was a division among them. So they said to the blind man again, “What do you have to say about him, since he opened your eyes?” He said, “He is a prophet.”

Now the Jews did not believe that he had been blind and gained his sight until they summoned the parents of the one who had gained his sight. They asked them, “Is this your son, who you say was born blind? How does he now see?” His parents answered and said, “We know that this is our son and that he was born blind. We do not know how he sees now, nor do we know who opened his eyes. Ask him, he is of age; he can speak for himself.” His parents said this because they were afraid of the Jews, for the Jews had already agreed that if anyone acknowledged him as the Christ, he would be expelled from the synagogue. For this reason his parents said, “He is of age; question him.”

So a second time they called the man who had been blind and said to him, “Give God the praise! We know that this man is a sinner.” He replied, “If he is a sinner, I do not know. One thing I do know is that I was blind and now I see.” So they said to him, “What did he do to you? How did he open your eyes?” He answered them, “I told you already and you did not listen. Why do you want to hear it again? Do you want to become his disciples, too?” They ridiculed him and said, “You are that man’s disciple; we are disciples of Moses! We know that God spoke to Moses, but we do not know where this one is from.” The man answered and said to them, “This is what is so amazing, that you do not know where he is from, yet he opened my eyes. We know that God does not listen to sinners, but if one is devout and does his will, he listens to him. It is unheard of that anyone ever opened the eyes of a person born blind. If this man were not from God, he would not be able to do anything.” They answered and said to him, “You were born totally in sin, and are you trying to teach us?” Then they threw him out.

When Jesus heard that they had thrown him out, he found him and said, “Do you believe in the Son of Man?” He answered and said, “Who is he, sir, that I may believe in him?” Jesus said to him, “You have seen him, the one speaking with you is he.” He said, “I do believe, Lord,” and he worshiped him. Then Jesus said,

“I came into this world for judgment, so that those who do not see might see, and those who do see might become blind.”

Some of the Pharisees who were with him heard this and said to him, “Surely we are not also blind, are we?” Jesus said to them, “If you were blind, you would have no sin; but now you are saying, ‘We see,’ so your sin remains.



MEET OUR EXTENDED FAMILY

St. Óscar Arnulfo Romero (Feast Day March 24)

AUGUST 15, 1917 – MARCH 24, 1980

Óscar Arnulfo Romero y Galdámez was born in a small town in El Salvador. From a very early age Óscar knew he wanted to be a priest. He was ordained a priest for the Diocese of San Salvador in 1942 and quickly became a popular, well-known parish priest, editor of his diocesan newspaper, and eventually, Bishop of Santiago de María. One day in 1975, soldiers raided a village in his diocese and killed many innocent people. Bishop Romero was

Liturgy Link

How many images of Jesus do you see in the church?

Unleashing the Gospel in your Family

“The Church today continues the ministry of the apostolic Church, which continued the ministry of Jesus. So we must prayerfully discern how the healing work of Christ can be incorporated into our announcement of the good news.” (Marker 6.3)

Fun Facts!

March 25 is the feast of the Annunciation. This feast commemorates the visit of the archangel Gabriel to the Virgin Mary, during which he informed her that she would be the mother of Jesus Christ, the Son of God. This feast is celebrated exactly nine months before Christmas.

Share how your family celebrated Sunday!
#52Sundays

horrified. At the funerals of these villagers, he spoke about people's human rights and how the military was wrong in the things they did. On March 24, 1980, he was gunned down by an unknown assassin while celebrating Mass in a small hospital chapel. The day before, he had asked Salvadoran soldiers to obey God and not the government. On October 14, 2018, he was canonized a saint of the Church.

TAKE TIME TO CHAT

- In today's Gospel, blindness symbolizes lack of faith. Why do you think that some people in Jesus' day did not believe that he was the Son of God and long-awaited Messiah even though they witnessed miracles like the one in today's Gospel?
- What makes me blind to seeing Jesus in my life?
- Why do you think some people today don't believe in Jesus? What can be done to help people believe in him?



FAMILY FUN

Think Spring!

- Make bird feeders and hang them outside.
- Make cookies shaped like spring flowers.
- Decorate indoor containers and plant seeds in them (i.e. flowers, vegetables, etc.).



RECIPE OF THE WEEK

Green Eggs and Ham

Want to improve your vision? Foods rich in antioxidants, vitamins, and minerals found in dark leafy greens all help to protect our eyes against disease. You're kids will get a kick out of eating green eggs and ham, a dish that is at once familiar and mysterious! This frittata is a perfect recipe for Sunday brunch.

8 large eggs
1½ teaspoons dried dill
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil

2 leeks, white and light green parts only, diced
One 5-ounce bag baby spinach, chopped
½ cup diced ham
½ cup shredded
Havarti or Muenster cheese

Position rack in upper third of oven; preheat to 450 F. Whisk eggs, dill, salt, and pepper in a medium bowl. Heat oil in a large ovenproof nonstick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

From: <http://www.eatingwell.com/recipes/22131/health-condition/better-vision/slideshow/recipes-for-better-vision/?recipeId=252336>



FAMILY PRAYER

The Angelus is a way for lay people to sanctify the hours of the day that echoes the monastic praying of the Liturgy of the Hours. The practice seems to have always been associated with the ringing of a bell at 6 a.m., 12 p.m., and 6 p.m. Whole villages and towns would halt when the Angelus bell rang. Laborers in the fields, workers in shops, and families at home set aside what they were doing and prayed the Angelus together.

Today, many churches and monasteries—as well as a number of radio and television stations—ring the Angelus bell at six o'clock in the morning, at noon, and at six o'clock in the evening, inviting the faithful to pause at what they are doing and pray this prayer.

Today, pray the Angelus at the noon or 6 p.m. hour:

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

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 us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary ...

And the Word was made Flesh: And dwelt among us.

Hail Mary ...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

Amen.

FIFTH SUNDAY OF LENT



EXPLORE THE SUNDAY GOSPEL

The Raising of Lazarus

JN 11:1-45 OR JN 11:3-7, 17, 20-27, 33B-45

The sisters of Lazarus sent word to Jesus, saying, “Master, the one you love is ill.” When Jesus heard this he said, “This illness is not to end in death, but is for the glory of God, that the Son of God may be glorified through it.” Now Jesus loved Martha and her sister and Lazarus. So when he heard that he was ill, he remained for two days in the place where he was. Then after this he said to his disciples, “Let us go back to Judea.”

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home. Martha said to Jesus, “Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.” Jesus said to her, “Your brother will rise.” Martha said, “I know he will rise, in the resurrection on the last day.” Jesus told her, “I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world.”

He became perturbed and deeply troubled, and said, “Where have you laid him?” They said to him, “Sir, come and see.” And Jesus wept. So the Jews said, “See how he loved him.” But some of them said, “Could not the one who opened the eyes of the blind man have done something so that this man would not have died?”

So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it. Jesus said, “Take away the stone.” Martha, the dead man’s sister, said to him, “Lord, by now there will be a stench; he has been dead for four days.” Jesus said to her, “Did I not tell you that if you believe you will see the glory of God?” So they took away the stone. And Jesus raised his eyes and said, “Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me.” And when he had said this, He cried out in a loud voice, “Lazarus, come out!” The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, “Untie him and let him go.”

Now many of the Jews who had come to Mary and seen what he had done began to believe in him.



MEET OUR EXTENDED FAMILY

St. Ludovico of Casoria (Feast Day March 29)

MARCH 11, 1814 – MARCH 30, 1885

Born in Casoria, Italy, Arcangelo Palmentieri was a cabinetmaker before entering the Friars Minor in 1832, taking the name Ludovico. After his ordination five years later, he taught chemistry, physics, and mathematics to younger members of his province for several years. In 1847, he had a mystical experience, after which he dedicated his life to the poor and the infirm, establishing a dispensary for the poor, two schools for African children, an institute for the children of nobility, as well as an institution for orphans, the deaf, and the speechless, and other institutes for the blind, elderly, and for travelers. In 1859, he established the Gray Brothers, a religious community composed of men who formerly belonged to the Secular Franciscan Order. Three years later, he founded the Gray Sisters of St. Elizabeth for the same purpose.

TAKE TIME TO CHAT

- What would it have been like to witness Jesus raising Lazarus from the dead?
- Jesus was friends with Martha, Mary, and Lazarus. What do you think they talked about?
- Jesus loves you just as he loved Lazarus, and he wants to be your friend. Do you want to be friends with Jesus?



FAMILY FUN

Outdoor or Indoor Recreational Activity

- Weather permitting, go to a local park, feed the ducks, or fly a kite.
- Make homemade play dough and get creative!
- Go bowling as a family.

Liturgy Link

Which of the following gestures do we do when the Gospel is proclaimed by the priest or deacon – sit, stand, or kneel? Why do we do that?

Unleashing the Gospel in your Family

“Jesus proclaimed the Gospel not only in words but in healings, miracles, signs and wonders that visibly demonstrated the message: in him the kingdom of God had truly become present . . . So today we look for the proclamation of the good news to be accompanied by signs and wonders that visibly demonstrate God’s love and convince people that Jesus Christ is truly alive.” (Marker 1.3)

Fun Facts!

Did you know that each year March and June end on the same day of the week?

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Easy Peasy Breadsticks

One 10-ounce can prepared pizza crust
1 tablespoon garlic-flavored oil
½ cup provolone cheese, shredded
1 tablespoon parmesan cheese
1 tablespoon dried oregano

Preheat oven to 425 F. Unroll pizza dough onto a greased cookie sheet and brush with oil. Sprinkle cheeses and oregano evenly over the dough. With a pizza cutter, cut dough lengthwise into 12 long strips. Then cut those in half to make 24 strips. Do not separate strips. Bake for 10 to 12 minutes or until light golden brown. Recut along each strip and remove from cooking sheet.

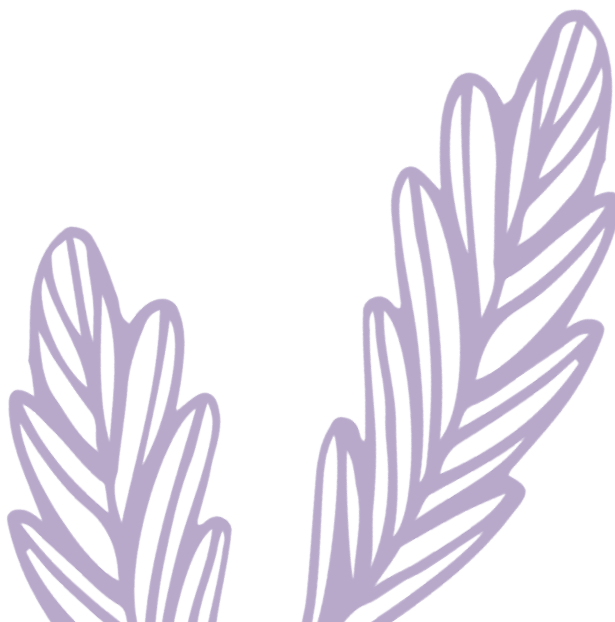
From: <http://mycatholickitchen.com/2013/12/easy-peasy-breadsticks.html>



FAMILY PRAYER

Heavenly Father,

Spring is a time of change. Some changes we eagerly await and some we fear. Some changes we plan, and others arrive uninvited. To all these changes, we ask the gift of your Holy Spirit to help us meet these changes with expectation, hope, and rebirth. May the sunlight and the rain be reminders that you are at work renewing the earth. As a God of renewal, you are ever at work in our lives, too. Open our eyes to the needed changes in our lives this spring. For this we pray in Jesus' name. Amen.



PALM SUNDAY OF THE PASSION OF THE LORD



EXPLORE THE SUNDAY GOSPEL

The Gospel at the Procession

MT 21:1-11

When Jesus and the disciples drew near Jerusalem and came to Bethphage on the Mount of Olives, Jesus sent two disciples, saying to them, “Go into the village opposite you, and immediately you will find an ass tethered, and a colt with her. Untie them and bring them here to me. And if anyone should say anything to you, reply, ‘The master has need of them.’ Then he will send them at once.” This happened so that what had been spoken through the prophet might be fulfilled:

*Say to daughter Zion,
“Behold your king comes to you,
meek and riding on an ass,
and on a colt, the foal of a beast of burden.”*

The disciples went and did as Jesus had ordered them. They brought the ass and the colt and laid their cloaks over them, and he sat upon them. The very large crowd spread their cloaks on the road, while others cut branches from the trees and strewed them on the road. The crowds preceding him and those following kept crying out and saying:

*“Hosanna to the Son of David;
blessed is the he who comes in the name of the Lord;
hosanna in the highest.”*

And when he entered Jerusalem the whole city was shaken and asked, “Who is this?” And the crowds replied, “This is Jesus the prophet, from Nazareth in Galilee.”

THE LORD'S PASSION

MT 26:14-27:66 OR MT 27:11-54

See Appendix for the Lord's Passion.



MEET OUR EXTENDED FAMILY

Joseph of Arimathea (Feast Day: March 17)

FIRST CENTURY

In today's Gospel, we hear of "a rich man from Arimathea named Joseph." Joseph was a respected, wealthy civic leader who had become a disciple of Jesus. Following the death of Jesus, Joseph obtained Jesus' body from Pilate, wrapped it in fine linen, and buried it. For these reasons, Joseph is considered the patron saint of funeral directors and pallbearers. Jesus was a condemned criminal who had been publicly executed. According to some legends, Joseph was punished and imprisoned for such a bold act.

TAKE TIME TO CHAT

- What character of this Gospel sticks out to you?
- How does it make you feel to know that Jesus died on the cross for you?
- We tell the story of Christ's passion when we pray the Stations of the Cross. What station has special meaning for you?



FAMILY FUN

Random Acts of Kindness

Today can be a heavy day as we hear about Jesus dying on the cross, but this was all for a greater purpose that continues today. As Pope Francis says in *Joy of the Gospel*, we need to remember this essential message: "Jesus Christ loves you; he gave his life to save you; and now he is living at your side every day to enlighten, strengthen and free you."

Today, take some time to share that love with others by doing acts of kindness! Do something for someone else to make them smile or brighten their day. Do them at home or in your neighborhood. Get as creative as you want! Here are some ideas to consider:

- Let someone go before you in line.
- Pick up litter.
- Offer to carry people's groceries or return their cart for them when grocery shopping.

Liturgy Link

In today's Gospel, what phrase did people sing when they waved their palm branches? What does this phrase mean?

Unleashing the Gospel in your Family

"Through Scripture we learn to hear God speaking to us personally." (Marker 3.2)

Fun Facts!

The Triduum, which is the summit of the Liturgical Year, starts the evening of Holy Thursday and goes to the evening of Easter Sunday. It is the shortest but most important liturgical season. To learn more about Holy Week, check out the video at: <https://bustedhalo.com/video/watch-holy-week-in-three-minutes>.

Share how your family celebrated Sunday!

#52Sundays

- Leave money at a vending machine for someone to buy a treat.
- Do a chore or task for someone in your family (even if it is one you don't like).
- Pay for someone else's order at a restaurant/coffee shop or leave a generous tip.
- Help a neighbor with their yard work.
- Give compliments when you're talking to someone.
- Write a note of affirmation to a friend or family member and mail it to them.
- Take some treats to the nurses at the hospital.
- Make a thank you note (and maybe some treats) for your mail carrier.



RECIPE OF THE WEEK

Cheesy Spinach Lasagna Rolls

Using a leafy vegetable helps us remember the leafy palm branches that were waved as Jesus entered Jerusalem.

- 1 package lasagna noodles
- 2 pounds ricotta
- 1-2 cups frozen spinach defrosted and drained
- 2 eggs
- ¼ cup parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups shredded mozzarella cheese total (1 of the cups is for the filling, 1 for the top)
- 2 jars of Mezzetta marinara sauce

Preheat the oven to 350 F. Cook the lasagna noodles. Combine ricotta, spinach, eggs, parmesan, garlic powder, salt, pepper, and 1 cup mozzarella cheese. Spread some of the marinara sauce in the bottom of the 9 x 13 dish. Spread the ricotta mixture over each noodle, about ¼ inch thick. Roll each noodle and put “seam side down” in the dish. Spoon marinara sauce over the top of each roll and sprinkle 1 cup of the mozzarella cheese over the top of sauce. Bake 30 minutes with aluminum foil on top. Remove foil and bake for 10 minutes more. If refrigerating ahead of time, pull out at least 1 to 2 hours prior, and bake for 10 to 15 minutes longer.

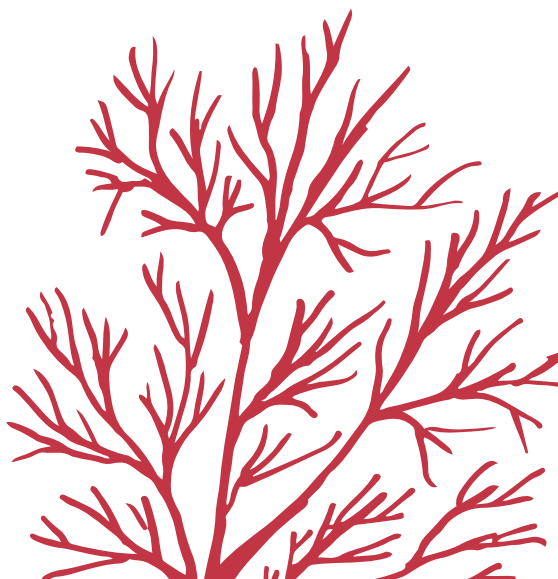


FAMILY PRAYER

Anima Christi

This prayer in Latin means “Soul of Christ.” You can pray this prayer together, have one family member read it, or take turns each reading a line.

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from Christ’s side, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me. Within Thy wounds hide me.
Suffer me not to be separated from thee.
From the malignant enemy defend me.
In the hour of my death call me.
And bid me come unto Thee,
That with all Thy saints,
I may praise thee
Forever and ever.
Amen.*



EASTER SUNDAY



EXPLORE THE SUNDAY GOSPEL

The Resurrection

JN 20:1-9

On the first day of the week, Mary of Magdala came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him." So Peter and the other disciple went out and came to the tomb. They both ran, but the other disciple ran faster than Peter and arrived at the tomb first; he bent down and saw the burial cloths there, but did not go in. When Simon Peter arrived after him, he went into the tomb and saw the burial cloths there, and the cloth that had covered his head, not with the burial cloths but rolled up in a separate place. Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed. For they did not yet understand the Scripture that he had to rise from the dead.



MEET OUR EXTENDED FAMILY

St. Mary Magdalene (Feast Day July 22)

FIRST CENTURY

Mary Magdalene, or Mary of Magdala, was a friend and follower of Jesus. The Gospel of Luke tells us that Jesus cast out “seven demons” from her, and, throughout the Gospel, we hear how she was present with Jesus and the Twelve Apostles. She stood next to Mary, the Mother of Jesus, at the foot of the cross. Mary Magdalene was the first person to whom Jesus appeared after he was resurrected. She is sometimes referred to as the “Apostle of the Apostles” because she was sent to tell the other apostles the good news of Christ’s resurrection. She is the patron saint of many things, including contemplative life, penitent sinners, perfumeries, and women.

TAKE TIME TO CHAT

- Why is Easter the most important holiday we celebrate as Christians?
- How would you have felt if you were Mary Magdalene when Jesus appeared? What would it have been like to be Peter and John and hear that Jesus was alive?
- Discuss the range of emotions Jesus’ followers must have felt on Holy Saturday vs. Easter Sunday.



FAMILY FUN

Painted Rocks

Just as the stone was rolled away from the tomb on Easter Sunday to give the ultimate message of hope, take some time today to spread some cheer to others. Gather some smooth rocks, and paint an inspirational message or something cheerful on each one. Use acrylic paint or paint pens (the finer point pens make writing easier). Paint only one side of the rock. Once dry, parents can seal it with a spray on sealer or mod podge. Leave the rocks somewhere for someone to find. Here are some ideas for inspirational messages:

- Draw a smiley face.
- Use a Scripture verse.

Liturgy Link

At the beginning of Mass, the priest sprinkles the congregation with holy water. What sacrament does this sprinkling rite help us to recall?

Unleashing the Gospel in your Family

“All are invited to encounter Jesus and let their hearts be captured by him.” (Marker 2.1)

Fun Facts!

Easter is the second biggest candy-selling holiday! What do you think is the first?

Share how your family celebrated Sunday!
#52Sundays

- Write out a message for Easter like “Alleluia!” or “He is Risen!”
- Use a quote from Unleash the Gospel.
- Write out a note about the kerygma, like this one from Joy of the Gospel: “Jesus Christ loves you; he gave his life to save you; and now he is living at your side every day to enlighten, strengthen and free you.”
- Write a one-word message like “Smile,” “Forgive,” “Hope,” or “Believe.”
- Draw a fun picture on it to make someone smile!



RECIPE OF THE WEEK

Egg and Sausage Casserole

- 2 ½ cups of Rice Krispies
- 1 pound of ground sausage (Italian or Turkey)
- 1 small onion
- 1 cup cooked rice (brown or white)
- 2 cups sharp cheddar cheese
- 6 eggs
- 2 cans Cream of Mushroom soup (can use Cream of Chicken)
- ¼ cup milk

Preheat oven to 350 F. Grease a 9x13 pan (or use cooking spray). Cover the baking dish with the Rice Krispies. Brown the sausage and drain. Chop the onions. Spread the sausage and onions over the Rice Krispies. Cover with the cooked rice. Spread cheese over the rice. Combine eggs, soup, and milk. Stir well and spread over the cheese. For garnish, sprinkle with additional Rice Krispies. Bake for 50 minutes.



FAMILY PRAYER

Lectio Divina

Lectio Divina is Latin for “divine reading.” It is a way to meditate on Sacred Scripture. It involves reading a passage of Scripture a few times and letting God speak to your heart. Have someone slowly read the passage below three times with pauses in between. After the first reading, let the words sink in. After the second reading, focus on a word or phrase that sticks out to you. After the third reading, pray about what God is asking of you today. Invite everyone to share what they experienced during prayer. You can use this prayer formula with any Scripture passage.

PSALM 118:1-2, 16-17, 22-23

*Give thanks to the LORD, for he is good,
For his mercy endures forever.
Let Israel say:
“His mercy endures forever.”*

*“The right hand of the LORD has struck with power;
The right hand of the LORD is exalted.
I shall not die, but live,
And declare the works of the LORD.”*

*The stone which the builders rejected
has become the cornerstone.
By the LORD has this been done;
It is wonderful in our eyes.*



SECOND SUNDAY OF EASTER

DIVINE MERCY SUNDAY



EXPLORE THE SUNDAY GOSPEL

Jesus and Thomas

JN 20:19-31

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Thomas, called Didymus, one of the Twelve, was not with them when Jesus came. So the other disciples said to him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe."

Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." Thomas answered and said to him, "My Lord and my God!" Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed."

Now, Jesus did many other signs in the presence of his disciples that are not written in this book. But these are written that you may come to believe that Jesus is the Christ, the Son of God, and that through this belief you may have life in his name.



MEET OUR EXTENDED FAMILY

St. Faustina (Feast Day October 5)

AUGUST 25, 1905 – OCTOBER 5, 1938

Born as Helena Kowalska in west-central Poland, St. Faustina was the third oldest of 10 children. She eventually joined the Congregation of the Sisters of Our Lady of Mercy and took the name St. Faustina of the Blessed Sacrament. Sister Faustina had a deep spiritual life. This included receiving revelations from the Lord Jesus, messages that she recorded in her diary at the request of Christ and her confessor, Father Sopocko. At a time when some Catholics had an image of God as such a strict judge that they might be tempted to despair about the possibility of being forgiven, Jesus chose to emphasize his mercy and forgiveness for sins acknowledged and confessed. Jesus instructed Sister Faustina to have an image painted. The painting has two rays emanating from Christ's heart that represent the blood and water poured out after his death. Jesus also told her that the Sunday after Easter should be honored as Divine Mercy Sunday and instructed her on how to pray the chaplet of Divine Mercy. Sister Faustina died of tuberculosis in Krakow, Poland on October 5, 1938. Pope John Paul II beatified her in 1993 and canonized her seven years later. Her name is now linked to the annual feast of the Divine Mercy, the Divine Mercy chaplet, and the Divine Mercy prayer recited each day at 3 p.m. by many people.

TAKE TIME TO CHAT

- Go back in time and put yourself in Thomas' shoes. Would you have believed that Jesus was alive if you weren't there to see it with your own eyes? How would you have felt if you were Thomas the second time?
- How would you feel if Jesus appeared to you and said, "Peace be with you"?
- If you were having a party where Jesus was going to appear, who would you invite? Why?

Liturgy Link

Find the image of the Divine Mercy at your parish. If you can't find one, look one up online at home.

Unleashing the Gospel in your Family

"St. Augustine wrote, 'O Lord, you have made us for yourself, and our hearts are restless until they find rest in you.'" (3.3 The Roots of the Crisis)

Fun Facts!

The two rays of light coming from Jesus' heart in the image of the Divine Mercy help us recall the graces poured out in Baptism (water) and the Eucharist (blood).

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Hide and Seek

Play the children's game Hide and Seek! The person who is "It" counts with their eyes closed while the others hide. When the counting is complete, the one counting tries to find everyone who is hiding. The first one found gets to be "It" next time. The last one found is the winner for that round. Be sure to set some ground rules before starting (e.g., stay inside the house, don't go beyond the backyard, no sharing hiding spots, etc.). Ensure that counting and rules are age-appropriate so that all can have fun!



RECIPE OF THE WEEK

Divine Mercy Sunday Sundaes

On this Divine Mercy Sunday, make ice cream sundaes together as a family.

- Get ice cream in the flavor(s) of your choice.
- Prepare toppings of your choice (e.g., caramel, chocolate sauce, strawberries, chocolate chips, kiwi, nuts, marshmallows, bananas, peanut butter cups, or whipped cream).

Fill your bowl with ice cream and the toppings of your choice! Enjoy!



FAMILY PRAYER

Chaplet of Divine Mercy

Using Rosary beads, the Chaplet begins with the Sign of the Cross, followed by one Our Father, one Hail Mary, and the Apostles' Creed:

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

On the Our Father beads:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of your dearly beloved son, our Lord Jesus Christ, in atonement for our sins and those of the whole world.

On the Hail Mary Beads:

For the sake of his sorrowful Passion, have his mercy on us and on the whole world.

After five decades, conclude by reciting three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.



THIRD SUNDAY OF EASTER



EXPLORE THE SUNDAY GOSPEL

The Road to Emmaus

LK 24:13-35

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.



MEET OUR EXTENDED FAMILY

St. Gianna Beretta Molla (Feast Day April 28)

OCTOBER 4, 1922 – APRIL 28, 1962

St. Gianna was a faithful pediatrician from Italy, who was also a member of the St. Vincent de Paul Society. She had three children at home and was pregnant again in 1961 when she developed a tumor in the same place she was carrying the baby. She allowed the surgeons to remove the tumor but not to perform the complete hysterectomy that they recommended, which would have killed the child. She chose to preserve her child's life showing she was willing to give her own life to save the life of her baby. St. Gianna passed away a week after giving birth to her daughter. When she was canonized a saint, her husband and children were there, which marked the first time a husband was present for his wife's canonization. She is the patron saint of mothers, unborn children, and physicians.

TAKE TIME TO CHAT

- In the beginning of today's Gospel story, the disciples were frustrated and discouraged when Jesus came along side and began to converse with them. Share a time when you talked to Jesus about something that frustrated you. What did Jesus say back to you?
- When do you find it easy to invite Jesus to walk with you? When do you find it difficult?
- In what way does today's story remind you of Mass?



FAMILY FUN

Have a Family Picnic

Pack a meal to share together at a park or in the yard. It can be a formal meal, or just have everyone bring a snack to share. Bring a large blanket, towels, or lawn chairs to sit in while you eat. If the weather isn't nice, have the picnic inside! Set up a blanket on the floor and eat there!

Liturgy Link

Find the Paschal Candle in your church. What do you see on it? What makes it different than any other candle in the Church?

Unleashing the Gospel in your Family

"... all of the members of the Church of Detroit are 'on the road' together toward the goal of becoming a band of joyful missionary disciples." (Guidepost Introduction)

Fun Facts!

Sunday, April 26 is National Pretzel Day! A young monk first started baking pretzels around the year 610. He folded the dough into a shape resembling a child crossing its arms in prayer. It is said that the three holes in a pretzel twist represent the Holy Trinity.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Chicken and Apples

- 4 boneless, skinless chicken-breast halves
- 1 tablespoon olive oil
- 1 firm apple, such as Braeburn, cored, halved, and cut into ½-inch slices
- 1 cup apple juice
- 1 large onion, thinly sliced
- 1 garlic clove, minced
- ½ teaspoon dried thyme leaves
- kosher salt, and black pepper
- 2 tablespoons Dijon mustard

Place each chicken-breast half between 2 sheets of wax paper, and pound with a meat mallet until about ¾ inch thick. Heat the oil in a large skillet over medium-high heat. Sauté the chicken until golden, about 3 minutes per side. Add the apple slices, apple juice, onion, garlic, thyme, ½ teaspoon salt, and ⅛ teaspoon pepper. Simmer covered, 6 to 8 minutes or until chicken is fork-tender. Remove the chicken, apple slices, and onion to a serving platter and keep warm. Bring the sauce to a boil for about 5 minutes or until slightly reduced. Whisk in the mustard. Pour the sauce over the chicken.

From: <https://www.realsimple.com/food-recipes/browse-all-recipes/chicken-sauteed-apples>



FAMILY PRAYER

Emmaus Prayer

Lord, as we walk down the journey of life, we ask that you would be our constant companion, particularly on those days when we are disheartened or when we have strayed off of your path. When we are downcast, we ask that you lift our spirits. When we are confused, we ask that you enlighten our minds. When we are disappointed, we ask that you give us hope. You, Lord, have blessed us with your gospel. Open our minds and hearts to receive your word, and send your Holy Spirit to give us understanding. May your teaching take root in our lives and guide us in your ways. While we have faith in you, Lord, we also have our moments of doubt. We ask that you would deepen our faith, so that rededicated to you, we would give bolder witness, and freely and gladly give generous service. You gently ask us to invite you into our hearts and homes. With a spirit of welcome and humility, we invite you to dwell with us always. We offer our praise and thanks for the many ways that you feed us and provide for our many needs. Keep us closely connected to our brothers and sisters in faith. Help us to see others with the eyes of love. Fill us with your compassion. May we work tirelessly to foster relationships in our community built on the foundations of truth, mutual respect, cooperation, and trust. Amen.



FOURTH SUNDAY OF EASTER GOOD SHEPHERD SUNDAY



EXPLORE THE SUNDAY GOSPEL

The Good Shepherd

JN 10: 1-10

Jesus said: “Amen, amen, I say to you, whoever does not enter a sheepfold through the gate but climbs over elsewhere is a thief and a robber. But whoever enters through the gate is the shepherd of the sheep. The gatekeeper opens it for him, and the sheep hear his voice, as the shepherd calls his own sheep by name and leads them out. When he has driven out all his own, he walks ahead of them, and the sheep follow him, because they recognize his voice. But they will not follow a stranger; they will run away from him, because they do not recognize the voice of strangers.” Although Jesus used this figure of speech, the Pharisees did not realize what he was trying to tell them.

So Jesus said again, “Amen, amen, I say to you, I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. I am the gate. Whoever enters through me will be saved, and will come in and go out and find pasture. A thief comes only to steal and slaughter and destroy; I came so that they might have life and have it more abundantly.”



MEET OUR EXTENDED FAMILY

St. Bernadette of Lourdes (Feast Day April 16)

JANUARY 7, 1844 – APRIL 16, 1879

St. Bernadette Soubirous was the first child of an extremely poor miller in the town of Lourdes in southern France. On February 11, 1858, the Blessed Virgin Mary began appearing to Bernadette in a cave above the banks of the Gave River near Lourdes. She appeared to Bernadette 18 times in all. Although Bernadette's initial reports provoked skepticism, her daily visions of "the Lady" brought great crowds of curious people. The Lady, Bernadette explained, had instructed her to have a chapel built on the spot of the visions. There, the people were to come to wash in and drink of the water of the spring that had welled up from the very spot where Bernadette had been instructed to dig. Lourdes has become one of the most popular Marian shrines in the world, attracting millions of visitors. Miracles have been reported at the shrine and in the waters of the spring. Archbishop Vigneron turns to St. Bernadette of Lourdes as an intercessor (meaning he asks her to pray to Jesus on his behalf), which he points out in the conclusion of Unleash the Gospel: "You might also have your own personal companion; mine for the new evangelization is St. Bernadette of Lourdes, who courageously and humbly carried out God's mission for her even in the face of formidable opposition."

TAKE TIME TO CHAT

- In today's Gospel, we hear that sheep recognize the voice of their shepherd. How do you know when God is speaking to you?
- What is it like to be one of Jesus' sheep?
- St. Bernadette was only 14 years old when the Blessed Mother appeared to her. What would it be like to see the Blessed Mother?



FAMILY FUN

Visit a Petting Zoo or a Farm

Jesus knew his sheep, and his sheep knew him. Take some time today to get to know some animals by visiting a petting zoo or a local farm. Don't have any nearby? Consider visiting a relative with some animals, an animal shelter, or a pet store.

Liturgy Link

What is the design on your parish's tabernacle? What is kept inside?

Unleashing the Gospel in your Family

"The new 'mission territory' is our own neighborhoods, workplaces, schools, and even our own homes." (3.1 The Missionary Nature of the Church)

Fun Facts!

May 7 is the National Day of Prayer. It calls on all people of different faiths in the United States to pray for the nation and its leaders. This holiday goes back to 1787, but President Truman signed a bill enacting it in 1952. It is held the first Thursday of May.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Shepherd's Pie

Fry up ground round with onions, garlic or whatever else you like! Put meat in baking pan and combine with spaghetti sauce. Make sure it's not too liquidy. Add French cut green beans or any other veggie you like. Sprinkle parmesan cheese on top. Glob on mashed potatoes and put some butter on top of the potatoes. Sprinkle on some Colby cheese. Bake at 350 F for 30 to 45 minutes. Let it sit for a few minutes before you dig in! Enjoy!



FAMILY PRAYER

Listen as a family to the song, *Good, Good Father*, by Chris Tomlin. You should be able to find the song on YouTube or where you stream music. Share what stands out in the song to you or sing along to the chorus as a family.



FIFTH SUNDAY OF EASTER & MOTHER'S DAY



EXPLORE THE SUNDAY GOSPEL

Jesus the Way to the Father

JN 14:1-12

Jesus said to his disciples: “Do not let your hearts be troubled. You have faith in God; have faith also in me. In my Father’s house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. Where I am going you know the way.” Thomas said to him, “Master, we do not know where you are going; how can we know the way?” Jesus said to him, I am the way and the truth and the life. No one comes to the Father except through me. If you know me, then you will also know my Father. From now on you do know him and have seen him.” Philip said to him, “Master, show us the Father, and that will be enough for us.” Jesus said to him, “Have I been with you for so long a time and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I speak to you I do not speak on my own. The Father who dwells in me is doing his works. Believe me that I am in the Father and the Father is in me, or else, believe because of the works themselves. Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father.”



MEET OUR EXTENDED FAMILY

The Blessed Virgin Mary (Feast Day January 1)

FIRST CENTURY

Mary is the mother of Jesus, the Son of God. She was conceived without sin to her parents St. Joachim and St. Anne, and she was married to St. Joseph. The Church celebrates the following events of her life: her Immaculate Conception (December 8), the visit by the angel Gabriel, who told her she would become Jesus' mother (March 25), her visit to her cousin Elizabeth who was pregnant with John the Baptist (May 31), and her Assumption into heaven (August 15). All of these are celebrated as feast days in the liturgical year. Mary is our spiritual Mother and is considered the Queen of Heaven. Mary prays on our behalf to her son Jesus. She is the patron saint of all humanity.

TAKE TIME TO CHAT

- What did Jesus mean when he said, "whoever has seen me has seen the Father"?
- If Jesus were to say to you today, "Do not let your hearts be troubled," what would that mean to you?
- Today is Mother's Day. Think about your mom or the Blessed Mother, and share something for which you are thankful.



FAMILY FUN

Fun Activities with Mom

- Take your mom or grandma on a scavenger hunt that leads to her favorite places throughout the day, like church, a coffee shop, a café for lunch, or a spot in the park. At each place, she gets a note, drawing, or letter from a different member of the family telling her how much they love her. The kids get to be involved by making something for mom and getting to surprise her with these notes. Plus, the whole family gets to go on an adventure too!
- Alternatively, create a family "photo booth" picture session. Set up an area for the photo session. Create a background with sheets, table clothes, or just use a blank wall. Have

Liturgy Link

Find a statue of Mary.

Unleashing the Gospel in your Family

"Jesus Christ is the desire of the nations, and his Gospel is the answer to the deepest aspirations of the human heart." (3.3 The Roots of the Crisis)

Fun Facts!

Mother's Day became an official holiday in 1914.

Share how your family celebrated Sunday!

#52Sundays

each family member collect items to contribute for people to wear, hold, or use in their pictures. People can take pictures on their phones or with their cameras. Be sure to share them with others and on social media using #52Sundays. Pictures can be goofy, silly, or serious. If you have a wireless printer, get some photo paper and use an app, like Pic Stitch, to print out pictures that look like they came from a real photo booth. You can also frame the pictures to remember your fun day!



RECIPE OF THE WEEK

Lemon Bars

For Base

2 cups sifted flour
 ½ cup powdered sugar
 1 cup butter, softened

For Top

4 large beaten eggs
 2 cups white sugar
 ½ cup lemon juice
 ¼ cup flour
 ½ teaspoon baking powder
 Lemon rind from entire lemon

Preheat oven to 350 F. Line 9x13 pan with aluminum foil (enough to have some cover over the long edges). Spray the aluminum foil. Set aside. For the base, mix the butter into the flour and powdered sugar. Mix with hands until it clings together. Press into the foiled pan. Bake for 20 to 25 minutes or until lightly browned. While the base is baking, beat eggs for 4 to 5 minutes for the filling. Then, add the sugar, lemon juice, and lemon rind, and beat just until mixed (about 30 seconds to 1 minute). Sift together flour and baking powder. Stir into egg mixture. Pour over baked crust. (Pour it directly on the hot crust that comes out of the oven.) Bake at 350 F for 25 minutes. Cool. Tip: Once cooled, cover and put in the refrigerator. Once cold, pull the pan out of the refrigerator. Pull the foil (which is stuck to the bars) out of the pan. Pull the foil away from the sides of the bars. Use a pizza cutter to cut the bars easily. Sprinkle with powdered sugar and enjoy!



FAMILY PRAYER

The Magnificat

Pray the Magnificat together. This is the canticle of Mary. In Scripture, the hymn is found after the jubilant meeting of Mary, pregnant with Jesus, and her relative Elizabeth, pregnant with John the Baptist. Recite the prayer or find a sung version of the prayer.

*My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for he has looked with favor on his lowly servant.*

*From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.*

*He has mercy on those who fear him
in every generation.*

*He has shown the strength of his arm,
he has scattered the proud in their conceit.*

*He has cast down the mighty from their thrones,
and has lifted up the lowly.*

*He has filled the hungry with good things,
and the rich he has sent away empty.*

*He has come to the help of His servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.*

Amen.



SIXTH SUNDAY OF EASTER



EXPLORE THE SUNDAY GOSPEL

The Promise of the Holy Spirit

JN 14:15-21

Jesus said to his disciples: “If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, whom the world cannot accept, because it neither sees nor knows him. But you know him, because he remains with you, and will be in you. I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him.”





MEET OUR EXTENDED FAMILY

St. Vincent Pallotti (Feast Day January 22)

1795-1850

St Vincent Pallotti was born in 1795 in Rome. It is said that he was struggling with his studies, so his mother told him to ask the Holy Spirit for help. After he prayed a novena to the Holy Spirit, he became a great student! St. Vincent Pallotti became a priest who cared for souls and devoted himself completely to God. He was even known to bi-locate to be able to serve more people at one time.

TAKE TIME TO CHAT

- What is it like to be loved by God?
- Which of the 10 commandments is most challenging to you?
- In today's Gospel, Jesus promises the Holy Spirit will come, but that the world doesn't know him yet and can't see him. Is that still the case today? Why or why not?



FAMILY FUN

Family Movie Night

Pick a movie that the whole family will enjoy, and have a family movie night. It could be a favorite movie from childhood or something brand new that no one has ever seen. Get some pillows, blankets, snacks, and enjoy!



RECIPE OF THE WEEK

S'mores

One image of the Holy Spirit is fire, so why not make a sweet dessert over flame?

Put a large marshmallow on a metal skewer and then hold over a heated flame. You can use a fire pit, a grill, or even a gas burner on your stove. Parents may need to do this step! Be sure to follow fire-safety precautions with the flame. Once the marshmallow is cooked enough for your liking,

Liturgy Link

What kinds of flowers are in the church?

Unleashing the Gospel in your Family

“The Lord is breathing his Spirit into you to bring you to life!” (3.4 Good and Bad Habits)

Fun Facts!

May 18 is National No Dirty Dishes Day! What will you do to celebrate?

Share how your family celebrated Sunday!

#52Sundays

put it between two graham crackers to make a sandwich. You can add a piece of chocolate, a peanut-butter and chocolate candy, or a mint chocolate candy on the sandwich as well! Get as creative as you want!



FAMILY PRAYER

Prayer to the Holy Spirit

Creator Spirit, Come and bless us with your heavenly grace.

You are called by the names of Paraclete, Gift of God Most High, Spring of Life, Fire, Love, and the Soul's Anointing. You are the finger of the Father's right hand. You are the clear promise of the Father. Give our human tongues the grace of inspired speech. Kindle your Light in our minds, pour Your Love into our hearts, and uphold with Your Unfailing Strength the frailty of our human nature. Drive our enemy far from us and give us your gift of peace. Ever guiding us, may we be always the stewards of Your Love.

Grant that through You, Most Holy Spirit, we may know the Father and the Son, and our faith professing, God Three in One. Holy Spirit of Love, teach us that stewardship is the disciple's response. Amen.

Adapted from the International Catholic Stewardship Council 2006 Conference Prayer



SEVENTH SUNDAY OF EASTER - ASCENSION OF THE LORD



EXPLORE THE SUNDAY GOSPEL

The Commissioning of the Disciples

MT 28:16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."



MEET OUR EXTENDED FAMILY

St. Michael the Archangel (Feast Day September 29)

This saint is not actually a saint; he is an angel, who is the leader of the army of God! Angels—messengers from God—appear frequently in Scripture, but only Michael, Gabriel, and Raphael are named. Michael appears in Daniel’s vision as “the great prince,” who defends Israel against its enemies; in the Book of Revelation, he leads God’s armies to final victory over the forces of evil. Devotion to Michael is the oldest angelic devotion, rising in the East in the fourth century. The Church in the West began to observe a feast honoring Michael and the angels in the fifth century. From tradition and Scripture, we know some of the main things St. Michael focuses on are combatting Satan, helping the faithful to heaven, and being a defender of all Christians and the Church. People call on St. Michael to ask for protection. He is the patron saint of doctors, police, and soldiers.

TAKE TIME TO CHAT

- In today’s Gospel, we hear about the disciples doubting. Share a time when you doubted your faith.
- What comes to mind when you hear Jesus say, “I am with you always, until the end of the age”?
- What are some ways you can help make someone a disciple?



FAMILY FUN

Send Off Paper Lanterns

Celebrate the feast of the Ascension by sending off paper lanterns into the sky! Lanterns can be purchased at a local craft store. Find a clear, open space with no obstructions such as trees or buildings. Be sure to follow all safety instructions listed on your lantern.

Liturgy Link

When you look up, what is hanging from your church’s ceiling?

Unleashing the Gospel in your Family

“God thinks we have enough, because we have him.” (3.4 Good and Bad Habits)

Fun Facts!

Memorial Day honors the women and men who have died while serving in the US military. It became an official federal holiday in 1971, even though it started after the Civil War.

Share how your family celebrated Sunday! #52Sundays



RECIPE OF THE WEEK

Crock Pot Roast Recipe

- 1 $\frac{3}{4}$ pound roast, any cut
- 3 large white potatoes (peeled or unpeeled)
- 8 ounces baby carrots
- 1 large yellow onion
- 8 ounces mushrooms
- 1 package dry Onion Soup mix
- 1 package dry Vegetable Soup mix
- 1 can Cream of Mushroom soup
- 1 cup water

Sear roast. Place in crock pot. Cut potatoes into chunks. Add potatoes to crock pot, as well as carrots and mushrooms. Cut onion into slices. Add to crock pot. Sprinkle dry soups over all ingredients. Mix mushroom soup with 1 cup water and pour over all ingredients. Cook on low all day or on high for 4 hours.



FAMILY PRAYER

Heavenly Father,

On this Memorial Day weekend, we pray for those who courageously laid down their lives for the cause of freedom. May the examples of their sacrifice inspire in us the selfless love of Your Son, our Lord Jesus Christ. Bless the families of our fallen troops, and fill their homes and their lives with your strength and peace. In union with people of goodwill of every nation, embolden us to answer the call to work for peace and justice, and, thus, seek an end to violence and conflict around the globe.

We ask this through Christ our Lord. Amen.

PENTECOST SUNDAY



EXPLORE THE SUNDAY GOSPEL

Jesus Appears to the Disciples

JN 20:19-23

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord.

Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.”





MEET OUR EXTENDED FAMILY

St. Elizabeth, Cousin of Mary (Feast Day November 5)

FIRST CENTURY

May 31st is the feast of the Visitation of the Blessed Virgin Mary. It recalls the time when the Blessed Mother visited Elizabeth. Elizabeth was pregnant with John the Baptist, and Mary was pregnant with Jesus. Elizabeth, a daughter of the line of Aaron, and the wife of Zacharias, was “righteous before God” but childless and well beyond child-bearing age. The angel Gabriel told Zachariah that Elizabeth would have a son, and they should name him John. When Mary visited Elizabeth, Elizabeth’s baby leapt in her womb! Jesus made John leap with joy, and Elizabeth, in turn, was filled with the Holy Spirit and addressed words of praise to Mary—words that echoed down through the ages in the Hail Mary prayer.

TAKE TIME TO CHAT

- On Pentecost, we hear about the Holy Spirit enabling the apostles to speak in different languages. If you could speak any language, what language would you want to speak?
- Jesus greets his friends by wishing them peace. Do you share peace with your friends, families, classmates, or co-workers? If so, how?
- Why did Jesus breathe on his disciples?



FAMILY FUN

Visit a Relative or Someone Who Needs Help

Just as Mary visited her cousin Elizabeth, visit a relative whom you haven’t seen in a while. If you don’t have a relative who is nearby, visit a neighbor or someone from church and, as a family, help them with a project at their home. If they don’t have a project to work on, spend time visiting or take a craft project to do with them.

Liturgy Link

Red is the liturgical color of Pentecost. Where do you see red at Mass today?

Unleashing the Gospel in your Family

“As your shepherd, exercising the prophetic office of Christ, I speak in the name of Christ to you, the Church of Detroit: “Dry bones, hear the word of the Lord! The Lord is breathing his Spirit into you to bring you to life!” (3.4 Good and Bad Habits)

Fun Facts!

June 6 is National Yo-Yo Day!
Show off your yo-yo skills today.

Share how your family celebrated Sunday! #52Sundays



RECIPE OF THE WEEK

Red Velvet Butter Cookies

½ cup butter, softened
8 ounces cream cheese, softened
1 large egg
½ cup powdered sugar
1 teaspoon pure vanilla extract
1 package Red Velvet Cake Mix
½ cup white chocolate chips

Preheat oven to 350 F. Use an electric mixer to combine the butter and cream cheese in a large bowl until the mixture is fluffy. Add the egg and the vanilla. Mix until fully combined. Add the cake mix and continue to mix until a thick dough forms. Fold in the chocolate chips. Place the powdered sugar in a small bowl. Form 1-inch dough balls, and roll in the powdered sugar to coat. Place cookies 2 inches apart on a cookie sheet lined with parchment paper. Bake for 10 to 12 minutes. Cool the cookies on a wire rack. Once cooled, dust the cookies with powdered sugar.



FAMILY PRAYER

Veni, Sancte Spiritus

This prayer is prayed on Pentecost. It is a tribute to the Holy Spirit and dates back to around the year 1200. As a family, pray it together, whether you all read it aloud or take turns reading parts.

*Come, Holy Spirit, come!
And from you celestial home
Shed a ray of light divine!
Come, Father of the poor!
Come, source of all our store!
Come, within our bosoms shine.
You, of comforters the best;
You, the soul's most welcome guest;
Sweet refreshment here below;
In our labor, rest most sweet;
Grateful coolness in the heat;
Solace in the midst of woe.
O most blessed Light divine,
Shine within these hearts of yours,
And our inmost being fill!
Where you are not, we have naught,
Nothing good in deed or thought,
Nothing free from taint of ill.
Heal our wounds, our strength renew;
On our dryness pour your dew;
Wash the stains of guilt away:
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
On the faithful, who adore
And confess you, evermore
In your sevenfold gift descend;
Give them virtue's sure reward;
Give them your salvation Lord;
Give them joys that never end. Amen.
Alleluia.*

HOLY TRINITY SUNDAY



EXPLORE THE SUNDAY GOSPEL

For God So Loved the World

JN 3:16-18

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.



MEET OUR EXTENDED FAMILY

Sts. Louis and Zelie (Feast Day July 12)

St. Therese of Lisieux (Feast Day October 1)

ST. LOUIS MARTIN: 1823 – 1894,

ST. ZELIE MARIN: 1831 – 1877,

ST. THERESE OF LISIEUX: 1873 – 1897

Pope Emeritus Benedict XVI wrote, “The human family is, in a certain sense, the icon of the Trinity because of the love between its members and the fruitfulness of that love.” This week’s saints exemplify this in a particular way. Louis Martin and his wife, Marie-Azelie (Zelie), practiced Christian service in the family, creating day by day an environment of faith and love, which nurtured the vocations of their daughters, among whom was Saint Therese of Lisieux. They are the first-ever married couple with children to be canonized in the same ceremony. The Martin family prayed daily and helped those in need. They are the patron saints of marriage, parenting, and widowers. St. Therese, raised in this home, was affectionately called “the Little Flower.” She found little ways to sacrifice—such as smiling at someone who didn’t like her or eating whatever food was served without complaining—to show love. Therese has been a highly influential model of sanctity because of the simplicity and practicality of her approach to the spiritual life. She and her sisters were all part of the Carmelite religious order. Therese was canonized in 1925. On October 19, 1997, Pope John Paul II proclaimed her a Doctor of the Church, the third woman to be so recognized in light of her holiness and the influence of her teaching on spirituality in the Church.

TAKE TIME TO CHAT

- Which member of the Trinity do you turn to the most? Why?
- Why did God send Jesus, his Son, into the world?
- How does a family mirror the Trinity?

Liturgy Link

We honor the Trinity when we make the sign of the cross. When do we make the sign of the cross at Mass?

Unleashing the Gospel in your Family

“The triune God is a communion of love, and the family is its living reflection.” (Guidepost 7)

Fun Facts!

June 10 is National Iced Tea Day, so have black tea, green tea, or some herbal iced tea that day.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Build Your Family Tree

Trace your ancestry and build a family tree. Make it as simple or complex as you wish. Find a template online or draw a tree and branches showing how your family is connected. Write in the roots section where you grew up or other cities in which your family has roots. Start with your immediate family and expand it to your extended family. Consult with grandparents, aunts, and uncles to get as much information as you can. Be creative and have fun!



RECIPE OF THE WEEK

3-Ingredient Taco Dip

8 ounces cream cheese, softened

½ cup sour cream

½ cup chunky style salsa (mild or medium)

Beat the cream cheese. Add in the other 2 ingredients. Cover and refrigerate for 4 hours before serving. Serve with tortilla chips.



FAMILY PRAYER

God, our Father, through the holy sacrament of marriage, you have blessed us and bestowed on us the gift of families in different shapes and sizes. You created the family to be the image of the love and unity revealed to us in the Blessed Trinity. We commit ourselves to model that love and unity in our daily lives and in all our relationships.

Guide us on our journey as we read and reflect on your holy word. By your word, we are transformed, so that, by our witness, we may become leaven for the transformation of the world.

May the Holy Spirit, who dwells within us through our Baptism, shine through our interactions within our family and through our encounters with others.

May all families within our parish become hearers and followers of the word, so that our parish family might mirror the love and unity you, Father, Son, and Holy Spirit, one God, forever and ever,

Amen.



THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST



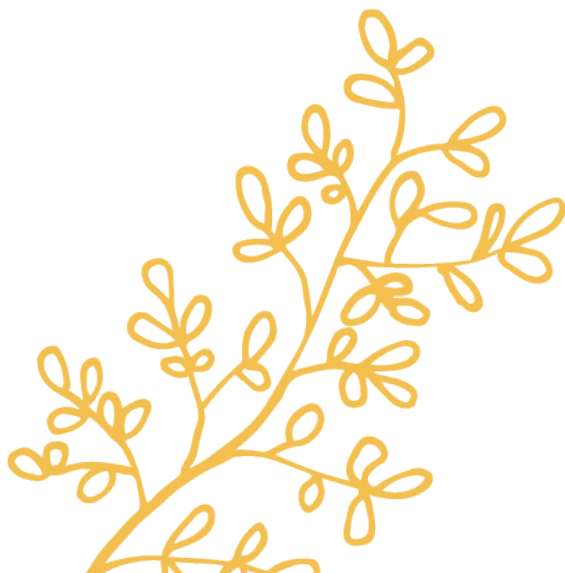
EXPLORE THE SUNDAY GOSPEL

I Am the Living Bread

JN 6:51-58

Jesus said to the Jewish crowds: I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

The Jews quarreled among themselves, saying, “How can this man give us [his] flesh to eat?” Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever.”





MEET OUR EXTENDED FAMILY

St. Juliana of Liège (Feast Day April 6)

1193 – 1258

St. Juliana and her twin sister Agnes were born in present-day Belgium. They were orphaned at the age of five and raised in a convent. From her early youth, Juliana had great veneration for the Eucharist and longed for a special feast day in its honor. When Juliana was 16, she had her first vision, which recurred subsequently several times. Her vision presented the moon in its full splendor, crossed by a dark stripe. In time, she came to understand that the moon symbolized the life of the Church on earth, the opaque line, on the other hand, represented the absence of a liturgical feast in honor of Christ's Body and Blood. She eventually shared her visions with her confessor who had many distinguished contacts who endorsed and helped institute the feast. Juliana was canonized in 1869 by Pope Pius IX and further celebrated by Pope John Paul II, who wrote a letter mentioning her on the 750th anniversary of the feast of Corpus Christi.

TAKE TIME TO CHAT

- Do you realize that Jesus is truly present in the Eucharist? How do you prepare to receive him?
- What do you think Jesus means when he says, "I am the living bread"?
- What do you remember from your first holy Communion? If you haven't made your first Communion yet, what do you look forward to about that day?



FAMILY FUN

Attend a Eucharistic Procession

On the feast of Corpus Christi, many churches have Eucharistic processions. A Eucharistic procession is a public witness of the veneration of the most holy Eucharist, conducted through public streets. It takes place in this way: A consecrated host—the real presence of Jesus Christ—is placed in a monstrance, which is then lifted and carried by a priest who leads the faithful in procession. Like a pilgrimage, a Eucharistic procession normally starts at one holy place and ends at another. This

Liturgy Link

What is said to us when we receive holy Communion? How do we reply?

Unleashing the Gospel in your Family

"There is no limit to what the Lord can do in our midst." (Introduction)

Fun Facts!

Saturday, June 20 is the first day of summer! How will you celebrate the season?

Share how your family celebrated Sunday!
#52Sundays

earthly journey reminds the Catholic faithful of their spiritual journey toward eternal life with God.

Today, find a local Eucharistic procession and join in! Each year there is a Eucharistic Procession at Blessed Sacrament Cathedral in Detroit. Other parishes have them as well.

Can't make it to a procession? Visit Jesus at an Adoration Chapel. Many parishes have 24-hour chapels for perpetual (or continuous) adoration. As a family, spend time with the Lord in adoration. Spend time in silence, and pray for the needs of your family and friends. Bring a journal to write down anything you hear the Lord speak into your heart.



RECIPE OF THE WEEK

Baked French Toast

Base Ingredients:

$\frac{2}{3}$ to $\frac{3}{4}$ cup of melted butter
1 cup brown sugar
1 tablespoon cinnamon

Mix the above 3 together and pour in the bottom of a 9x13 pan.

Egg Mixture Ingredients:

7 eggs
 $\frac{2}{3}$ cup of milk
Pinch of salt

Mix the above 3 together in a bowl.

Take 12 slices of square bread. Hold 2 pieces of bread together and soak quickly in above egg mixture. Lay in the pan so that there are 6 (2 deep) slices filling the pan. Take the rest of the egg mixture and pour over the bread. Cover and refrigerate overnight. In the morning, bake at 350 F for approximately 30 minutes. When serving, cut in pieces and turn each piece upside on a plate so that the butter/sugar mixture is showing when serving.



FAMILY PRAYER

Listen and sing along with Matt Maher's song, *Adoration*. You can find it on YouTube and most streaming sites.



TWELFTH SUNDAY IN ORDINARY TIME & FATHER'S DAY



EXPLORE THE SUNDAY GOSPEL

Courage Under Persecution

MT 10:26-33

Jesus said to the Twelve: “Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do not be afraid of those who kill the body but cannot kill the soul; rather, be afraid of the one who can destroy both soul and body in Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father’s knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father.”





MEET OUR EXTENDED FAMILY

St. Cyril of Alexandria (Feast Day June 27)

378 – JUNE 27, 444

St. Cyril was born about 376 in Alexandria, Egypt. He became archbishop when his uncle, the former archbishop, died. During his first years in the position, he was severe with heretics (people who are baptized members of the Church who refuse to acknowledge or accept a revealed truth) and other people who caused trouble for the Christians. Later, he grew in the compassion of Jesus. Cyril became famous for his action at the Council of Ephesus. He tried to make the heretic Nestorius understand that Christ was truly God and man united as one person. He defended the teaching that Mary is the Mother of God and insisted on calling her Theotokos, a Greek name meaning “God-bearer” or “Mother of God.” Cyril died in 444. Because of his struggle with heretics and his forceful writing about doctrine, Cyril was later named a Doctor of the Church.

TAKE TIME TO CHAT

- In today’s Gospel, Jesus begins by saying, “Fear no one.” Are you afraid of anyone? If so, why?
- How many hairs do you think you have on your head? How does it make you feel to know that God knows everything about you, even the number of hairs on your head?
- Today is Father’s Day. Share with your family one thing for which you are grateful about your earthly father or your Father in heaven.



FAMILY FUN

Plan an Outing with Dad

Whether Dad is a pro on the golf course or more of an ace at putt-putt, an afternoon of golf is fun for the whole family. If kids (and parents) are beginners, stick with miniature golf. Going to the driving range is a great activity if you want to start learning the “real” game.

Liturgy Link

What color did the priest wear at Mass today? What is the name of this liturgical season?

Unleashing the Gospel in your Family

“The role of fathers in particular is essential, since one of the greatest factors influencing a child’s future practice of the faith is the religious involvement of his or her father.” (Marker 7.2)

Fun Facts!

Sonora Smart Dodd of Spokane, Washington is credited with starting Father’s Day after hearing a sermon on Mother’s Day while attending church with her father. Dodd wanted to honor her father, William Jackson Smart, a Civil War veteran, who raised six children after his wife died during childbirth.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Tzatziki Sauce for St. Cyril of Alexandria

16 ounces plain Greek yogurt
 1 cucumber, peeled, seeded, and grated
 1 clove garlic, grated
 1 tablespoon parsley
 1 teaspoon lemon
 Salt
 Pepper

Drain as much of the liquid from the yogurt as you can. Add your grated cucumber to a kitchen towel, wrap it up, and squeeze all the liquid out of it. Combine the yogurt, cucumber, garlic, parsley, lemon, salt, and pepper. Store in the refrigerator for at least 2 hours. Serve with pita bread.

From <http://mycatholickitchen.com/2017/06/tzatziki-sauce.html>



FAMILY PRAYER

Say the following blessing over each person. This prayer is attributed to St. Clare of Assisi. Children can bless their parents too.

May Almighty God Bless you.

May he look upon you with the eyes of his Mercy and give you his peace. Here below may he pour forth his graces on you abundantly and in heaven may he place you among his saints.

Feel free to you use your own words as well!

THIRTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Conditions of Discipleship

MT 10:37–42

Jesus said to his apostles: “Whoever loves father or mother more than me is not worthy of me, and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it.

“Whoever receives you receives me, and whoever receives me receives the one who sent me. Whoever receives a prophet because he is a prophet will receive a prophet’s reward, and whoever receives a righteous man because he is a righteous man will receive a righteous man’s reward. And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple— amen, I say to you, he will surely not lose his reward.”



MEET OUR EXTENDED FAMILY

Sts. Peter and Paul, Apostles (Feast Day June 29)

FIRST CENTURY

Aside from Jesus, Peter and Paul are the most significant characters in the New Testament. The New Testament clearly shows Peter as the leader of the apostles, chosen by Jesus to have a special relationship with him. With James and John, he was privileged to witness the Transfiguration, the raising of a dead child to life, and the agony in Gethsemane. His mother-in-law was cured by Jesus. He was sent with John to prepare for the last Passover before Jesus' death. Jesus appointed Peter the first Pope when he told him, "And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven." (MT 16:18-19)

Paul was dedicated to persecuting the early disciples of Jesus in the area of Jerusalem prior to his conversion. After his dramatic encounter with Christ on the road to Damascus, Paul traveled all over Asia Minor to proclaim Christ to the Gentiles. He founded numerous churches in Asia Minor and Europe, and took advantage of his status as both a Jew and a Roman citizen to minister to both Jewish and Roman audiences. Thirteen of the twenty-seven books of the New Testament are attributed to Paul.

TAKE TIME TO CHAT

- What do you think Jesus meant when he said, "Whoever finds his life will lose it, and whoever loses his life for my sake will find it"?
- In today's Gospel, Jesus describes the conditions of discipleship. In your own words, describe a disciple of Jesus.
- Who do you know that needs help right now? Plan a way for your family to help him or her!

Liturgy Link

The sanctuary is the front part of the church where the Priest stands during Mass. It is usually elevated from where the congregation sits. What things are in the sanctuary?

Unleashing the Gospel in your Family

"The family is the 'domestic church'—the primary social unit in which life in Christ, the life of the Church, is experienced and lived." (Guidepost 7)

Fun Facts!

St. Peter's tomb is located deep beneath the altar of St. Peter's Basilica in Vatican City.

**Share how your family
celebrated Sunday!
#52Sundays**



FAMILY FUN

Fireworks

Find a local fireworks display, and bring the whole family! Don't forget to bring blankets, chairs, bug spray, and some snacks!



RECIPE OF THE WEEK

"The Barque of Peter" Banana Boats

Bananas

1 bun for every banana

2 tablespoons of Peanut Butter (or other spread of your choice)

Optional toppings (chopped nuts, chocolate, or other toppings you might find on an ice cream sundae)

Begin by toasting your bun. Let the bun cool a bit before spreading the peanut butter (or other spread) on each side. Peel the bananas and place them inside each bun. If you are adding addition toppings, drizzle a little more peanut butter over the banana so that the toppings stay put. Enjoy!

From <https://catholiccuisine.blogspot.com/2013/06/on-solemnity-of-sts-peter-and-paul.html>



FAMILY PRAYER

Begin with the Sign of the Cross. Then everyone takes a turn sharing one thing they really appreciate about each person in the family. End with the Our Father.

FOURTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Praise of the Father

MT 11:25–30

At that time Jesus exclaimed: “I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”



MEET OUR EXTENDED FAMILY

St. Benedict, Abbot (Feast Day July 11)

480 – 547

St. Benedict and his twin sister, St. Scholastica, were born around 480, into a distinguished family in central Italy. Benedict studied in Rome and, early in life, was drawn to live like a monk. At first, he became a hermit, but he soon realized that he could not live a hidden life in a small town any better than in a large city, so he withdrew to a cave high in the mountains for three years. Some monks chose Benedict as their leader for a while but found his strictness not to their taste. He had an idea of gathering various families of monks into one “Grand Monastery” to give them the benefit of unity, fraternity, and permanent worship in one house. Finally, he began to build what was to become one of the most famous monasteries in the world—Monte Cassino, commanding three narrow valleys running toward the mountains north of Naples. The Rule that gradually developed prescribed a life of liturgical prayer, study, manual labor, and living together in community under a common leader. In the course of the Middle Ages, all monasticism in the West was gradually brought under the Rule of St. Benedict.

TAKE TIME TO CHAT

- What is God the Father like to you?
- What kind of “yoke” is Jesus talking about? (P.S. It’s not an egg!)
- Can you pray like Jesus does in today’s Gospel?
Let’s hear it!



FAMILY FUN

Create a Sacred Space

Consider creating a sacred space in your backyard by converting a shed to a chapel or a garden area into a grotto. Having a sacred space in your backyard gives you a place of refuge where you can collect your thoughts and pray without interruption. Involve the whole family in planning and building the space. Search the Internet for ideas and inspiration!

Liturgy Link

What do you think the chalice (the special cup used by the priest) is made of?

Unleashing the Gospel in your Family

“We learn to give and receive God’s love in and through our relationships with one another.” (Marker 3.1)

Fun Facts!

Each year, Americans light about 200 million pounds of fireworks! Most of them are imported from China – \$247,100,000 worth.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Eggs Benedict Casserole for St. Benedict

½ pound Canadian Bacon or ham diced
 6 English Muffins cut into 1-inch pieces
 6 eggs
 2 cups half and half
 1 teaspoon Montreal Steak Seasoning

Hollandaise Sauce

4 egg yolks
 ½ cup heavy cream
 2 tablespoons lime juice
 1 teaspoon dried mustard
 ½ cup butter, melted
 3 tablespoons chopped chives for garnish

Coat a 9x13 pan with cooking spray. Combine the ham and English Muffins in the pan. In a large bowl, whisk eggs, half and half, and steak seasonings. Pour over the top of the ham and muffins. Cover and allow to refrigerate overnight. In the morning preheat your oven to 375 F. Remove the pan from the fridge and allow it to come to room temperature for about 30 minutes. Wrap in aluminum foil for the first ½ hour of baking. Remove the foil and allow to bake for an additional 15 minutes or until puffed and brown. While it is baking, make the Hollandaise Sauce.

For the Hollandaise Sauce

In a blender or food processor, add the egg yolks, cream, and mustard. Cover and blend for 10 seconds or so. Slowly pour the hot melted butter into the mixture. Continue blending until the mixture has thickened, another minute or so. Pour hollandaise sauce over casserole and garnish with chopped chives. Serve hot.

From: <http://mycatholickitchen.com/2019/07/eggs-benedict-casserole-for-st-benedict.html>



FAMILY PRAYER

Prayer for Our Nation

God our Father, giver of life, we entrust the United States of America to your loving care. You are the rock on which this nation was founded. You alone are the true source of our cherished rights to life, liberty, and the pursuit of happiness. Reclaim this land for your glory and dwell among your people.

Send Your Spirit to touch the hearts of our nation's leaders. Open their minds to the great worth of human life and the responsibilities that accompany human freedom. Remind your people that true happiness is rooted in seeking and doing your will. Through the intercession of Mary Immaculate, patroness of our land, grant us the courage to reject the "culture of death." Lead us into a new millennium of life. We ask this through Christ Our Lord. Amen.



FIFTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Parable of the Sower

MT 13:1-23 OR MT 13:1-9

On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying: “A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear.”





MEET OUR EXTENDED FAMILY

St. Kateri Tekakwitha (Feast Day July 14)

1656 – APRIL 17, 1680

Tekakwitha was born near the place where St. Isaac Joges and Jean de Lelande were killed in Auriesville, New York. Her mother was a Christian Algonquin, taken captive by the Iroquois and given as wife to the chief of the Mohawk clan, the boldest and fiercest of the Five Nations. When she was four, Tekakwitha lost her parents and little brother in a smallpox epidemic and was adopted by an uncle, who succeeded her father as chief. Tekakwitha was moved by the words of three missionaries who lodged with her uncle, but fear of him kept her from seeking instruction. Tekakwitha refused to marry a Mohawk brave and, at 19, finally got the courage to take the step of converting. She was baptized with the name Kateri-Catherine—on Easter Sunday.

After her conversion, she was treated as a slave. Because she would not work on Sunday, Kateri received no food that day. Her life in grace grew rapidly. She was powerfully moved by God's love for human beings and saw the dignity of each of her people. She eventually stole away one night and began a 200-mile walking journey to a Christian Indian village at Sault St. Louis, near Montreal. For three years, she grew in holiness under the direction of a priest and an older Iroquois woman, giving herself totally to God in long hours of prayer, in charity, and in strenuous penance. At 23, Kateri took a vow of virginity, an unprecedented act for a Native American woman whose future depended on being married. She was beatified in 1980 and canonized in 2012.

TAKE TIME TO CHAT

- What does a plant need to grow? What do you need to grow in faith?
- Have you ever planted seeds? What happened?
- Retell this parable in your words. Take turns and be creative.

Liturgy Link

The sanctuary lamp is a red light near the tabernacle. It signifies the presence of Jesus in the Eucharist, which is reserved in the tabernacle. Find the sanctuary lamp in your church.

Unleashing the Gospel in your Family

“To follow Jesus is to be in a constant process of growth, like the seed that fell on rich soil.” (Marker 9.2)

Fun Facts!

All seeds need moisture, oxygen, and the right temperature to germinate, or grow. Until they have these conditions, seeds remain dormant and do nothing.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Visit a Local Pilgrimage Site or Historic Church

The Archdiocese of Detroit has a rich history and many interesting places to visit. Consider getting some families together to visit a local pilgrimage site or historic church in the Archdiocese of Detroit. Call ahead for mass times and ask if someone can give you a tour after Mass. Here are some suggestions:

- Solanus Casey Center, Detroit
- Cathedral of the Most Blessed Sacrament, Detroit
- National Basilica Shrine of the Little Flower, Royal Oak
- Ste. Anne, Detroit
- Sweetest Heart of Mary, Detroit
- St. Joseph, Detroit
- Old St. Mary's, Detroit
- Cathedral of the Most Blessed Sacrament, Detroit
- St. Aloysius, Detroit



RECIPE OF THE WEEK

St. Kateri Corn Bread

Since the Native Americans introduced grinding corn meal, which led to the birth of corn bread, (an early American staple) you may want to try this recipe:

½ cup butter or margarine, softened

¼ cup granulated sugar

2 large eggs

1 cup milk

1 cup all-purpose flour

1 cup yellow cornmeal

1 tablespoon baking powder

½ teaspoon salt

Preheat oven to 375 F. Grease an 8-inch square baking pan; set aside. Combine butter with sugar and eggs in a large mixing bowl. Blend in milk, flour, cornmeal, baking powder, and salt until the batter is just blended (a few lumps are ok). Pour batter into prepared pan and bake for about 25 minutes or until surface springs back lightly when touched and a toothpick stuck into the center comes out clean. Remove from oven and place pan onto a wire rack; serve hot or warm.

From: <https://catholiccuisine.blogspot.com/2010/07/blessed-kateri-tekakwitha.html>



FAMILY PRAYER

Jesus, I Trust in You

Pray together these words:

Jesus, I Trust in You,

Jesus, I Trust in You,

Jesus, I Trust in You,

Amen.



SIXTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Parable of the Weeds Among the Wheat

MT 13:24–43 OR MT 13:24–30

Jesus proposed another parable to the crowds, saying: “The kingdom of heaven may be likened to a man who sowed good seed in his field. While everyone was asleep his enemy came and sowed weeds all through the wheat, and then went off. When the crop grew and bore fruit, the weeds appeared as well. The slaves of the householder came to him and said, ‘Master, did you not sow good seed in your field? Where have the weeds come from?’ He answered, ‘An enemy has done this.’ His slaves said to him, ‘Do you want us to go and pull them up?’ He replied, ‘No, if you pull up the weeds you might uproot the wheat along with them. Let them grow together until harvest; then at harvest time I will say to the harvesters, “First collect the weeds and tie them in bundles for burning; but gather the wheat into my barn.”’





MEET OUR EXTENDED FAMILY

St. Sharbel Makhluf (Feast Day July 24)

MAY 8, 1828 – DECEMBER 24, 1898

Although this saint never traveled far from the Lebanese village of Beka-Kafra where he was born, his influence has spread widely. Joseph Zaroun Makluf was raised by an uncle because his father, a mule driver, died when Joseph was only three. At the age of 23, Joseph joined the Monastery of St. Maron at Annaya, Lebanon and took the name Sharbel in honor of a second-century martyr. He professed his final vows in 1853 and was ordained six years later. He lived as a hermit from 1875 until his death. His reputation for holiness prompted people to seek him to receive a blessing and to be remembered in his prayers. He followed a strict fast and was very devoted to the Blessed Sacrament. When his superiors occasionally asked him to administer the sacraments to nearby villages, Sharbel did so gladly. He died in the late afternoon on Christmas Eve. Christians and non-Christians soon made his tomb a place of pilgrimage; many healings took place there. Pope Paul VI beatified St. Sharbel in 1965 and canonized him 12 years later.

TAKE TIME TO CHAT

- What do you enjoy about going to Mass on Sunday?
- In today's Gospel, Jesus talks about wheat and weeds. What does the wheat represent? What do the weeds represent?
- Why do you think Jesus didn't want to pull up the weeds until the harvest?



FAMILY FUN

Outdoor Activities

- Pull weeds in your garden or landscaping. Make it a competitive family activity to see who can pull the most weeds, and award a prize for the winner. Be sure to instruct children on the difference between weeds and plants/flowers!
- Clean out your garage, shed, or storage area, and consider giving things away to charity. Alternatively, sell old things and consider using your proceeds to purchase something for your new outdoor sacred space.
- Enjoy the summer weather by going for a walk as a family.

Liturgy Link

How many hymns did you sing today that contained the word "wheat"?

Unleashing the Gospel in your Family

"Families are at the very heart of our archdiocesan efforts to unleash the Gospel, because they are the first and most important setting in which evangelization takes place." (Guidepost 7)

Fun Facts!

Wheat is the third largest crop produced in the United States, following corn and beans. One bushel of wheat contains approximately one million individual kernels, and it weighs about 60 pounds!

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Lebanese Rice Pilaf

Lebanese rice goes with nearly everything. Since St. Sharbel was from Lebanon, it's only fitting to add a Lebanese rice recipe here. Add a bit of toasted pine nuts, and you have the best side of rice!

2 cups jasmine rice
 Water
 1 cup broken vermicelli pasta
 2 ½ tablespoons olive oil
 Salt
 ½ cup toasted pine nuts, optional

Rinse the rice well (a few times). In a medium cooking pot, heat the olive oil on medium-high. Add the vermicelli and continuously stir to toast it evenly. Vermicelli should turn a nice golden brown, but watch carefully not to over-brown or burn it. Add the rice and continue to stir so that the rice will be well-coated with the olive oil. Season with salt. Add 3 ½ cups of water and bring it to a boil until the water significantly reduces. Turn the heat to low and cover. Cook for 15 to 20 minutes on low. Once fully cooked, turn the heat off and leave the rice undisturbed for 10 to 15 minutes, then uncover and fluff with a fork. Transfer to a serving platter and top with the toasted pine nuts. Enjoy!



FAMILY PRAYER

Family Rosary

Allow someone to pick any decade of the Rosary they like. Read or retell that decade's story. Use your imagination and think about the story as you pray the 10 Hail Marys and share what you heard or saw in the story. End with the Glory Be prayer.



SEVENTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

More Parables

MT 14:44–52 OR MT 13:44–46

Jesus said to his disciples: “The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant searching for fine pearls. When he finds a pearl of great price, he goes and sells all that he has and buys it.”



MEET OUR EXTENDED FAMILY

St. Martha (July 29th)

FIRST CENTURY

Martha, Mary, and their brother Lazarus were close friends of Jesus. Jesus frequently dined in their home. No doubt Martha was an active sort of person. On one occasion, she prepares the meal for Jesus and possibly his fellow guests and says what she thinks is obvious: All hands should pitch in to help with the dinner. However, Martha's great glory is her simple and strong statement of faith in Jesus after her brother's death. "Jesus told her, 'I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?'" She said to him, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world.'" (John 11:25-27)

TAKE TIME TO CHAT

- Is there anything that is SO valuable that you would sell all that you have to purchase it? If so, what is it?
- Did you ever lose something important and then find it later? What did that feel like?
- What is the thing you love most?



FAMILY FUN

Treasure Hunt

A treasure hunt is a great way to keep kids entertained and reinforce today's Gospel. Consider creating a treasure hunt at your home; it takes some work to prepare it, but it's well worth it! Have kids invite their friends. Here are some tips for preparing the treasure hunt:

1. Choose a large, age-appropriate location. Assign buddies to younger kids so they don't get confused or lost.
2. Choose a format or a theme.
3. Determine how long the treasure hunt will take. A good rule of thumb is that kids' patience will last through about twice as many clues as they are years old. Of course, even older kids may get a little tired after 26 clues. Anywhere between 5-15 is generally a good length, depending on

Liturgy Link

Today's Gospel talks about the kingdom of heaven being like a treasure. There are many valuable things in your church. Which do you think is most valuable?

Unleashing the Gospel in your Family

"A family of joyful missionary disciples is one where sacrificial love, after Christ's example and in the power of his Spirit, is the principle that governs all of life." (Marker 7.2)

Fun Facts!

The most valuable earthly treasure ever found (The Cuerdale Hoard) was discovered in 1840 by a group of workmen in a river near Preston in England. Inside was one of the biggest hoards of Viking treasure ever found—more than 8,600 items were documented, including silver coins, various bits of jewelry, and silver ingots. It has an estimated worth of \$3.2 million.

Share how your family celebrated Sunday!
#52Sundays

how far apart the clues are from each other.

4. Make a great treasure. The very last clue should lead to some sort of treasure or fun activity, rewarding everyone for finishing. Consider having a prize for the first person or team to find the treasure, which will give some competition and urgency to the hunt.
 - Decorate a box with pictures or construction paper, then fill it with goodies such as candy, coins, or toys.
 - The treasure doesn't have to be a thing. You can set up a great meal, party area, or a game so that the kids arrive at a fun "secret grove."
 - If the hunt is for smaller children, make sure there are some consolation prizes—everyone should find or go home with something.
5. Search the Internet for creative ideas on how to make clues using codes and treasure maps.
6. Do a final run through of your treasure hunt to ensure that all the pieces fit together properly.



RECIPE OF THE WEEK

St. Martha Cucumber Salad

This light cucumber salad is a southern favorite, and is perfect for the feast of St. Martha. Since Jesus told Martha not to worry about things and to just listen to his word, this simple dish will help you spent less time cooking!

2 large white onions sliced
 2 large cucumbers sliced
 Salt and pepper
 Vinegar

Arrange the cucumbers and the onions in a pretty pattern on a large plate. Salt and pepper to taste. Serve with vinegar.

From: <http://mycatholickitchen.com/2019/07/the-feast-of-st-martha-and-cucumber-salad.html>



FAMILY PRAYER

Guardian Angel Prayer

*Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.*



EIGHTEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Return of the Twelve and the Feeding of the Five Thousand

MT 14:13–21

When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself. The crowds heard of this and followed him on foot from their towns. When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, “This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves.” Jesus said to them, “There is no need for them to go away; give them some food yourselves.” But they said to him, “Five loaves and two fish are all we have here.” Then he said, “Bring them here to me,” and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over — twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children.



MEET OUR EXTENDED FAMILY

St. John Vianney (Feast Day August 4)

MAY 8, 1786 – AUGUST 4, 1859

John Vianney was a man with vision: he wanted to become a priest. But he had to overcome his meager formal schooling, which inadequately prepared him for seminary studies. His failure to comprehend Latin lectures forced him to discontinue. His vision of being a priest, however, urged him to seek private tutoring. After a lengthy battle with the books, John was ordained. John Vianney's most remarkable accomplishment was his work as a confessor. In the winter months, he would spend 11 to 12 hours daily reconciling people with God. In the summer months, this time increased to 16 hours. As his fame spread, more hours were consumed in serving God's people. Even the few hours he would allow himself for sleep were disturbed frequently by the devil. In 1929, Pope Pius XI named him the patron of parish priests worldwide.

TAKE TIME TO CHAT

- In what way does today's Gospel remind you of the Eucharist?
- What is your favorite meal?
- Who would you like to have over for dinner? Plan the meal and invite them over!



FAMILY FUN

Go Fishing

Casting a line with the kids is a classic, relaxing way to spend a lazy summer day. It also helps us to reflect on the miracle of the multiplication of the loaves and fish in today's Gospel. Find a local lake or stream and go fishing as a family. It's an opportunity to get away from hectic schedules to enjoy the fresh air, learn about the environment, and even develop patience. Best of all, fishing is quality time spent together talking, laughing, and sitting quietly side by side.

Liturgy Link

During which part of the Mass does Jesus feed us?

Unleashing the Gospel in your Family

"The family lives its spirituality precisely by being at one and the same time a domestic church and a vital cell for transforming the world." (Marker 7.3)

Fun Facts!

August 2 is National Ice Cream Sandwich Day. Make sure you have an ice cream sandwich today!

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Sunflower Seed Bread

The sunflower, which blooms in August, is a symbol of Christ. It also symbolizes man turning towards Christ because of the way the sunflower turns toward the sun. This recipe is fitting for this week as it reminds us of how St. John Vianney's whole life was oriented toward Christ.

- 2/3 cup warm milk
- 1 tablespoon honey
- 1/2 tablespoon active dry yeast
- 2 tablespoons vegetable oil
- 1 large egg
- 2 cups bread flour
- 1 teaspoon salt
- 1/3 cup sunflower seeds

In a bowl of a stand mixer, using your paddle attachment, combine milk, honey, and yeast. Allow to bloom for 5 minutes. Add the oil and the egg; mix to combine. Switch attachment to the dough hook. Add in the flour, salt, and most of the sunflower seeds. Reserve a handful to sprinkle over the top. Mix just until dough starts to pull away from the sides of the bowl, about 5 minutes. Pour dough into a lightly greased bowl and allow to rise for about 2 hours. Dough should be doubled in size. Knock the dough down and shape into an oval shape. Place into a lightly greased loaf pan. Cover and allow to rise until doubled, about 30 minutes. Preheat oven to 375 F. Brush the top of the loaf with a little oil and sprinkle the remaining sunflower seeds over the top. Bake loaf for about 30 to 40 minutes. Allow to cool before slicing.

From: <http://mycatholickitchen.com/2015/03/sunflower-seed-bread-breadbakers.html>



FAMILY PRAYER

Prayer of St. John Vianney

I love you, O my God, and my only desire is to love you until the last breath of my life.

I love you, O my infinitely lovable God, and I would rather die loving you, than live without loving you.

I love you, Lord and the only grace I ask is to love you eternally ...

My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath.



NINETEENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Walking on the Water

MT 14:22–33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once Jesus spoke to them, “Take courage, it is I; do not be afraid.” Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” Immediately Jesus stretched out his hand and caught Peter, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”





MEET OUR EXTENDED FAMILY

St. Maximilian Kolbe (Feast Day August 14)

JANUARY 8, 1894 – AUGUST 14, 1941

Maximilian Kolbe was a Polish Conventual Franciscan friar. He was active in promoting the veneration of the Immaculate Virgin Mary, founding and supervising the monastery of Niepokalanów near Warsaw, operating an amateur-radio station (SP3RN), and founding or running several other organizations and publications. During World War II, he was arrested and taken to Auschwitz. During his imprisonment, a prisoner had escaped, and, as a result, the commandant announced that 10 men would die. As these men were being marched away to the starvation bunkers, Kolbe stepped forward and volunteered to take the place of a man who had a wife and children. Those in charge were dumbfounded, kicked Sergeant Francis Gajowniczek out of line and ordered Father Kolbe to go with the nine. In the “block of death,” they were ordered to strip naked, and their slow starvation began in darkness. But there was no screaming—the prisoners sang. By the eve of the Assumption, four were left alive. The jailer came to finish Kolbe off as he sat in a corner praying. He lifted his fleshless arm to receive the bite of the hypodermic needle. It was filled with carbolic acid. They burned his body with all the others. Fr. Kolbe was beatified in 1971 and canonized in 1982.

TAKE TIME TO CHAT

- Peter had to trust Jesus to get out of the boat. Who do you trust most? Why?
- What is it like to get out of your comfort zone and try something new?
- Do you think Peter was scared? If so, why?

Liturgy Link

Listen to the themes in the songs sung at Mass today. Which ones are related to today’s Gospel?

Unleashing the Gospel in your Family

“The witness of a joyful family life rooted in the Gospel can be a spiritual oasis for people in contemporary society.” (Marker 7.3)

Fun Facts!

The Dead Sea is one of the most intriguing and interesting lakes in the world. Located at the lowest point on Earth, it borders Jordan to the east and Israel and the West Bank to the west. The Dead Sea is eight times saltier than the oceans and has the highest concentration of salt of any body of water in the world; as a result, visitors who enter the water are more buoyant. It is impossible to sink in the Dead Sea!

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Water Park

Hopefully, this Sunday's weather is better than the weather described in today's Gospel! If so, consider taking your family to a water park or a nearby park with fountains. Kids of all ages love playing in water! This activity can also be an opportunity to reflect on how Peter was able to do by grace, what he could never do by nature!



RECIPE OF THE WEEK

Slow Cooker Mac and Cheese

8 ounces cooked elbow macaroni
 One 12-ounce can evaporated milk
 1 ½ cups whole milk
 ½ stick butter melted
 1 teaspoon salt
 ½ teaspoon pepper
 2 eggs beaten
 6 ounces smoked Gouda cheese grated
 6 ounces processed cheese such as Velveeta grated
 1 small can green chilies drained
 ½ cup cheddar cheese grated

Spray your slow cooker with cooking spray. Mix macaroni, evaporated milk, whole milk, butter, salt, pepper, Gouda, Velveeta, and green chilies. Cook on low for 3 hours. Sprinkle cheddar over the top and allow to melt for another 15 minutes. Serve hot.

From: <http://mycatholickitchen.com/2017/04/slow-cooker-mac-and-cheese.html>



FAMILY PRAYER

Salve Regina

Learn and sing the Salve Regina to celebrate the feast of the Assumption of the Blessed Virgin Mary on August 15. After reciting the prayer, listen to a recording of the Salva Regina chant in Latin, which can be easily found on YouTube. During the chant, invite your family to close their eyes and simply listen and meditate in silence.

English

*Hail, holy Queen, Mother of mercy,
our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn, then, most gracious advocate,
thine eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.*

Latin

*Salve, Regina, mater misericordiae;
vita, dulcedo et spes nostra, salve.
Ad te clamamus exsules filii Hevae.
Ad te suspiramus gementes et flentes
in hac lacrimarum valle.
Eia ergo, advocata nostra,
illos tuos misericordes oculos ad nos converte.
Et Iesum, benedictum fructum ventris tui,
nobis post hoc exsilium ostende.
O clemens, o pia, o dulcis Virgo Maria.*



TWENTIETH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Canaanite Woman's Faith

MT 15:21–28

At that time, Jesus withdrew to the region of Tyre and Sidon. And behold, a Canaanite woman of that district came and called out, “Have pity on me, Lord, Son of David! My daughter is tormented by a demon.” But Jesus did not say a word in answer to her. Jesus’ disciples came and asked him, “Send her away, for she keeps calling out after us.” He said in reply, “I was sent only to the lost sheep of the house of Israel.” But the woman came and did Jesus homage, saying, “Lord, help me.” He said in reply, “It is not right to take the food of the children and throw it to the dogs.” She said, “Please, Lord, for even the dogs eat the scraps that fall from the table of their masters.” Then Jesus said to her in reply, “O woman, great is your faith! Let it be done for you as you wish.” And the woman’s daughter was healed from that hour.





MEET OUR EXTENDED FAMILY

St. Bernard of Clairvaux (Feast Day August 20)

1090 – AUGUST 20, 1153

At the age of 20, Bernard left his home to join the monastic community of Cîteaux. His five brothers, two uncles, and some 30 young friends followed him into the monastery. Within four years, a dying community had recovered enough vitality to establish a new house in the nearby valley of Wormwoods, with Bernard as abbot. The valley was soon renamed Clairvaux, the valley of light. Bernard developed a rich theology of sacred space and music, writing extensively on both. He was instrumental in re-emphasizing the importance of lectio divina and contemplation on Scripture within his order.

His ability as arbitrator and counselor became widely known. More and more, he was lured away from the monastery to settle long-standing disputes. Bernard intervened in a full-blown schism and settled it in favor of the Roman pontiff against the antipope. The Holy See prevailed on Bernard to preach the Second Crusade throughout Europe. His eloquence was so overwhelming that a great army was assembled, and the success of the crusade seemed assured; however, the project ended as a complete military and moral disaster. Bernard felt responsible for the outcome of the crusade. This heavy burden possibly hastened his death, which came August 20, 1153. In 1830, Pope Pius VIII bestowed upon Bernard the title “Doctor of the Church.”

TAKE TIME TO CHAT

- When you really want or need something, it matters how you ask for it. What do you say when you really want or need something?
- Share a time when you prayed about something you really wanted/needed.
- Why does Jesus help the woman in today’s Gospel?

Liturgy Link

The Canaanite woman’s plea to Jesus was, “Have pity (or mercy) on me, Lord.” During Mass, we sing or say a prayer with similar words. Which prayer is it?

Unleashing the Gospel in your Family

“I encourage families who are living the Gospel to exercise radical generosity in inviting others to share in your family life, even if you are well aware that it is not perfect.” (Marker 7.3)

Fun Facts!

The cities of Tyre and Sidon are in present day Lebanon.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Make Crafts

- Turn a wall into a prayer wall with sticky notes. Have each family member write their prayer intentions on sticky notes and put them on the wall.
- Make the first day of school something to look forward to by crafting a paper countdown chain. Each day, tear one link off the chain and ask the kids to name something they're looking forward to about the school year.
- Use egg cartons to make creative crafts. Search the Internet for ideas and inspiration.



RECIPE OF THE WEEK

St. Bernard of Clairvaux Dijon Chicken

St. Bernard of Clairvaux was born in Fontaines-les-Dijon, France in 1090. Dijon is the capital of the Burgundy region in France. The region is world famous for its Burgundy wine and its mustard. It had become a recognized center for mustard making by the 13th century. It seems a fitting feast day meal for this recipe.

- ½ cup butter
- 2 cloves garlic
- 2 tablespoons Dijon mustard
- ¾ cup dry breadcrumbs
- ½ cup grated parmesan cheese (fresh or jarred)
- 2-3 tablespoons dried parsley flakes
- 4 boneless skinless chicken breasts, cut in strips

Heat oven to 375 F. Melt butter in small saucepan with minced garlic. After garlic has sautéed, add mustard and mix. Let cool and whisk mixture to combine until creamy. Mix breadcrumbs, parmesan cheese, and parsley in shallow bowl or pan. Dip chicken into butter/mustard mixture, then dip in bread crumb mixture to coat both sides. Place in glass 9x13 pan. Bake uncovered 25 to 30 minutes, until juice of chicken is no longer pink when centers of thickest pieces are cut.

From: <https://catholiccuisine.blogspot.com/2014/08/st-bernard-of-clairvaux-dijon-chicken.html>



FAMILY PRAYER

The Memorare Prayer

St. Bernard of Clairvaux is the author of this Marian prayer:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



TWENTY-FIRST SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Peter's Confession About Jesus

MT 16:13–20

Jesus went into the region of Caesarea Philippi and he asked his disciples, “Who do people say that the Son of Man is?” They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter said in reply, “You are the Christ, the Son of the living God.” Jesus said to him in reply, “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.” Then he strictly ordered his disciples to tell no one that he was the Christ.



MEET OUR EXTENDED FAMILY

St. Augustine of Hippo (Feast Day August 28)

NOVEMBER 13, 354 – AUGUST 28, 430

Augustine was born in Africa and spent many years of his life in wicked living and in false beliefs. Though he was one of the most intelligent men who ever lived and though he had been brought up a Christian, his sins of impurity and his pride darkened his mind so much that he could not see or understand God. Through the prayers of his mother, St. Monica, and the marvelous preaching of St. Ambrose, Augustine finally became convinced that Christianity was the one true religion. He became a Christian at 33, a priest at 36, and a bishop at 41. His writings influenced the development of the Western Church and Western philosophy and, indirectly, all of Western Christianity. He is viewed as one of the most important Church Fathers of the Latin Church for his writings in the Patristic Period. Among his most important works are *The City of God*, *De doctrina Christiana*, and *Confessions*.

TAKE TIME TO CHAT

- Who is Jesus to you?
- What does it mean when Jesus says to Peter, “you are Peter, and upon this rock I will build my church”?
- Consider the conversion of St. Augustine. Is it hard for someone to change from living a sinful life to a holy life? Why or why not?



FAMILY FUN

Neighborhood Kickball Game

Organize a neighborhood kickball game in your backyard. This old-time favorite is a great game for kids of all ages. The rules for kickball are similar to baseball, except instead of hitting the ball, you have to kick it.

Liturgy Link

Most churches have a gold and white flag of Vatican City on their grounds. The white band of the flag contains the papal coat of arms, which contains the keys of Peter and the papal tiara. These keys represent the keys to the kingdom of heaven mentioned in today’s Gospel. See if you can find the Vatican City flag in your church.

Unleashing the Gospel in your Family

“When unchurched families—including relatives—come to your home, recognize that even a prayer before meals, or simple words of thanksgiving to God offered by each member of the family, can be a powerful witness to the presence of Christ among you.” (Marker 7.3)

Fun Facts!

In today’s Gospel, Jesus took his disciples to Caesarea Philippi. This was the site of pagan worship to the Greek god Pan. To the pagan mind, the cave and spring water at Caesarea Philippi created a gate to the underworld; they literally believed that these were the gates of hell. Jesus brought his disciples to this distant area to emphasize this point: the gates of hell would not prevail against his Church!

**Share how your family
celebrated Sunday!
#52Sundays**



RECIPE OF THE WEEK

Easy Lasagna

30 ounces ricotta cheese
 2 cups Italian blend cheese
 1 cup grated Parmesan cheese
 2 eggs
 1 teaspoon Italian seasoning
 One 26-ounce jar spaghetti sauce
 1 cup water
 1 pkg oven ready (no boil) lasagna noodles
 ½ pound ground beef cooked and drained
 ½ pound mild Italian sausage crumbled, cooked and drained

Preheat oven to 350 F. In a medium bowl, combine ricotta with half of the Italian blend cheese and half of the Parmesan Cheese. Add the eggs and Italian seasonings; stir to combine. In another bowl or the pan that you browned them in, combine the meat with the spaghetti sauce and water mix well.

In a 9×13 pan, spread 1 ½ cups of sauce on the bottom of the pan. Place 4 sheets of lasagna noodles over the top. Put half of the cheese mixture over the lasagna. Top with ½ of the meat sauce. Repeat with one more layer. Top with four sheets of lasagna noodles, then the sauce. Sprinkle with remaining cheeses. Wrap tightly with aluminum foil. Bake 55 to 60 minutes or until the lasagna is tender.

Let stand 10 minutes before cutting and serving.

From: <http://mycatholickitchen.com/2014/03/easy-lasagna.html>



FAMILY PRAYER

Children's Prayer for Parents

*Dear Lord,
Fill our parents with your choicest blessings;
enrich their souls with your holy grace;
grant that they may faithfully and constantly guard that likeness to your union with your Church,
which you did imprint upon them on their wedding day.
Fill them with your spirit of holy fear, which is the beginning of wisdom;
inspire them to impart it to their children.
May they ever walk in the way of your commandments,
and may we, their children, be their joy on earth
and their crown of glory in heaven.
Finally, Lord God, grant that both our father and mother
may attain to extreme old age
and enjoy continuous health in mind and body.
May they give you abundant thanks
because you have bestowed upon them the great gift of parenthood. Amen*

Or, pray a prayer in your own words.



TWENTY-SECOND SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The First Prediction of the Passion

MT 16:21–27

Jesus began to show his disciples that he must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised. Then Peter took Jesus aside and began to rebuke him, “God forbid, Lord! No such thing shall ever happen to you.” He turned and said to Peter, “Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do.”

Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father’s glory, and then he will repay all according to his conduct.”





MEET OUR EXTENDED FAMILY

St. Gregory the Great (Feast Day September 3)

540 – MARCH 12, 604

Gregory was the prefect of Rome before he was 30. After five years in office, he resigned, founded six monasteries on his Sicilian estate, and became a Benedictine monk in his own home at Rome.

He was ordained a priest and then went on to serve six years in the East as a papal representative in Constantinople. At the age of 50, he was elected pope by the clergy and people of Rome. During his papacy, he greatly surpassed the emperors in improving the welfare of the people of Rome. Gregory was direct and firm. He removed unworthy priests from office, forbade taking money for many services, and emptied the papal treasury to ransom prisoners of the Lombards and care for persecuted Jews and the victims of plague and famine. He was very concerned about the conversion of England, sending 40 monks from his own monastery. He is known for his reform of the liturgy and for strengthening respect for doctrine. The mainstream form of Western chant, standardized in the late 9th century, was attributed to Pope Gregory I and so took the name of Gregorian chant.

TAKE TIME TO CHAT

- What do you think the apostles thought when Jesus told them that he was going to suffer, die, and be raised from the dead?
- Jesus told Peter he was an obstacle to him. Why do you think he said that?
- Is the devil real? Why does the devil want to hold us back?

Liturgy Link

In today's Gospel, Jesus predicted his suffering and death. The Stations of the Cross show how Jesus suffered and died in the last moments of his earthly life. Find the stations in your church. How many stations are there?

Unleashing the Gospel in your Family

“God relates to his people not as isolated individuals but as a people, a family, united with one another in deep bonds of love (Eph 4:1-6).” (Marker 3.1)

Fun Facts!

August 30 is National Toasted Marshmallow Day. This day is dedicated to the toasty treats that are more often than not made while sitting around a campfire. The mallow plant, which grows in marshes, was thought to be first used to make marshmallows around 2,000 B.C. in ancient Egypt.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Take a Day Trip

Enjoy this last Sunday of summer by taking a family day trip. The following are five destinations that are no more than three hours from metro-Detroit:

1. Detroit – Explore the Riverwalk and Belle Isle to see the Detroit River and city skyline, take a ride on the carousel at Rivard Plaza, and check out some of the cultural institutions like the Michigan Science Center and the Motown Museum.
2. Ann Arbor – Ann Arbor has great shopping, dining, and destinations like the Ann Arbor Hands-On Museum. Some families may also be surprised to find out that your trip can also include kayaking or canoeing along the Huron River.
3. Frankenmuth – Most families are familiar with this favorite day-trip destination, especially if they've ever stayed at hotels like the Bavarian Inn and Zehnder's. When it comes to things to do in Frankenmuth, you can also enjoy boat rides on the Cass River and, of course, a world-famous chicken dinner.
4. Grand Rapids – The Grand Rapids Children's Museum is a great destination for families with its interactive, hands-on exhibits, and older children interested in history are likely to appreciate the Gerald R. Ford Presidential Library and Museum.
5. Kalamazoo – If your kids love checking out planes overhead, a city like Kalamazoo should definitely make your top day-trip destinations list. At the Air Zoo, originally opened as the Kalamazoo Aviation History Museum, kids can see more than 50 rare and historic aircraft, enjoy amusement-park-style rides, take part in flight simulators, and check out historical exhibits.



RECIPE OF THE WEEK

Cherry Chocolate Chip Ice Cream

Legend has it that while St. Gregory was celebrating St Mark's feast day (April 25), he had a craving for cherries. Unfortunately, none of the cherry trees in his area were bearing fruit. The servants and gardeners were at a loss. As the legend goes, one gardener was wandering the gardens and was visited by St Mark. The Saint heard

of his plight and blessed the tree, and immediately fruit appeared. Still today, St. Gregory is associated with cherries!

1 ½ cups heavy cream
¼ teaspoon salt
½ cup white sugar
1 vanilla bean, split and pods removed
½ teaspoon vanilla extract
3 egg yolks
¼ cup Bing cherries, pitted and chopped fine
4 ounces chocolate chips

In a medium saucepan over medium heat, combine cream salt, sugar, and vanilla bean and pods. Cook until sugar is dissolved and bubbles form at the edge of the pan. In a small bowl, whisk the egg yolks and add about a ladle full of hot cream to the yolks. Stir to combine and temper the eggs. Add the eggs to the milk mixture and cook for about 5 minutes or until the mixture thickens enough to coat the back of a wooden spoon and a finger swiped through coating should leave a clean line. Strain into an airtight container and add the vanilla extract. Chill overnight.

The next day, churn ice cream according to manufactures instruction. In the last few minutes of churning, add cherries and chocolate chips. Freeze for at least 3 hours before serving.

From: <http://mycatholickitchen.com/2019/09/saint-gregory-and-cherry-ice-cream.html>



FAMILY PRAYER

Bedtime prayer for children

*Heavenly Father,
Bless (name) and keep him (her) in your love.
Grant him (her) a good rest tonight,
And send your angels to protect him (her.)
[Trace sign of the cross on forehead.]
In the Name of the Father, and of the Son, and of the Holy Spirit.
Amen.*

TWENTY-THIRD SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

A Brother Who Sins

MT 18:15-20

Jesus said to his disciples: “If your brother sins against you, go and tell him his fault between you and him alone. If he listens to you, you have won over your brother. If he does not listen, take one or two others along with you, so that ‘every fact may be established on the testimony of two or three witnesses.’ If he refuses to listen to them, tell the church. If he refuses to listen even to the church, then treat him as you would a Gentile or a tax collector. Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again, amen, I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father. For where two or three are gathered together in my name, there am I in the midst of them.”





MEET OUR EXTENDED FAMILY

St. Teresa of Calcutta (Feast Day September 5)

AUGUST 26, 1910 – SEPTEMBER 5, 1997

Born to Albanian parents in what is now Skopje, Macedonia, Gonxha (Agnes) Bojaxhiu was the youngest of the three children who survived. At age 18, she entered the Loreto Sisters of Dublin. The following year, she was sent to the Loreto novitiate in Darjeeling, India. There, she chose the name Teresa and prepared for a life of service. She was assigned to a high school for girls in Calcutta, where she taught history and geography to the daughters of the wealthy. In 1946, while riding a train to Darjeeling to make a retreat, Sister Teresa heard what she later explained as “a call within a call.” She was to leave the convent and help the poor while living among them. She also heard a call to give up her life with the Sisters of Loreto and instead, to “follow Christ into the slums to serve him among the poorest of the poor.” Mother Teresa worked tirelessly on behalf of the poor. Her love knew no bounds nor did her energy, as she crisscrossed the globe pleading for support and inviting others to see the face of Jesus in the poorest of the poor. In 1979, she was awarded the Nobel Peace Prize. On September 5, 1997, God called her home. Blessed Teresa was canonized by Pope Francis on September 4, 2016.

TAKE TIME TO CHAT

- What is Jesus saying to us in this Gospel about forgiveness?
- Share a time when someone has sinned against you. How did you handle it?
- Jesus says, “Where two or three are gathered in my name, there I am in the midst of them.” When have you felt the presence of Jesus in a group of two, three, or more?

Liturgy Link

What action do we do with our hand before the Gospel is read? What does it mean?

Unleashing the Gospel in your Family

“In this Most Blessed Sacrament we have the source of our zeal and strength to unleash the Gospel.” (Marker 3.4)

Fun Facts!

Mother Teresa chose her religious name in honor of St. Therese of Lisieux and St. Teresa of Avila.

Share how your family celebrated Sunday!
#52Sundays



FAMILY FUN

Care for the Poor

Honor St. Teresa of Calcutta by caring for the poor. Get in touch with your local food pantry and ask them what their greatest needs are. Work together to raise money (maybe by returning bottles and cans or raking leaves for neighbors) to purchase much needed items for the pantry.



RECIPE OF THE WEEK

Indian Spiced Hummus

1 can (15-ounce) chickpeas
 2 tablespoons tomato paste
 ¼ teaspoon turmeric
 ½ teaspoon garam masala
 ½ teaspoon cumin seeds
 ¼ teaspoon cayenne
 1 teaspoon salt
 2 cloves of garlic
 1 teaspoon fresh ginger
 ⅓ cup + 1 tablespoon olive oil
 Lemon juice + cilantro for the top

First, combine the spices (turmeric, garam masala, cumin seeds, and cayenne) in a small, dry pan and toast over medium heat for about 45 seconds until very fragrant. Remove from the heat.

In a food processor, combine the chickpeas (drained and rinsed from the can), tomato paste, toasted spices, salt, garlic, and ginger. Blend while slowly adding the olive oil. If your processor doesn't allow for adding oil while it is on, you can just add it in batches, scraping down the sides of the bowl in between.

Blend until very smooth. Top with a big squeeze of fresh lemon juice and about a tablespoon or a little less of chopped cilantro.

Serve alongside fresh cut veggies like cucumber or bell peppers, crackers, or naan.

From: <https://abeautifulmess.com/2017/02/indian-spiced-hummus.html>



FAMILY PRAYER

Prayer for a New School Year

God of wisdom and might, we praise you for the wonder of our being, for mind, body and spirit. Be with our children as they begin a new school year. Bless them and their teachers and staff. Give them strength and grace as their bodies grow; wisdom and knowledge to their minds as they search for understanding; and peace and zeal to their hearts. We ask this through Jesus Christ our Lord. Amen.



TWENTY-FOURTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Unforgiving Servant

MT 18:21-35

Peter approached Jesus and asked him, “Lord, if my brother sins against me, how often must I forgive? As many as seven times?” Jesus answered, “I say to you, not seven times but seventy-seven times. That is why the kingdom of heaven may be likened to a king who decided to settle accounts with his servants. When he began the accounting, a debtor was brought before him who owed him a huge amount. Since he had no way of paying it back, his master ordered him to be sold, along with his wife, his children, and all his property, in payment of the debt. At that, the servant fell down, did him homage, and said, ‘Be patient with me, and I will pay you back in full.’ Moved with compassion the master of that servant let him go and forgave him the loan. When that servant had left, he found one of his fellow servants who owed him a much smaller amount. He seized him and started to choke him, demanding, ‘Pay back what you owe.’ Falling to his knees, his fellow servant begged him, ‘Be patient with me, and I will pay you back.’ But he refused. Instead, he had the fellow servant put in prison until he paid back the debt. Now when his fellow servants saw what had happened, they were deeply disturbed, and went to their master and reported the whole affair. His master summoned him and said to him, ‘You wicked servant! I forgave you your entire debt because you begged me to. Should you not have had pity on your fellow servant, as I had pity on you?’ Then in anger his master handed him over to the torturers until he should pay back the whole debt. So will my heavenly Father do to you, unless each of you forgives your brother from your heart.”





MEET OUR EXTENDED FAMILY

St. Joseph of Cupertino (Feast Day September 18)

JUNE 17, 1603 – SEPTEMBER 18, 1663

Joseph of Cupertino is most famous for levitating while praying. As a child, Joseph showed a fondness for prayer. After a short career with the Capuchins, he joined the Conventual Franciscans and began his studies for the priesthood. Though studies were very difficult for him, Joseph gained a great deal of knowledge from prayer. He was ordained in 1628. Joseph's tendency to levitate during prayer was sometimes a cross; people came to see this happen, much as they might have gone to a circus sideshow. Joseph's gift led him to be humble, patient, and obedient, even though at times he was greatly tempted and felt forsaken by God. Joseph was canonized in 1767. In the investigation preceding the canonization, 70 incidents of levitation are recorded.

TAKE TIME TO CHAT

- Why do you think the servant went after his debtor, even after he was forgiven?
- What did you learn about forgiveness in this story?
- Does today's Gospel sound like what Jesus tells us in the Our Father?



FAMILY FUN

Visit an Apple Orchard

Visit an apple orchard or your local farmer's market to pick up some delicious Michigan apples. Enjoy a hayride or an outdoor stroll and appreciate the beauty of God's creation!

Liturgy Link

Find the Confessional at your church. Which sacrament is celebrated in the Confessional?

Unleashing the Gospel in your Family

"There can be no relationship with Jesus that does not include his Church."
(Marker 3.1)

Fun Facts!

When you go to confession, the priest is bound to secrecy! He cannot share anything said in confession to anyone. "He can make no use of knowledge that confession gives him about penitents' lives," the Catechism says. (CCC 1467)

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Silver Dollar Pancakes

- 2 eggs
- 1 cup of milk
- 1 cup of apple sauce
- 1 teaspoon vanilla extract
- 2 cups self-rising flour
- 2-3 tablespoons of butter

In a large bowl, whisk together eggs, milk, applesauce, and vanilla. Add the self-rising flour and whisk until combined. Pre-heat a griddle or frying pan and melt a small pad of butter to keep the pancakes from sticking. Using a ladle or large spoon, pour batter in small, 2-inch circles on to the hot griddle. Cook 1 to 2 minutes. When the top of the pancakes starts to bubble slightly, flip them over to cook on the other side, and cook 1 to 2 minutes or until golden brown on both sides. Repeat steps 4 and 5 until all the batter has been used. Add more butter to your griddle as needed.

Optional:

- Replace apple sauce with smashed bananas for banana pancakes.
- Add fresh berries or chocolate chips to your pancakes by sprinkling them on top of your pancakes right after you pour the batter on the griddle.
- Serve your pancakes with a side of bacon or sausage, and top with whipped cream and maple syrup.



FAMILY PRAYER

Family Examen

St. Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts. The prayer below is adapted for families. Lead your family in this Examen prayer:

1. *For what time or event today are you most grateful (thankful/happy)?*
(Initially, you may have to name a few things in a young child's day to help them catch on to the practice for #1 and #2.)
2. *For which moment are you least grateful?*
3. *How did you show love today?*
(For very young children, you may ask additional questions as your family begins this spiritual practice. Ex.: Who did you share with today? Who did you help today? It won't be long before they understand the question and can reflect and respond without your assistance.)
4. *What was one time your actions or behavior were negative or you withheld showing kindness?*
(Again, for young children you might ask: Was there a time you did not share today? Was there a time you said a hurtful word or did not help?)
5. Briefly give thanks for this time of reflection and sharing. Thank God for teaching each of you to be more loving.

TWENTY-FIFTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Workers in the Vineyard

MT 20:1-16A

Jesus told his disciples this parable: “The kingdom of heaven is like a landowner who went out at dawn to hire laborers for his vineyard. After agreeing with them for the usual daily wage, he sent them into his vineyard. Going out about nine o’clock, the landowner saw others standing idle in the marketplace, and he said to them, ‘You too go into my vineyard, and I will give you what is just.’ So they went off. And he went out again around noon, and around three o’clock, and did likewise. Going out about five o’clock, the landowner found others standing around, and said to them, ‘Why do you stand here idle all day?’ They answered, ‘Because no one has hired us.’ He said to them, ‘You too go into my vineyard.’ When it was evening the owner of the vineyard said to his foreman, ‘Summon the laborers and give them their pay, beginning with the last and ending with the first.’ When those who had started about five o’clock came, each received the usual daily wage. So when the first came, they thought that they would receive more, but each of them also got the usual wage. And on receiving it they grumbled against the landowner, saying, ‘These last ones worked only one hour, and you have made them equal to us, who bore the day’s burden and the heat.’ He said to one of them in reply, ‘My friend, I am not cheating you. Did you not agree with me for the usual daily wage? Take what is yours and go. What if I wish to give this last one the same as you? Or am I not free to do as I wish with my own money? Are you envious because I am generous?’ Thus, the last will be first, and the first will be last.”



MEET OUR EXTENDED FAMILY

St. Andrew Kim Taegon (Feast Day September 20)

AUGUST 21, 1821 – SEPTEMBER 16, 1846

Andrew Kim Taegon was the son of Christian converts. Following his baptism at the age of 15, Andrew traveled 1,300 miles to a seminary in Macao, China. After six years, he managed to return to his country and that same year, crossed the Yellow Sea to Shanghai to be ordained a priest. St. Andrew Kim was the first Korean-born priest; he is the patron saint of Korea. The Christians of Korea were heavily persecuted in his lifetime, and many were forced to practice their faith underground. St. Andrew Kim and over 100 other Christian witnesses were martyred for their faith.

TAKE TIME TO CHAT

- Why were the workers who started early in the day angry?
- What effect does envy or jealousy have on a friendship?
- In the story, the landowner wanted to make sure that no one was standing idle. What lesson is Jesus trying to teach us about this?



FAMILY FUN

Family Photo

Take advantage of the mild weather and beautiful colors of the changing leaves and take a family photo. Find a friend with a great digital camera and a scenic park area. Use the photo for your Christmas card or for framed gifts.

Liturgy Link

Kneeling is a gesture of reverence. How many times do we kneel at Mass? When does this happen?

Unleashing the Gospel in your Family

“The whole Archdiocese has embarked on the new evangelization together, and any victory for one is a victory for all. As Christ’s apostles had to put aside rivalry and learn to work as a team (Lk 9:46-48), so we are called to a spirit of generous cooperation and sharing of resources.” (3.4 Good and Bad Habits)

Fun Facts!

Besides St. Andrew Kim, Pope John Paul II canonized 99 Koreans and three French missionaries who had been martyred between 1839 and 1867, when he visited Korea in 1984. Among them were bishops and priests, but, for the most part, they were lay persons: 47 women and 45 men.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Korean Bulgogi

- 2 pounds of boneless rib eye steak (sirloin is also good)
- ½ pear or apple, peeled and grated
- ½ cup soy sauce
- 3 tablespoons sesame seed oil
- 4 cloves of garlic, finely minced
- 2 tablespoons of sugar (white, brown, or honey will do)
- 1 tablespoon of grated ginger, or 2 teaspoons of dried ginger
- 1-2 tablespoons of gochujang (Korean red pepper paste)
- 2-3 green onions, thinly sliced
- 1-2 teaspoons of sesame seeds

Wrap the steak in plastic wrap or a freezer bag, and place in the freezer for about 30 minutes. Be careful not to freeze it! In a large bowl, combine fruit, soy sauce, 1 tablespoon of sesame oil, garlic, sugar, ginger, gochujang, and one of the sliced green onions. Whisk it all together until well combined. NOTE: You can use more or less gochujang to adjust the level of spice. Slice the steak into small, thin strips. Be sure to slice across the grain and keep the pieces about ¼ inch thick. Combine the steak and marinade in a freezer bag or a large bowl, cover, and marinate for at least 2 hours, although overnight is preferred.

Heat a grill pan, wok, or a large skillet over medium-high heat with a tablespoon of sesame oil. Add the steak in small batches. Cook 2 to 3 minutes on each side until charred and cooked through and remove from pan. Repeat with another tablespoon of sesame oil until all the meat is cooked. Garnish with remaining green onion and sesame seeds. Enjoy with steamed rice. You may also want to make lettuce wraps with rice, bulgogi, and a little extra gochujang.

Optional:

- Replace fruit with apple juice in a pinch.
- Visit your local Korean grocery store to pick up some roasted seaweed and kimchee (spicy pickled cabbage) to complete an authentic Korean meal.



FAMILY PRAYER

O God, you have created all nations, and you are their salvation. In the land of Korea, your call to Catholic faith formed a people of adoption, whose growth you nurtured by the blood of Andrew, Paul, and their companions. Through their martyrdom and their intercession, grant us strength that we too may remain faithful to your commandments even until death. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

(From The Roman Missal, Memorial Mass of St. Andrew Kim Taegon and Companions)



TWENTY-SIXTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Parable of the Two Sons

MT 21:28-32

Jesus said to the chief priests and elders of the people: “What is your opinion? A man had two sons. He came to the first and said, ‘Son, go out and work in the vineyard today.’ He said in reply, ‘I will not,’ but afterwards changed his mind and went. The man came to the other son and gave the same order. He said in reply, ‘Yes, sir,’ but did not go. Which of the two did his father’s will?” They answered, “The first.” Jesus said to them, “Amen, I say to you, tax collectors and prostitutes are entering the kingdom of God before you. When John came to you in the way of righteousness, you did not believe him; but tax collectors and prostitutes did. Yet even when you saw that, you did not later change your minds and believe him.”



MEET OUR EXTENDED FAMILY

Sts. Michael, Gabriel and Raphael, Archangels
(Feast Day September 29)

St. Michael, St. Gabriel, and St. Raphael are the only angels named in the Bible. Angels are represented throughout the Bible as spiritual beings who mediate between God and men. Each of them has an important role in the story of our salvation. St. Michael appears in Daniel's vision as "the great prince" who defends Israel against its enemies and in the Book of Revelation leading God's armies to final victory over the forces of evil. Gabriel's best-known appearance is his encounter with Mary, who consents to bear the Messiah. Raphael's activity is confined to the Old Testament story of Tobit. There he appears to guide Tobit's son Tobiah through a series of fantastic adventures that lead to a threefold happy ending: Tobiah's marriage to Sarah, the healing of Tobit's blindness, and the restoration of the family fortune. Each of the archangels performs a different mission in Scripture: Michael protects; Gabriel announces; Raphael guides.

TAKE TIME TO CHAT

- Which son do you think is right?
- Are you more like the first son or the second son?
- Why is it hard for us to admit when we are wrong?



FAMILY FUN

Attend a Fall Festival

Many communities host fall festivals dedicated to food, crafts, music, or art. Find a local festival and attend as a family. While you're there, if you happen to see any police officers, be sure to thank them for their service.

Liturgy Link

Look around the church and vestibule to see if you can find any angels in the art, décor, stained glass windows, or hymnals.

Unleashing the Gospel in your Family

"As God's word is dynamic, so must our response be: we take the word to heart and apply it to our lives." (Marker 3.2)

Fun Facts!

The feast of the Archangels was originally known as Michaelmas, as it was the day of St. Michael's Mass. In addition to blackberries, other traditional foods to celebrate this day are goose and carrots.

**Share how your family
celebrated Sunday!**
#52Sundays



RECIPE OF THE WEEK

Blackberry Cobbler

Legend tells us that when St. Michael kicked Lucifer out of Heaven, Lucifer landed in a bed of thorny blackberry bushes!

4 cups fresh blackberries
 1 tablespoon lemon juice
 1 large egg
 1 cup sugar
 1 cup all-purpose flour
 6 tablespoons butter, melted
 Whipped cream (optional)
 Garnish: fresh mint sprig

Preheat oven to 375 F. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until the mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375 F for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream, if desired. Garnish with fresh mint sprig, if desired.

From: <https://www.myrecipes.com/recipe/easy-blackberry-cobbler>



FAMILY PRAYER

St. Michael Prayer

*St. Michael the Archangel,
defend us in battle,
be our protection against the wickedness and snares of the devil;
may God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God, cast into hell
Satan and all the evil spirits
who prowl through the world seeking the ruin of souls.
Amen.*



TWENTY-SEVENTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Parable of the Tenants

MT 21:33-43

Jesus said to the chief priests and the elders of the people: “Hear another parable. There was a landowner who planted a vineyard, put a hedge around it, dug a wine press in it, and built a tower. Then he leased it to tenants and went on a journey. When vintage time drew near, he sent his servants to the tenants to obtain his produce. But the tenants seized the servants and one they beat, another they killed, and a third they stoned. Again he sent other servants, more numerous than the first ones, but they treated them in the same way. Finally, he sent his son to them, thinking, ‘They will respect my son.’ But when the tenants saw the son, they said to one another, ‘This is the heir. Come, let us kill him and acquire his inheritance.’ They seized him, threw him out of the vineyard, and killed him. What will the owner of the vineyard do to those tenants when he comes?” They answered him, “He will put those wretched men to a wretched death and lease his vineyard to other tenants who will give him the produce at the proper times.” Jesus said to them, “Did you never read in the Scriptures:

*The stone that the builders rejected
has become the cornerstone;
by the Lord has this been done,
and it is wonderful in our eyes?*

Therefore, I say to you, the kingdom of God will be taken away from you and given to a people that will produce its fruit.”





MEET OUR EXTENDED FAMILY

St. Francis of Assisi (Feast Day September 4)

SEPTEMBER 26, 1182 – OCTOBER 3, 1226

Francis was born into a wealthy merchant family, served as a soldier, and was a prisoner of war. He left this life behind when he heard God call him to “rebuild his Church.” Francis was never a priest, though he was later ordained a deacon. Francis preached about returning to God and obedience to the Church. Slowly companions came to Francis, people who wanted to follow his life of sleeping in the open, begging for garbage to eat ... and loving God. He eventually founded the men’s Order of Friars Minor, the women’s Order of St. Clare, the Third Order of St. Francis, and the Custody of the Holy Land. His love of nature helped him see all God’s creations as part of his brotherhood. He later became associated with patronage of animals and the natural environment, and it became customary for Catholic churches to hold ceremonies blessing animals on his feast day.

TAKE TIME TO CHAT

- Who do the different people in the story represent (i.e., the landowner, servants, tenants, the son)?
- What does the vineyard represent?
- List some of the “fruit” that Jesus wants you to produce in your family and community?



FAMILY FUN

Pet Blessing

Take your pet to a pet blessing hosted by your parish or a neighboring parish. If you don’t have a pet, sit down with your family and create a list of blessings, writing down everything for which you are grateful. Hang your list in a prominent spot in your home.

Liturgy Link

Grapes and wheat are symbols of the Eucharist; where in your church do you see these symbols?

Unleashing the Gospel in your Family

“[Young people] have a unique ability to reach the people of their own generation, and they can help us think in new ways. We must make every effort to encourage, challenge, mentor, and raise up the young to take up their rightful roles in the mission of the Church, entrusting responsibility to them as appropriate.” (Marker 5.4)

Fun Facts!

St. Francis designed the first nativity set and was the first man ever recorded to receive the stigmata, the wounds of Christ. Does your family have a special nativity set you bring out each year to celebrate Christ’s birth? Thank St. Francis for this great idea!

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Puppy Chow

Chex or Crispix cereal coated in a mixture of peanut butter, chocolate, butter, vanilla, and dusted with powdered sugar is always a hit with children!

- 1 cup semisweet chocolate chips
- ½ cup creamy peanut butter
- ¼ cup unsalted butter
- 1 teaspoon vanilla extract
- 6 cups Rice Chex cereal
- 1 ½ to 2 cups powdered sugar

Place the chocolate chips, peanut butter, and butter in a medium microwave safe bowl. Microwave on high for 1 minute. Remove the bowl from the microwave and stir. Put the bowl back into the microwave and heat for an additional 30 seconds or until mixture is smooth when stirred. Add the vanilla extract and stir again. Pour the cereal in a large mixing bowl. Add the chocolate peanut butter mixture and gently stir until cereal is evenly coated. Pour the coated cereal into a large Ziploc bag. Add the powdered sugar. Seal the bag and shake until the cereal is well coated. Spread on parchment paper or waxed paper. Let it sit until cool and chocolate is set. Store the puppy chow in an airtight container for up to 2 weeks. If it is warm in your kitchen, store the puppy chow in the refrigerator.



FAMILY PRAYER

Prayer of St. Francis

*Lord make me an instrument of your peace
Where there is hatred let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
And where there is sadness, joy*

*O divine master grant that I may
not so much seek to be consoled as to console
to be understood as to understand
To be loved as to love
For it is in giving that we receive
it is in pardoning that we are pardoned
And it's in dying that we are born to eternal life
Amen.*

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Parable of the Wedding Feast

MT 22:1-14 OR MT 22:1-10

Jesus again in reply spoke to the chief priests and elders of the people in parables, saying, "The kingdom of heaven may be likened to a king who gave a wedding feast for his son. He dispatched his servants to summon the invited guests to the feast, but they refused to come. A second time he sent other servants, saying, 'Tell those invited: "Behold, I have prepared my banquet, my calves and fattened cattle are killed, and everything is ready; come to the feast."' Some ignored the invitation and went away, one to his farm, another to his business. The rest laid hold of his servants, mistreated them, and killed them. The king was enraged and sent his troops, destroyed those murderers, and burned their city. Then he said to his servants, 'The feast is ready, but those who were invited were not worthy to come. Go out, therefore, into the main roads and invite to the feast whomever you find.' The servants went out into the streets and gathered all they found, bad and good alike, and the hall was filled with guests. But when the king came in to meet the guests, he saw a man there not dressed in a wedding garment. The king said to him, 'My friend, how is it that you came in here without a wedding garment?' But he was reduced to silence. Then the king said to his attendants, 'Bind his hands and feet, and cast him into the darkness outside, where there will be wailing and grinding of teeth.' Many are invited, but few are chosen."



MEET OUR EXTENDED FAMILY

St. Teresa of Ávila (Feast Day October 15)

MARCH 28, 1515 – OCTOBER 4, 1582

St. Teresa was born in central Spain, amidst that country's greatest century. She was from a large, middle-class and pious family. As a girl, Teresa dreamed of being a martyr or a hermit. As a woman, Teresa stood on her own two feet, even in the man's world of her time. She lived what she demanded of others, and she did it all with a cheerful disposition and a rich personality that overcame deep-seated opposition. She was a mystic, writer, and reformer of the Carmelite order. She was an influential and pivotal figure of her generation. Teresa was the first female non-martyr to have her feast day extended to the universal Church, and, due to the profundity of her mystical writings, she was declared a Doctor of the Church by Paul VI in 1970.

TAKE TIME TO CHAT

- Describe a wedding that you have attended. Explain what happens at a wedding feast to those who have never been to a wedding.
- Why does Jesus use the image of a wedding feast to describe the kingdom of heaven?
- In Jesus' day, people were generally supplied with appropriate wedding garments if they didn't bring one themselves. The man who was thrown out refused the garment and was unwilling to pay reverence to the king and dress properly for the occasion. What does this teach us about entrance into the kingdom of heaven?



FAMILY FUN

Wedding Day Album

Spend time as a family going through your wedding album or a wedding album from someone in your family. Share stories about the joy of your wedding feast.

Liturgy Link

What kind of garment is the priest wearing? Do you know what it's called?

Unleashing the Gospel in your Family

"In his Great Commission, Jesus did not direct his disciples to stay inside and simply welcome those who show up at the Church's door, but to go out: 'Go and make disciples of all nations .. .' (Matthew 28:20)." (Marker 6.1)

Fun Facts!

The magical term "hocus pocus" comes from the most sacred moment in Catholic ritual: the consecration of the bread as the body of Christ by the priest speaking the words "This is my body," which in Latin is *Hoc est enim corpus meum*.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Chicken Paella

While this classic Spanish dish originated as an ordinary work lunch for farmers, this version is far from ordinary. It's a great way to honor St. Teresa of Avila, who was born in Spain.

4 bone-in chicken thighs
 1 tablespoon salt
 1 teaspoon black pepper
 2 tablespoons olive oil
 1 small onion diced
 1 garlic clove minced
 4 tablespoons hot water
 1 teaspoon saffron
 1 teaspoon cumin
 2 cups arborio rice
 3 cups chicken stock
 1 can pigeon peas

Pat chicken dry and salt and pepper your chicken. In your paella pan or dutch oven, heat the 2 tablespoons olive oil over medium heat. Brown chicken skin side down for about 5 minutes or until it browns nicely. Turn the chicken over and brown the other side for about 2 minutes. Remove the chicken to a plate and add the onions to the pan. Allow to cook for about 3 to 4 minutes and then add the garlic. saute another minute. In a small bowl, combine the hot water and saffron. Allow the saffron to dissolve in the water, then add the cumin. Mix to combine. Pour the spice mixture into the paella pan and add the rice, chicken stock and peas.

Mix it all together. Turn heat to high and allow rice to begin to boil. Turn heat to the lowest setting. Add the chicken pieces to the pan. Cover the pan tightly with foil and allow to cook on the stove top for 30 minutes. Remove foil and check to see if chicken is cooked through. Serve family style so everyone can enjoy it.

From: <https://mycatholickitchen.com/2016/10/saint-teresa-of-avila-and-paella.html>



FAMILY PRAYER

Heavenly Father, Thank you for the heavenly banquet of the wedding feast that you invite us to through your son Jesus! Help us to love one another as you love us. We pray for our family and all families to be holy and look to the Holy Family for help and a model of how to love one another. Thank you for giving us time together this day as a family. We ask through your Son, our Lord Jesus Christ, to bless and protect our family as we enter a new week and seek to give glory to you. Amen.



TWENTY-NINTH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Paying Taxes to the Emperor

MT 22:15-21

The Pharisees went off and plotted how they might entrap Jesus in speech. They sent their disciples to him, with the Herodians, saying, “Teacher, we know that you are a truthful man and that you teach the way of God in accordance with the truth. And you are not concerned with anyone’s opinion, for you do not regard a person’s status. Tell us, then, what is your opinion: Is it lawful to pay the census tax to Caesar or not?” Knowing their malice, Jesus said, “Why are you testing me, you hypocrites? Show me the coin that pays the census tax.” Then they handed him the Roman coin. He said to them, “Whose image is this and whose inscription?” They replied, “Caesar’s.” At that he said to them, “Then repay to Caesar what belongs to Caesar and to God what belongs to God.”



MEET OUR EXTENDED FAMILY

**Sts. Isaac Jogues, Jean de Brebeuf,
and Companions (Feast Day October 19)**

D. 1642 – 1649

As a young Jesuit, Isaac Jogues taught literature in France. He gave up that career to work among the Huron Indians in the New World, and, in 1636, he and his companions, under the leadership of Jean de Brébeuf, arrived in Quebec. The Hurons were constantly warred upon by the Iroquois, and, in a few years, Father Jogues was captured by the Iroquois and imprisoned for 13 months. An unexpected chance for escape came to Isaac Jogues through the Dutch, and he returned to France, bearing the marks of his sufferings. But his zeal led him back once more to the fulfillment of his dreams. In a few months, he sailed for his missions among the Hurons. In 1646, he set out for Iroquois country in the belief that a recently signed peace treaty would be observed. He was captured by a Mohawk war party, and, on October 18, Father Jogues was killed.

Jean de Brébeuf was a French Jesuit who came to Canada at the age of 32 and labored there for 24 years. He went back to France when the English captured Quebec in 1629 and expelled the Jesuits but returned four years later. Although medicine men blamed the Jesuits for a smallpox epidemic among the Hurons, Jean remained with them. He composed catechisms and a dictionary in the Huron language and saw 7,000 converted before his death in 1649. Having been captured by the Iroquois at Sainte Marie, near Georgian Bay, Canada, Father Brébeuf died after four hours of extreme torture.

TAKE TIME TO CHAT

- What is meant by “repay to God what belongs to God?”
- What exactly belongs to God?
- What are some gifts that God has given to you, and what are some ways you can serve Him?

Liturgy Link

At what point during the Mass are we able to give our treasure back to God?

Unleashing the Gospel in your Family

“Our acknowledgement of our own spiritual poverty is precisely what can lead us to rely wholly on God.” (3.2 Reading the Signs of the Times)

Fun Facts!

More than 340 U.S. parishes serve congregations that are primarily Native American, according to the United States Conference of Catholic Bishops. Almost 25% of Native Americans are Catholic.

**Share how your family
celebrated Sunday!
#52Sundays**



FAMILY FUN

Make a Scarecrow

Learning how to make a scarecrow is pretty easy and fun for all ages! Scarecrows are ideal as fall decorating ideas and can add a festive feeling to your autumn porch. Search the Internet for material lists and instructions. Go to a local goodwill store to get overalls, flannel shirts, or other clothes for the scarecrow. Collect the rest of the materials you need and have fun!



RECIPE OF THE WEEK

Buffalo or Beef Stew

Known as tanka-me-a-lo in the Cherokee Nation, you can substitute regular beef if you're unable to find any buffalo meat in your area for this filling stew.

- 2 stalks celery
- 2 carrots
- 1 can stewed tomatoes
- 2 pounds buffalo/beef stew meat
- 4 quarts water
- 2 pounds red or white potatoes (not russets)
- 1 cup barley

Slice the carrots, celery, and meat into cubes about one inch long, then brown the buffalo over high heat for about three minutes. Add the water, potatoes, and carrots into a large pot and boil until tender. Add in the tomatoes, barley, and celery, and let cook for another 5 minutes or so. Pour the veggies and meat into a baking dish and place in the oven at 425 F for 30 minutes.



FAMILY PRAYER

Remembering St. Isaac Jogues and Companions

Lord Jesus, you won the heart of St. Isaac Jogues and helped him grow as a caring, courageous person. He dedicated his life to you by proclaiming the Good News of salvation for all people to others. Remembering him, may we all grow in faith and have the same courage to proclaim the Good News to those around us. Help each of us to be strong and gentle messengers of your love. Amen.

St. Isaac Jogues and Companions, pray for us!



THIRTIETH SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Greatest Commandment

MT 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a scholar of the law tested him by asking, “Teacher, which commandment in the law is the greatest?” He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments.”





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 of time 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

- Is it hard to love God with all your heart, soul and mind? Why or why not?
- Who are the neighbors in your life that you are commanded to love?
- How do you ask for forgiveness when you fail to love God or your neighbor?



FAMILY FUN

Carve Pumpkins

Get ready for Halloween by carving pumpkins. Challenge your older kids to come up with creative designs in order to evangelize those who come trick or treating to your house through biblical images or Bible verses (see www.pumpkinlady.com). Encourage little ones to get involved by painting small pumpkins. Share the following reflection with your children:

Being a Christian is like being a pumpkin. God picks you from the patch, brings you in, and washes all the dirt off you. He opens you up and scoops out all the yucky stuff, including seeds of doubt, hate, greed, etc. Then he carves you a new smiling face and puts his light inside you for all the world to see.

Liturgy Link

Today's Gospel talks about love of God and love of neighbor. How many times did you hear the word "love" at Mass today?

Unleashing the Gospel in your Family

"... the Archdiocese, following the call of Pope Francis, is resolved to undergo a missionary conversion, a change in our culture, such that every person at every level of the Church, through personal encounter with Jesus Christ, embraces his or her identity as a son or daughter of God, and in the power of the Holy Spirit, is formed and sent forth as a joyful missionary disciple. For families this means that every family embraces its role as the domestic church and, in connection with other families and single persons, actively seeks the spiritual and social renewal of its neighborhood, schools and places of work." (Foundational Conviction)

Fun Facts!

The Big Bang Theory was proposed by a Catholic priest, Monsignor Georges Lemaitre.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Slow Cooker Chicken Cordon Blue

1 can condensed cream of chicken soup
1 cup milk
8 boneless skinless chicken thighs
8 slices of ham
8 slices swiss cheese
One 8-ounce package herbed stuffing mix
¼ cup butter melted

In a small bowl, combine soup and milk. Put enough mixture in the slow cooker to coat the bottom. Unfold each chicken thigh and place a piece of ham and cheese inside. Fold chicken back and place fold side down in slow cooker. Pour remaining soup over the top of the chicken. Using a rolling pin, bash the herb mixture until pulverized. Sprinkle the stuffing on top and drizzle butter over stuffing. Cover and cook on low 4 to 5 hours. You can remove the insert and place under the broiler to brown the top if desired.

From: <https://mycatholickitchen.com/2015/10/slow-cooker-chicken-cordon-blue.html>



FAMILY PRAYER

Dear Jesus, Thank you for the gift of family. Help us to be a holy family as your family was holy and is a model for holiness for us. Help us to love, understand, and forgive one another and to celebrate and rejoice in each other's goodness. Help us to be a light to others and always look to love and serve you in others, especially the elderly and those who may be lonely. We ask this through your holy name. Amen.



ALL SAINTS DAY



EXPLORE THE SUNDAY GOSPEL

The Sermon on the Mount

MT 5:1-12A

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit,
for theirs is the Kingdom of heaven.
Blessed are they who mourn,
for they will be comforted.
Blessed are the meek,
for they will inherit the land.
Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.
Blessed are the merciful,
for they will be shown mercy.
Blessed are the clean of heart,
for they will see God.
Blessed are the peacemakers,
for they will be called children of God.
Blessed are they who are persecuted for the sake of righteousness,
for theirs is the Kingdom of heaven.
Blessed are you when they insult you and persecute you and utter every
kind of evil against you falsely because of me.
Rejoice and be glad,
for your reward will be great in heaven."



MEET OUR EXTENDED FAMILY

St. Martin de Porres (Feast Day November 3)

DECEMBER 9, 1579 – NOVEMBER 3, 1639

St. Martin de Porres was born in Lima, Peru on December 9, 1579. Martin was the illegitimate son to a Spanish gentleman and a freed slave from Panama, of African or possibly Native American descent. At a young age, Martin's father abandoned him and his mother and younger sister, leaving Martin to grow up in deep poverty. As Martin grew older, he experienced a great deal of ridicule for being of mixed race. Martin became a Dominican lay brother in 1603 at the age of 24. Martin was praised for his unconditional care of all people, regardless of race or wealth. Martin's life reflected his great love for God and all of God's gifts. It is said he had many extraordinary abilities, including aerial flights, bilocation, instant cures, miraculous knowledge, spiritual knowledge and an excellent relationship with animals.

TAKE TIME TO CHAT

- What does it mean to be poor in spirit?
- Which Beatitude is most challenging for you and why?
- What are some ways that you can be a blessing to those around you this coming week?



FAMILY FUN

Your Family's Communion of Saints

Share stories of some of the saintly qualities of your deceased family members and discuss the communion of saints. Set a few pictures out in a special place to remember to pray for the souls of the faithful departed in our family.

Liturgy Link

Find an image of your Parish's patron saint. See if you can learn something about him or her from the image.

Unleashing the Gospel in your Family

"Every one of us is called to, and capable of, sainthood."

(Marker 4.1)

Fun Facts!

All Saints' Day was founded in the early Middle Ages by Pope Gregory III and is a way to honor and remember all the Holy Saints together on one day. All Souls' Day is a day to commemorate and pray for the souls who have died and are in purgatory. Up until the 10th century, All Soul's Day was observed during Easter; it was moved to November 2 in the 11th century.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Pumpkin Muffins with Chocolate Chips and Medieval Spices

Muffins:

- 1 teaspoon canola or vegetable oil for greasing
- 1 cup unbleached all-purpose flour
- 1 cup old-fashioned oatmeal
- 3 tablespoons ground flax seed
- $\frac{3}{4}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon Pumpkin Pie Spice*
- $\frac{1}{2}$ cup or 1 stick of butter, melted and cooled slightly
- 2 eggs
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla
- 1 cup canned pumpkin
- 1 cup chocolate chips

Topping:

- 1 tablespoon sugar
- 1 tablespoon light brown sugar
- 1 teaspoon Pumpkin Pie Spice*

*Pumpkin Pie Spice = 1 teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon ground ginger, $\frac{1}{4}$ teaspoon ground nutmeg, $\frac{1}{8}$ teaspoon ground cloves, $\frac{1}{8}$ teaspoon ground allspice.

Preheat oven to 375 F. Grease a 12-cup muffin pan. Combine flour, oatmeal, flax seed, sugar, baking powder, salt, and 1 teaspoon Pumpkin Pie Spice in a large bowl. Whisk butter, eggs, milk, and vanilla together in a small bowl. Add pumpkin and stir. Stir wet ingredients into dry ingredients. Stir in chocolate chips. Divide batter evenly among muffin cups. In a small bowl, mix sugar, light brown sugar, and Pumpkin Pie Spice. Sprinkle mixture on top of each muffin. Bake 25 to 30 minutes until toothpick inserted into the middle of a muffin comes out clean or with dry crumbs. Cool slightly before serving.



FAMILY PRAYER

The Prayer of St. Gertrude for the Souls in Purgatory

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen.



THIRTY-SECOND SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

The Parable of the Ten Virgins

MT 25:1-13

Jesus told his disciples this parable: “The kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise. The foolish ones, when taking their lamps, brought no oil with them, but the wise brought flasks of oil with their lamps. Since the bridegroom was long delayed, they all became drowsy and fell asleep. At midnight, there was a cry, ‘Behold, the bridegroom! Come out to meet him!’ Then all those virgins got up and trimmed their lamps. The foolish ones said to the wise, ‘Give us some of your oil, for our lamps are going out.’ But the wise ones replied, ‘No, for there may not be enough for us and you. Go instead to the merchants and buy some for yourselves.’ While they went off to buy it, the bridegroom came and those who were ready went into the wedding feast with him. Then the door was locked. Afterwards the other virgins came and said, ‘Lord, Lord, open the door for us!’ But he said in reply, ‘Amen, I say to you, I do not know you.’ Therefore, stay awake, for you know neither the day nor the hour.”



MEET OUR EXTENDED FAMILY

St. Margaret of Scotland (Feast Day November 16)

1045 – NOVEMBER 16, 1093

St. Margaret of Scotland, or Margaret of Wessex, was an English princess born in Hungary. She was shipwrecked off the coast of Scotland, where she eventually married Malcolm Canmore III, the king of Scotland. Margaret worked to help the poor in Scotland, encouraging people to live a devout life, grow in prayer, and grow in holiness. She was well-known for her deep life of prayer and piety and raising their six sons and two daughters with deep faith. She had certain times for prayer and reading Scripture. She ate sparingly and slept little in order to have time for devotions. She and Malcolm kept two Lents, one before Easter and one before Christmas. During these times, she always rose at midnight for Mass. On the way home she would wash the feet of six poor people and give them alms. She was always surrounded by beggars in public and never refused them. It is recorded that she never sat down to eat without first feeding nine orphans and 24 adults.

TAKE TIME TO CHAT

- Compare and contrast the actions of the wise and foolish virgins. What does this parable teach us about being prepared for Jesus' second coming?
- What does Jesus mean when he says, "Therefore, stay awake, for you know neither the day nor the hour"?
- What are some ways you can prepare for Jesus' coming this Advent season?



FAMILY FUN

Neighborhood Rake Rally

Rake the leaves off of the lawns of the elderly in your neighborhood and spend some time getting to know them better.

Liturgy Link

An ambry is a place where the sacred oils are stored. See if you can find the ambry in your church. Bonus question: Four of the seven sacraments include an anointing with one of these oils; which sacraments use these holy oils?

Unleashing the Gospel in your Family

"Asking and receiving God's forgiveness for the failings of the past enables us to move forward with new hope and courage."
(Introduction)

Fun Facts!

The Fatima Prayer was delivered by Our Lady during the Third Apparition of Our Lady of Fatima to the three shepherd children on July 13, 1917. It is traditionally prayed after the *Glory Be* for each decade of the Rosary.

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

Scottish Shortbread

If you love baking and you've got kids who want to be involved, then these simple authentic shortbread cookies are just the answer!

1 cup (2 sticks) butter, softened
 ½ cup confectioners sugar
 2 cups all-purpose flour, not sifted

Preheat oven to 325 F. Line 2 baking sheets with parchment paper or silicone mats and set aside. Place all ingredients in a large bowl. Mix with an electric mixer until completely combined and dough forms. Roll out dough on a floured surface to about ¼-inch thickness or slightly thicker. Use cookie cutters, biscuit cutters, or a pizza slicer to cut out shapes. Place shapes on prepared baking sheets. Pierce with a fork. Bake 20 minutes or until just lightly browned. Cool on a wire rack.



FAMILY PRAYER

Pray a decade of the Rosary by oil lamp or candlelight for your family's personal intentions and end with the Fatima prayer.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen.



THIRTY-THIRD SUNDAY IN ORDINARY TIME



EXPLORE THE SUNDAY GOSPEL

Parable of the Talents

MT 25:14–30 OR MT 25:14–15, 19–21

Jesus told his disciples this parable: “A man going on a journey called in his servants and entrusted his possessions to them. To one he gave five talents; to another, two; to a third, one-- to each according to his ability. Then he went away. Immediately the one who received five talents went and traded with them, and made another five. Likewise, the one who received two made another two. But the man who received one went off and dug a hole in the ground and buried his master’s money.

“After a long time the master of those servants came back and settled accounts with them. The one who had received five talents came forward bringing the additional five. He said, ‘Master, you gave me five talents. See, I have made five more.’ His master said to him, ‘Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master’s joy.’ Then the one who had received two talents also came forward and said, ‘Master, you gave me two talents. See, I have made two more.’ His master said to him, ‘Well done, my good and faithful servant. Since you were faithful in small matters, I will give you great responsibilities. Come, share your master’s joy.’ Then the one who had received the one talent came forward and said, ‘Master, I knew you were a demanding person, harvesting where you did not plant and gathering where you did not scatter; so out of fear I went off and buried your talent in the ground. Here it is back.’ His master said to him in reply, ‘You wicked, lazy servant! So you knew that I harvest where I did not plant and gather where I did not scatter? Should you not then have put my money in the bank so that I could have got it back with interest on my return? Now then! Take the talent from him and give it to the one with ten. For to everyone who has, more will be given and he will grow rich; but from the one who has not, even what he has will be taken away. And throw this useless servant into the darkness outside, where there will be weeping and grinding of teeth.’”





MEET OUR EXTENDED FAMILY

St. Vincent de Paul (Feast Day September 27)

1580 – SEPTEMBER 27, 1660

St. Vincent de Paul was a priest in France in the early 1600s. He fell in love with serving and caring for the poor and, with the help of a religious community of sisters, was introduced to more poor people in and around Paris. He eventually became the chaplain to the imprisoned people who had to work in deplorable conditions on galley ships. Father Vincent spent his life in service to them and others in need. He saw in the poor the face of Jesus Christ who told his disciples, “whatever you do for the least of my brothers and sisters, you do to me.” (Mt. 25:40) He was declared a saint in 1737. Chapters of the St. Vincent de Paul society still care for the poor and those in need and can be found in many parishes around the country and in more than 100 other countries around the world.

TAKE TIME TO CHAT

- Do you think the master in today’s Gospel story was fair to his servants? Why or why not?
- The Lord has entrusted lots of things to us: money, natural talents, spiritual gifts, etc. He expects us to grow them. What things has the Lord entrusted to you, and how does he want you to grow them?
- Why do you think Jesus tells us this story?



FAMILY FUN

Put on a Family Talent Show

Put your talents on display for your family by putting on a family talent show. Whether you lip-sync, juggle, sing, play an instrument, or have some other talent, take time to appreciate the gifts and talents of your family members. Invite extended family and serve refreshments! Who knows, this could become an annual event!

Liturgy Link

Each week, many people use their talents to serve at Mass. How many people (besides the priest and deacon) served as liturgical ministers at the Mass you attended this week?

Unleashing the Gospel in your Family

“Where will the Archdiocese of Detroit be in twenty years? My hope is that it will be a community of joyful missionary disciples and of saints united in Jesus—that there will even be a whole host of causes for beatification!—and that southeast Michigan will be a place of the manifest presence of God. We are a local Church in movement, and I invite every member of the Church to join in as we follow where Christ leads. Not only the destination but the journey itself is reason for encouragement and joy in the transformative power of the Gospel.” (Conclusion)

Fun Facts!

In addition to the St. Vincent de Paul Society (SVdP) chapters, there are numerous stores that sell clothes and other household items. Families and individuals in need can work with a local chapter to receive vouchers to spend at these stores. The items are usually donated, and members of the society volunteer their time at these stores. There might be a SVdP store in your community looking for volunteers!

**Share how your family
celebrated Sunday!
#52Sundays**



RECIPE OF THE WEEK

White Cheddar Scalloped Potatoes

1 medium onion chopped fine
¼ cup butter
2 tablespoons olive oil
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
½ teaspoon thyme
3 cups milk
1 can condensed mushroom soup
1 cup sour cream
2 pounds russet potatoes sliced thin
2 cups white cheddar cheese

Preheat your oven to 400 F. In a large saute pan, add the onion, butter, and olive oil. Saute until onions are translucent and soft. Stir in flour, salt, pepper, and thyme. Gradually add the milk and bring to a boil. Add the soup and remove from the heat. Add the sour cream and stir to combine. In a greased 9x13-inch pan, layer half the potatoes along with half the white sauce and then cheese. Repeat layers. Cover and bake 30 minutes. Remove cover and bake an additional 40 to 50 minutes.

From: <https://mycatholickitchen.com/2018/11/white-cheddar-scalloped-potatoes.html>



FAMILY PRAYER

Family Talent Gratitude Prayer

Starting with the youngest member, each member of the family lists the talents they see in that person. Repeat for each family member. After all their talents have been named, the father (or mother) leads a prayer thanking God for this member and the gifts he or she brings to the family.



CHRIST THE KING SUNDAY



EXPLORE THE SUNDAY GOSPEL

The Judgment of the Nations

MT 25:31-46

Jesus said to his disciples: “When the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of the least brothers of mine, you did for me.’ Then he will say to those on his left, ‘Depart from me, you accursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, a stranger and you gave me no welcome, naked and you gave me no clothing, ill and in prison, and you did not care for me.’ Then they will answer and say, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?’ He will answer them, ‘Amen, I say to you, what you did not do for one of these least ones, you did not do for me.’ And these will go off to eternal punishment, but the righteous to eternal life.”



MEET OUR EXTENDED FAMILY

St. Cecilia (Feast Day November 22)

230

St. Cecilia was a young woman in Rome who, from a young age, wanted to consecrate herself to God. She spent her days preaching the word of God in the streets of Rome and brought many people to believe in Jesus Christ as Lord and risen from the dead. Living during a time of great persecution, she was arrested, and many attempts were made to execute her, but, miraculously, she survived them all. Finally, her head was chopped off, and she was one of the Church's first virgin-martyrs. She has been a powerful intercessor for Christians since the early days of the Catholic Church, and many churches are named after her around the world. Her body was exhumed in 1599, and she was the first saint to be discovered as incorrupt, meaning that her body did not decay as they normally do after death. St. Cecilia is the patron saint of musicians. A number of musical compositions are dedicated to her, and her feast day has become the occasion for concerts and musical festivals.

TAKE TIME TO CHAT

- How is Jesus going to judge people at the end of time?
- How do people today get to be the sheep that Jesus describes in the Gospel?
- Share a time when you have helped someone in need. Do you realize that when you help someone, you are helping Jesus?



FAMILY FUN

Spreading the Kingdom!

Visit a nursing home or elderly neighbor today, and bring them an ornament for their Christmas tree. Spend time talking and sing a song with them. (See today's fun fact!)

Liturgy Link

Greet the priest (or deacon) on your way out of church today. Give him a high five and say, "Long live Christ the King!"

Unleashing the Gospel in your Family

"The Christian life becomes not just one but a series of encounters with Jesus, especially through prayer and the liturgy, which continually deepen our relationship with him." (Marker 2.1)

Fun Facts!

St. Cecilia is the patron saint of singers. Her heart sang to God when she was young, desiring to consecrate herself to Jesus. She is almost always shown with a musical instrument in painting, statues, or stained-glass windows.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

St. Cecilia Biscuits and Jam Session

Use this recipe below for some homemade biscuits. Once they are made, add your favorite jam (like strawberry) to them. You have to sing a song as you spread the jam or else it doesn't count!

3 cups all-purpose flour
 3 tablespoon sugar
 ½ teaspoon salt
 4 teaspoon baking powder
 ½ teaspoon cream of tartar
 ¾ cup cold butter
 1 egg
 1 cup whole milk

Preheat oven to 450 F. The secret to excellent biscuits is COLD BUTTER. Really cold. Many times, the biscuit dough gets worked so much that the butter softens before the biscuits even go in the oven. Try cutting the butter into small pieces and put it back in the fridge, pulling out only when ready to incorporate into the dough. Combine the dry ingredients in a large bowl. Use a pastry cutter to cut cold butter into flour mixture. Don't go too crazy here—you want to see small, pea-sized pieces of butter throughout the dough. Add in the milk and egg and mix just until the ingredients are combined. The dough will be sticky, but don't keep working it. You should be able to see the butter pieces in the dough.

Turn the dough out onto a generously floured surface. Sprinkle some flour on top of the dough so it won't stick to your fingers and knead 10 to 15 times. If the dough is super sticky, just sprinkle on some additional flour. Pat the dough out to ¾ – 1-inch thickness and cut with a biscuit cutter or glass, about 9 to 12 biscuits. Place the biscuits on a lightly greased baking sheet or parchment lined baking sheet and bake for 10 to 15 minutes or until golden brown on top. For extra yumminess, brush the tops of the biscuits with melted butter.



FAMILY PRAYER

Almighty ever-living God, whose will is to restore all things in your beloved Son, the King of the Universe, grant, we pray, that the whole creation, set free from slavery, may render your majesty service and ceaselessly proclaim your praise. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



FIRST SUNDAY IN ADVENT



EXPLORE THE SUNDAY GOSPEL

Need for Watchfulness

MK: 13:33-37

Jesus said to his disciples: “Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his own work, and orders the gatekeeper to be on the watch. Watch, therefore; you do not know when the Lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: ‘Watch!’”





MEET OUR EXTENDED FAMILY

St. John the Baptist (Feast Day June 24)

FIRST CENTURY

St. John the Baptist was the cousin of Jesus and the “forerunner” for Jesus. He had a very clear mission from God (as we will hear over the next two weeks). John spent his time in the desert. As the crowds came to John, he knew that the mission was not about himself. His mission was to point to the one who would come after him, Jesus. He began to announce the coming of the kingdom and to call everyone to a fundamental reformation of life. His purpose was to prepare the way for Jesus. His baptism, he said, was for repentance, but one would come who would baptize with the Holy Spirit and fire. John knew that his one goal in life was to help people see who Jesus really was: the Lamb of God, sent from the Father, to take away the sins of the world. He was a martyr who was beheaded by King Herod during Jesus’ lifetime.

TAKE TIME TO CHAT

- What does it mean to “keep watch” for Jesus?
- Why do you think Jesus doesn’t tell us when the end of the world will be?
- What has Jesus put his servants in charge of?



FAMILY FUN

New Year Resolutions of Faith

Advent begins a new year in the life of the Catholic Church. Come together as a family to create a list of resolutions your family can work toward during this coming liturgical year. This should include committing to time to pray individually and as a family, to go to confession regularly, and to do a work of kindness as a family for those in need. Post this list on your refrigerator (or somewhere else everyone can see it) to remind yourself to do these things this coming year!

Liturgy Link

Take a look at the crucifix in your church (it is usually above/behind the altar). What is unique about the crucifix in your church?

Unleashing the Gospel in your Family

“Amid all the pressure to prepare their children for success in life, parents need to realize there is no greater success and no greater gift they can give their children than a relationship with Jesus and his Church, which endures throughout eternity.”
(Marker 7.1)

Fun Facts!

Many countries and territories claim St. John the Baptist as their patron saint. He is the special protector of Quebec, Puerto Rico, Jordan, and many others.

**Share how your family
celebrated Sunday!
#52Sundays**



RECIPE OF THE WEEK

Leftover Stuffed Peppers

In today's Gospel, we are reminded to keep watch for Jesus. This is a great day for us to, like John the Baptist, live our lives more simply. For today's recipe, find a creative way to use the remaining food from Thanksgiving or other leftovers in your house for a simple family meal. Here's a way to take some of those leftovers and transform them into an entirely new meal!

2 cups leftover turkey (ground in a food processor)
 2 tablespoons taco seasoning
 ½ cup water
 1 can black beans
 ½ cup cooked brown rice
 2 cups leftover stuffing
 4 bell peppers
 1 cup stock veggie or chicken
 2 cups shredded cheese

In a large bowl, combine turkey, taco seasoning, water, and black beans. Stir in rice and stuffing. Cut peppers length wise and remove ribs and seeds. Place peppers in slow cooker facing upwards. Fill the peppers with turkey mixture. Pour the stock in the bottom of the slow cooker. Cook on high 3 hours. The peppers should be soft when they are done. Sprinkle with cheese before serving.

From: <https://mycatholickitchen.com/2018/11/leftover-turkey-stuffed-peppers.html>



FAMILY PRAYER

The candles of the Advent wreath give us light to watch for Jesus. After it gets dark, light the first candle on your family's Advent wreath and pray this prayer:

Heavenly Father, your son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together as a family this Advent. As we prepare our hearts for Christmas, bring us closer to each other and to your Son. Give us the grace and strength we need every day. Help us to always trust in you. Come, Lord Jesus, lead all people closer to you. Come and dispel the darkness of our world with the light of your love. Amen.



SECOND SUNDAY IN ADVENT



EXPLORE THE SUNDAY GOSPEL

Prepare the way of the Lord!

MK 1:1-8

The beginning of the gospel of Jesus Christ the Son of God.

As it is written in Isaiah the prophet:
*Behold, I am sending my messenger ahead of you;
he will prepare your way.
A voice of one crying out in the desert:
“Prepare the way of the Lord,
make straight his paths.”*

John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins. John was clothed in camel's hair, with a leather belt around his waist. He fed on locusts and wild honey. And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”



MEET OUR EXTENDED FAMILY

St. Nicholas (Feast Day December 6)

MARCH 15, 270 – DECEMBER 6, 343

Nicholas was the fourth-century bishop of Myra, a city in Lycia, a province of Asia Minor. The best-known story about Nicholas concerns his charity toward a poor man who was unable to provide dowries for his three daughters of marriageable age. To help the family, Nicholas secretly tossed a bag of gold through the poor man's window on three separate occasions, thus enabling the daughters to be married. Over the centuries, this particular legend evolved into the custom of gift-giving on the saint's feast. In English-speaking countries, St. Nicholas became Santa Claus—further expanding the example of generosity portrayed by this holy bishop.

TAKE TIME TO CHAT

- In what way is John the Baptist preparing people for the coming of Jesus?
- Share a time when you've prepared to welcome a special guest in your home. What things did you do to prepare? What things can you do to prepare for the coming of Jesus this Christmas?
- What is the difference between John's baptism and Jesus' baptism?



FAMILY FUN

Movie Night!

Watch "Guadalupe: The Miracle and the Message," by the Knights of Columbus. It is available on Amazon Prime. If unavailable, find another movie about Mary the Mother of God.

Liturgy Link

Locate the advent wreath in your church. How many candles were lit today? What do the candles symbolize?

Unleashing the Gospel in your Family

"Every human being, even if they are not aware of it, longs to be known and to be loved unconditionally. Everyone yearns for authentic happiness. Everyone wants to be secure in their identity, to be fulfilled as a human being, and to matter to others in some way. God himself has placed these desires in the human heart, and they can ultimately be fulfilled in Christ alone; anything less will fail to satisfy. That is why we who belong to Christ can never cease to propose him to those who do not yet know him." (3.3 The Roots of the Crisis)

Fun Facts!

On December 12, the Church celebrates the feast of Our Lady of Guadalupe. The appearance of Our Lady of Guadalupe put an end to the worship of stone gods and the ritual of human sacrifice among the Aztec people. We pray for Mary's help today to bring an end to abortion and to convert non-believers. Our Lady of Guadalupe is also called the Patroness of the Unborn.

**Share how your family
celebrated Sunday!
#52Sundays**



RECIPE OF THE WEEK

"Locusts" on a Log

In the Gospel today, we heard of John the Baptist living on "locusts (grasshoppers) and wild honey." For today's recipe, we can eat like he did!

Trim a stalk of celery and cut into 4-inch pieces.

Stop each end of the celery with a raisin.

Fill celery with honey.

Place "locusts" (raisins) on top of the honey.

Serve and enjoy!

Upgrade option: Order real edible locusts online to serve instead of raisins!



FAMILY PRAYER

This coming Saturday is the feast of Our Lady of Guadalupe. In order to prepare for this awesome day, read this account of her apparition to St. Juan Diego. After reading the story, pray one decade of the rosary together as a family.

THE STORY OF OUR LADY OF GUADALUPE

On December 9, 1531, in Mexico, Our Lady appeared to Juan Diego, a poor humble Aztec Indian who had recently converted to the Catholic faith. She asked him to go to the Bishop and tell him to build a church where she said "I will show and offer all of my love, my compassion, my help and my protection to my people." Juan Diego did as she asked, but the Bishop asked for a sign that this message was really from Our Lady.

Mary granted his request. On December 12, she showed Juan where the most beautiful Castilian roses were and told him to gather them. It was a miracle that the roses were there and in bloom because there was frost on the ground, and the ground was an infertile place where only cactus and thistles grew. After he gathered them, she helped arrange them in his tilma, or poncho, and told him to show them to the Bishop.

When he brought them to the Bishop, the Bishop was amazed at the roses, but was even more amazed at what began to happen to Juan Diego's tilma. Right before their very eyes, the image of Our Lady began to form on the cloth. The picture of Mary was beautiful and the Bishop fell to his knees. He had the church built at her request.

The tilma is still intact after 470 years. The colors have not faded and the cloth has not deteriorated. It has been on display in the Basilica of Our Lady of Guadalupe for all this time.

The manner in which Our Lady appeared on the tilma was very significant to the Aztec Indians. God had her dressed in a way that they would understand who she was. She was dressed in royal clothes that showed that she was very important, perhaps a queen. She also had the symbol of the cross at her neck which was the same symbol the Spaniards had on their ships and in the churches they built. She had a sash tied around her waist which meant that she was with child, for this was the way the Aztec women dressed when they were pregnant. And on her beautiful dress were all sorts of designs and flowers. But there was one flower on her dress that was very significant. It had only four petals. To the Aztecs, the four petal flower was the symbol for the true God, the God above all gods. This flower was located on her abdomen, right over the place where Jesus was growing inside of her. The Aztecs immediately understood that this was the mother of the true God!

This appearance of Our Lady of Guadalupe was very important to the history of our continent. You see, the Aztec Indians and the Spaniards were on the brink of war. The Aztec Indians' culture and religion were very different from the Spaniards. They worshipped gods, to whom they would offer human sacrifices, often killing 50,000 people a year. The Spaniards, who were Catholic, were naturally disgusted by this. But they were cruel to the Aztecs too, treating them like animals and sometimes killing them for no reason. If a war had occurred, it would have been very brutal and the Spaniards and Christianity would have been totally wiped out.

Mary's appearance changed everything, however. It helped the Indians to embrace Christianity and it helped the Spaniards to treat the Indians with respect and as human beings. In the course of seven years, 6,000,000 Indians converted to the Catholic faith. This was the biggest conversion in the history of the Church! This is why Our Lady of Guadalupe is the Patroness of the Americas. Juan Diego, the humble man to whom she appeared, was canonized in the summer of 2002.

(<https://www.archbalt.org/wp-content/uploads/2017/05/gTHE-STORY-OF-OUR-LADY-OF-GUADALUPE.pdf>)



THIRD SUNDAY IN ADVENT



EXPLORE THE SUNDAY GOSPEL

He came to testify to the Light

JN 1:6-8, 19-28

A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light.

And this is the testimony of John. When the Jews from Jerusalem sent priests and Levites to him to ask him, “Who are you?” He admitted and did not deny it, but admitted, “I am not the Christ.” So they asked him, “What are you then? Are you Elijah?” And he said, “I am not.” “Are you the Prophet?” He answered, “No.” So they said to him, “Who are you, so we can give an answer to those who sent us? What do you have to say for yourself?” He said:

*“I am the voice of one crying out in the desert,
'make straight the way of the Lord,'”*

as Isaiah the prophet said.”

Some Pharisees were also sent. They asked him, “Why then do you baptize if you are not the Christ or Elijah or the Prophet?” John answered them, “I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie.” This happened in Bethany across the Jordan, where John was baptizing.



MEET OUR EXTENDED FAMILY

St. Lucy (Feast Day December 13)

283 – 304

We do not know much about the life of St. Lucy as it has been lost to history. We know that from the earliest time of the Church, her name has been held in high regard. She, like St. Cecilia, dedicated her entire life to God from an early age. She lived during a time of great persecution and was eventually killed for her faith. We know that she was tortured during her execution by having her eyes plucked out. When she is depicted in art, she is always shown holding her eyes on a platter as a sign of what she suffered for Christ. Martyrs are often depicted showing some aspect of the death they endured as a reminder to us that what was painful in this life, when endured for love of Jesus, is transformed into victory and God's glory in heaven.

TAKE TIME TO CHAT

- What does it mean for John the Baptist to “testify to the light”?
- Do you think it was hard for John to admit that he wasn’t as important as Jesus?
- What is different at Mass during Advent?



FAMILY FUN

Ornament Quiz

By now your Christmas tree is probably up. Count how many ornaments are on your tree. When did you get each ornament? What does it remind you of? Do any ornaments have a special story behind them? What is your favorite ornament? Bonus question: If you were an ornament, which one would you be? Why?

Liturgy Link

The third Sunday of Advent has a special name that starts with the letter “G.” Your priest or deacon will most likely use this special name at some point during Mass. See if you can be the first one to hear it!

Unleashing the Gospel in your Family

“We give the Lord the best of our effort, but it is he who will bring the increase.” (3.4 Good and Bad Habits)

Fun Facts!

One of the ancient customs of the Church is praying the “O Antiphons” in anticipation of Christmas. These are different prophecies from the Old Testament ascribing titles to the coming Messiah. Each one is prayed daily (at Mass and during the Liturgy of the Hours) from December 17-24. This is also remembered in the verses of the popular hymn “O Come, O Come Emmanuel.”

Share how your family celebrated Sunday!
#52Sundays



RECIPE OF THE WEEK

St. Lucy Soup

This is a traditional soup made on St. Lucy's feast day.

- ½ cup rice, uncooked
- 8 cups water
- 1 teaspoon salt
- ½ cup (1 stick) butter
- ¼ cup onion, minced
- 1 cup fully-cooked ham, chopped
- ½ cup flour

Boil the rice in salted water until soft, about 30 minutes. Drain the rice-flavored water into a large bowl. Mince the onions and chop the ham into tiny pieces. In a large pot, melt the butter over low heat.

Sauté the onions and ham until shiny. Mix in the flour until smooth. Pour in the rice-flavored water and simmer to thicken. Stir and ladle into soup bowls. Garnish with parsley flakes (optional). Serve hot with bread or crackers.



FAMILY PRAYER

Renewal of Baptismal Promises

In preparation for the coming of Christ, recite the promises you or your parents made for you at your baptism. It is good for dad (or mom) to ask the questions and for each child to respond individually. Responses are in bold. Parents can ask each other these questions as well.

*Do you reject Satan? **I do.***

*And all his works? **I do.***

*And all his empty promises? **I do.***

*Do you believe in God, the Father Almighty, creator of heaven and earth? **I do.***

*Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? **I do.***

*Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? **I do.***

*God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever. **Amen.***



FOURTH SUNDAY IN ADVENT



EXPLORE THE SUNDAY GOSPEL

Announcement of the Birth of Jesus

LK 1:26-38

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God.

"Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.





MEET OUR EXTENDED FAMILY

St. Stephen (Feast Day December 26th)

D. 36

Stephen is mentioned in the Acts of the Apostles as being one of the first deacons of the Catholic Church (See Acts 6-8). He was ordained to assist the apostles in their work of preaching, administration, and works of mercy. He boldly proclaimed the name of Jesus Christ and used his rhetorical gifts to preach the truth of the Gospel. This brought him many enemies, and he was stoned to death in the streets of Jerusalem. He is called the “proto-martyr” because this is the first account in Scripture of a believer in Christ being killed for professing that Jesus is the Messiah. We celebrate his feast day immediately after Christmas (December 26) as a reminder that in the midst of the joy of Christmas, Jesus calls us to follow him completely, even knowing that it could cost us our lives.

TAKE TIME TO CHAT

- Why does the angel say “Do not be afraid” to Mary? Do you think she was scared?
- How do you think Mary felt when the angel departed?
- The angel tells Mary, “Nothing is impossible for God.” Have you seen or heard of God doing something that seemed impossible?



FAMILY FUN

Christmas Lights Road Trip

After dinner, drive through the lighting displays around town or around your neighborhood looking at Christmas lights. See how many homes have something from our Catholic faith in their display (Nativity scene, statue of Mary, etc.). Play Christmas music while you drive and find the house with your favorite display. Challenge: Go to their door and tell them they won “Best Display in the Neighborhood” by the Christmas Display Committee of your family.

Liturgy Link

Listen closely to the words of the angel Gabriel in today’s Gospel. The words he uses to greet Mary are the beginning of a common prayer we pray. Which one is it?

Unleashing the Gospel in your Family

“... we are all in constant need of evangelization, because we are in need of deeper conversion.” (Marker 4.1)

Fun Facts!

Although stores and radio stations begin blasting Christmas songs long before Thanksgiving, you won’t hear any Christmas carols in church until Christmas Eve, which is the official beginning of the liturgical season of Christmas.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Homemade Hot Sauce

Feeling the chill of winter coming on? Why not warm up with some homemade hot sauce? This hot sauce has the perfect amount of heat, and it's easy to make. It also makes a great gift!

1 pound mixed medium to hot fresh red chilies like fresno, holland or cayenne
3 tablespoon kosher salt
2 cups distilled white vinegar

Rinse the chilies in a colander and pat dry. Transfer chilies to the bowl of a food processor; add salt. Transfer the chilies mixture to a glass jar. Cover and allow to sit for 2 to 3 days so it can ripen. Do not stir.

Uncover and stir in the vinegar. Cover again and allow to sit in a cool place for 5 days. Strain mixture through a mesh strainer and press with a spoon. Discard the solids. Pour mixture in a bottle with a tight-fitting lid. You can refrigerate this for up to 6 months.

From: <https://mycatholickitchen.com/2017/12/hot-sauce.html>



FAMILY PRAYER

Pray this traditional litany together this evening. It is a great reminder of the richness of our Catholic tradition and how God uses Mary in so many ways to be close to us. For this prayer, dad (or mom) leads and everyone else says the responses, which are in bold.

*Lord have mercy. **Lord have mercy.***

*Christ have mercy. **Christ have mercy.***

*Lord have mercy. **Lord have mercy.***

*Christ hear us. **Christ graciously hear us.***

*God, the Father of heaven, **have mercy on us.***

*God the Son, Redeemer of the world, **have mercy on us.***

*God the Holy Spirit, **have mercy on us.***

*Holy Trinity, one God, **have mercy on us.***

*Holy Mary, **pray for us.***

*Holy Mother of God, **pray for us.***

*Holy Virgin of virgins, **pray for us.***

*Mother of Christ, **pray for us.***

*Mother of the Church, **pray for us.***

*Mother of divine grace, **pray for us.***

*Mother most pure, **pray for us.***

*Mother most chaste, **pray for us.***

*Mother inviolate, **pray for us.***

*Mother undefiled, **pray for us.***

*Mother most amiable, **pray for us.***

*Mother admirable, **pray for us.***

Mother of good counsel, **pray for us.**
 Mother of our Creator, **pray for us.**
 Mother of our Savior, **pray for us.**
 Mother of mercy, **pray for us.**
 Virgin most prudent, **pray for us.**
 Virgin most venerable, **pray for us.**
 Virgin most renowned, **pray for us.**
 Virgin most powerful, **pray for us.**
 Virgin most merciful, **pray for us.**
 Virgin most faithful, **pray for us.**
 Mirror of justice, **pray for us.**
 Seat of wisdom, **pray for us.**
 Cause of our joy, **pray for us.**
 Spiritual vessel, **pray for us.**
 Vessel of honor, **pray for us.**
 Singular vessel of devotion, **pray for us.**
 Mystical rose, **pray for us.**
 Tower of David, **pray for us.**
 Tower of ivory, **pray for us.**
 House of gold, **pray for us.**
 Ark of the covenant, **pray for us.**
 Gate of heaven, **pray for us.**
 Morning star, **pray for us.**
 Health of the sick, **pray for us.**
 Refuge of sinners, **pray for us.**
 Comfort of the afflicted, **pray for us.**
 Help of Christians, **pray for us.**
 Queen of Angels, **pray for us.**

Queen of Patriarchs, **pray for us.**
 Queen of Prophets, **pray for us.**
 Queen of Apostles, **pray for us.**
 Queen of Martyrs, **pray for us.**
 Queen of Confessors, **pray for us.**
 Queen of Virgins, **pray for us.**
 Queen of all Saints, **pray for us.**
 Queen conceived without original sin,
pray for us.
 Queen assumed into heaven, **pray for us.**
 Queen of the most holy Rosary, **pray for us.**
 Queen of families, **pray for us.**
 Queen of peace. **pray for us.**
 Lamb of God, who takes away the sins of the
 world, **spare us, O Lord.**
 Lamb of God, who takes away the sins of the
 world, **graciously hear us, O Lord.**
 Lamb of God, who takes away the sins of the
 world, **have mercy on us.**
 Pray for us, O holy Mother of God.
That we may be made worthy of the
promises of Christ.

 Let us pray. Grant, we beseech thee, O Lord
 God, that we, your servants, may enjoy
 perpetual health of mind and body;
 and by the intercession of the Blessed Mary,
 ever Virgin, may be delivered from present
 sorrow, and obtain eternal joy. Through
 Christ our Lord. **Amen.**

CHRISTMAS DAY

While Christmas Day does not fall on a Sunday this year, this abbreviated outline will help your family keep Christ at the center of your Christmas celebrations!



EXPLORE THE GOSPEL

The Birth of Jesus

LK 2:1-14

In those days a decree went out from Caesar Augustus that the whole world should be enrolled. This was the first enrollment, when Quirinius was governor of Syria. So all went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, to be enrolled with Mary, his betrothed, who was with child. While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.

Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, “Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born for you who is Christ and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger.” And suddenly there was a multitude of the heavenly host with the angel, praising God and saying:

“Glory to God in the highest
and on earth peace to those on whom his favor rests.”





MEET OUR EXTENDED FAMILY

The Shepherds

The birth of Jesus quickly spread far and wide thanks to the persistent effort of the first people outside of the manger to learn about it: the shepherds. Why shepherds? Why didn't God choose a king, a powerful dignitary, or people of great wealth? Why didn't the three Wise Men or the Holy Family share the news of Jesus' birth? Shepherds were humble men with very little status. As such, they were looked down upon by almost everyone at that time. Angels appeared to these lowly people in the middle of the night to show that Jesus came into the world for everyone: the wealthy and the destitute, the educated and the ignorant, people of every race. Abraham, Moses, and David were all shepherds, and God made promises to them about future deliverance. God honored this promise by announcing the coming of the Messiah to the shepherds first. Their key role was to spread the news of Christ's birth as quickly as possible. History tells us that they did this very well.

TAKE TIME TO CHAT

- Why is the birth of Jesus so important to people of every time and place?
- In what way does gift giving relate to the birth of Jesus?
- In what way do the lights on our Christmas trees remind us of Jesus?



FAMILY FUN

Christmas Brunch

Make Christmas morning extra special by preparing a fancy brunch for your immediate family. After opening presents, your family will appreciate a table set with your finest china, fancy juice glasses, and an assortment of breakfast foods. Put on some religious Christmas carols in the background, light some candles, and enjoy one another's company on one of the holiest days of the year!

Liturgy Link

Christmas Mass is a very special liturgy. What are some things that happened at Mass on Christmas Eve or Christmas Day that don't happen on a regular Sunday?

Unleashing the Gospel in your Family

"For evangelization to have its effect we must ensure that our communities extend a warm welcome to everyone who walks through the door. This entails changing the way we envision the parish. It is natural to think of the parish as the place for those who belong; we are less accustomed to seeing it as the place for those who do not yet belong but are taking their first steps on the journey toward God."

(Marker 8.3)

Fun Facts!

The word Christmas comes from an old English term "Christ's Mass." It is the day that marks the celebration of Christ's birth. This means that while Mass is important every Sunday, Christmas is a day for us to pay special attention during Mass about Jesus.

Share how your family celebrated Sunday!

#52Sundays



RECIPE OF THE WEEK

Brunch Puff

8 slices of bacon
2 onions sliced
12 slices of white bread, quartered
½ pound shredded Swiss cheese
8 eggs
4 cups milk
1 ½ teaspoons salt
¼ teaspoon pepper

Can be done ahead of time: Cook bacon until crisp; crumble. Cook onions until soft. Spread ½ of bread in greased 9x13 pan. Sprinkle with ½ bacon and ½ onions and ½ of the cheese. Repeat layer.

Combine eggs, milk, salt, and pepper. Pour into pan. Bake at 350 F for 50 minutes until set and puffy.



FAMILY PRAYER

Lord Jesus,

Help us to focus on you today, remembering that you are our most treasured gift for the whole year through. Fill us with your joy and the peace of your Spirit. Direct our hearts and minds towards you. Thank you for your reminder that, in both seasons of celebration and seasons of brokenness, you're still with us. You never leave us. Thank you for your daily Presence in our lives, that we can be assured that your heart is towards us, your eyes are over us, and your ears are open to our prayers. Amen.



FEAST OF THE HOLY FAMILY



EXPLORE THE SUNDAY GOSPEL

The Return to Nazareth

LK 2:22-40 OR LK 2:22, 39-40

When the days were completed for their purification according to the law of Moses, they took him up to Jerusalem to present him to the Lord.

When they had fulfilled all the prescriptions of the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favor of God was upon him.





MEET OUR EXTENDED FAMILY

St. John the Apostle (Feast Day December 27)

D. 6 – 100

The apostle John, along with Peter and James, was one of Jesus' closest friends. These three alone were privileged to be present at the Transfiguration, the raising of the daughter of Jairus, and the agony in Gethsemane. Many scholars believe that the apostle John is the author of the Gospel of John, three New Testament Letters, and the Book of Revelation. The Gospel of John refers to him as "the disciple whom Jesus loved" (see John 13:23; 19:26; 20:2), the one who reclined next to Jesus at the Last Supper, and the one to whom Jesus gave the honor of caring for his mother. John was the only apostle who was with Jesus when he died on the cross.

TAKE TIME TO CHAT

- What do you think Jesus was like as a baby?
- What one thing your family can do to be more like the Holy Family?
- What do you love most about your family?



FAMILY FUN

Indoor Activities

- Make chocolate chip cookies. Everyone gets a cookie and says one thing they're thankful for for every chocolate chip they find!
- Watch "The Nativity Story" as a family.

Liturgy Link

How many images or statues of the Holy Family are there in your church?

Unleashing the Gospel in your Family

"I charge families to commit to re-claiming their identity in relationship to God." (Action Step 1.3)

Fun Facts!

The feast of the Holy Family is held each year on the Sunday between Christmas and New Year's Day; If both are Sundays, the feast is celebrated on December 30.

**Share how your family
celebrated Sunday!
#52Sundays**



RECIPE OF THE WEEK

Easy Chicken and Dumplings

One 2 ½-pound chicken, cut into 8 pieces
 1 large onion, chopped
 2 bay leaves
 2 chicken bouillon cubes
 Salt and pepper to taste
 1 can condensed cream of chicken soup

Dumplings:

2 cups all-purpose flour
 1 teaspoon salt
 ½ teaspoon pepper
 1 can of flaky layer biscuits

Place the chicken, onion, bay leaves, and bouillon, in a large pot. Add 4 quarts of water, simmer over medium heat. Simmer the chicken until it is tender and no longer pink, about 40 minutes. Remove the chicken from the pot and, when it is cool enough to handle, remove the skin and separate the meat from the bones. Return the chicken meat to the pot. Keep warm over low heat. Add the cream of chicken soup to the pot with the chicken and simmer gently over medium-low heat.

To prepare the dumplings: Mix the flour with the salt and pepper in a shallow bowl or plate. Take each biscuit and tear into three layers. Dip each layer into the flour mixture (both sides). Cut each layer into three pieces using a pizza cutter or knife, or just tear them for a more rustic looking dumpling. Do NOT stir the pot once the dumplings have been added or they will dissolve. Gently push the pieces of dough down into the broth. Gently move the pot in a circular motion so the dumplings become submerged and cook evenly. Cook until the dumplings are no longer doughy, about 10 minutes.

To serve, ladle chicken, gravy, and dumplings into warm bowls.



FAMILY PRAYER

Prayer for our Family – St. Mother Teresa of Calcutta

Heavenly Father,

You have given us the model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace, and joy reign. May it be deeply contemplative, intensely Eucharistic, revived with joy.

Help us to stay together in joy and sorrow in family prayer. Teach us to see Jesus in the members of our families, especially in their distressing disguise. May the Eucharistic heart of Jesus make our hearts humble like his and help us to carry out our family duties in a holy way. May we love one another as God loves each one of us, more and more each day, and forgive each other's faults as you forgive our sins. Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile.

Immaculate Heart of Mary, Cause of Our Joy, pray for us.

St. Joseph, pray for us.

Holy Guardian Angels, be always with us, guide and protect us. Amen.



APPENDIX

PALM SUNDAY OF THE PASSION OF THE LORD

MT 26:14-27:66 OR MT 27:11-54

One of the Twelve, who was called Judas Iscariot, went to the chief priests and said, "What are you willing to give me if I hand him over to you?" They paid him thirty pieces of silver, and from that time on he looked for an opportunity to hand him over.

On the first day of the feast of Unleavened Bread, the disciples approached Jesus and said, "Where do you want us to prepare for you to eat the Passover?" He said, "Go into the city to a certain man and tell him, 'The teacher says, "My appointed time draws near; in your house I shall celebrate the Passover with my disciples."'" The disciples then did as Jesus had ordered, and prepared the Passover.

When it was evening, he reclined at table with the Twelve. And while they were eating, he said, "Amen, I say to you, one of you will betray me." Deeply distressed at this, they began to say to him one after another, "Surely it is not I, Lord?" He said in reply, "He who has dipped his hand into the dish with me is the one who will betray me. The Son of Man indeed goes, as it is written of him, but woe to that man by whom the Son of Man is betrayed. It would be better for that man if he had never been born." Then Judas, his betrayer, said in reply, "Surely it is not I, Rabbi?" He answered, "You have said so."

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father." Then, after singing a hymn, they went out to the Mount of Olives.

Then Jesus said to them, "This night all of you will have your faith in me shaken, for it is written:

I will strike the shepherd,

and the sheep of the flock will be dispersed;

but after I have been raised up, I shall go before you to Galilee." Peter said to him in reply, "Though all may have their faith in you shaken, mine will never be." Jesus said to him, "Amen, I say to you, this very night before the cock crows, you will deny me three times." Peter said to him, "Even though I should have to die with you, I will not deny you." And all the disciples spoke likewise.

Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak." Withdrawing a second time, he prayed again, "My Father, if it is not possible that this cup pass without my drinking it, your will be done!" Then he returned once more and found them asleep, for they could not keep their eyes open. He left them and withdrew again and prayed a third time, saying the same thing again. Then he returned to his disciples and said to them, "Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand."

While he was still speaking, Judas, one of the Twelve, arrived, accompanied by a large crowd, with swords and clubs, who had come from the chief priests and the elders of the people. His betrayer had arranged a sign with them, saying, "The man I shall kiss is the one; arrest him." Immediately he went over to Jesus and said, "Hail, Rabbi!" and he kissed him. Jesus answered him, "Friend, do what you have come for." Then stepping forward they laid hands on Jesus and arrested him. And behold, one of those who accompanied Jesus put his hand to his sword, drew it, and struck the high priest's servant, cutting off his ear. Then Jesus said to him, "Put your sword back into its sheath, for all who take the sword will perish by the sword. Do you think that I cannot call upon my Father and he will not provide me at this moment with more than twelve legions of angels? But then how would the Scriptures be fulfilled which say that it must come to pass in this way?" At that hour Jesus said to the crowds, "Have you come out as against a robber, with swords and clubs to seize me? Day after day I sat teaching in the temple area, yet you did not arrest me. But all this has come to pass that the writings of the prophets may be fulfilled." Then all the disciples left him and fled.

Those who had arrested Jesus led him away to Caiaphas the high priest, where the scribes and the elders were assembled. Peter was following him at a distance as far as the high priest's courtyard, and going inside he sat down with the servants to see the outcome. The chief priests and the entire Sanhedrin kept trying to obtain false testimony against Jesus in order to put him to death, but they found none, though many false witnesses came forward. Finally two came forward who stated, "This man said, 'I can destroy the temple of God and within three days rebuild it.'" The high priest rose and addressed him, "Have you no answer? What are these men testifying against you?" But Jesus was silent. Then the high priest said to him, "I order you to tell us under oath before the living God

whether you are the Christ, the Son of God." Jesus said to him in reply, "You have said so. But I tell you:

From now on you will see 'the Son of Man seated at the right hand of the Power' and 'coming on the clouds of heaven.'" Then the high priest tore his robes and said, "He has blasphemed! What further need have we of witnesses? You have now heard the blasphemy; what is your opinion?" They said in reply, "He deserves to die!" Then they spat in his face and struck him, while some slapped him, saying, "Prophecy for us, Christ: who is it that struck you?"

Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazorean." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed. Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly.

When it was morning, all the chief priests and the elders of the people took counsel against Jesus to put him to death. They bound him, led him away, and handed him over to Pilate, the governor.

Then Judas, his betrayer, seeing that Jesus had been condemned, deeply regretted what he had done. He returned the thirty pieces of silver to the chief priests and elders, saying, "I have sinned in betraying innocent blood." They said, "What is that to us? Look to it yourself." Flinging the money into the temple, he departed and went off and hanged himself. The chief priests gathered up the money, but said, "It is not lawful to deposit this in the temple treasury, for it is the price of blood." After consultation, they used it to buy the potter's field as a burial place for foreigners. That is why that field even today is called the Field of Blood. Then was fulfilled what had been said through Jeremiah the prophet,

*And they took the thirty pieces of silver,
the value of a man with a price on his head,
a price set by some of the Israelites,
and they paid it out for the potter's field
just as the Lord had commanded me.*

Now Jesus stood before the governor, and he questioned him, "Are you the king of the Jews?" Jesus said, "You say so." And when he was accused by the chief priests

and elders, he made no answer. Then Pilate said to him, "Do you not hear how many things they are testifying against you?" But he did not answer him one word, so that the governor was greatly amazed.

Now on the occasion of the feast the governor was accustomed to release to the crowd one prisoner whom they wished. And at that time they had a notorious prisoner called Barabbas. So when they had assembled, Pilate said to them, "Which one do you want me to release to you, Barabbas, or Jesus called Christ?" For he knew that it was out of envy that they had handed him over. While he was still seated on the bench, his wife sent him a message, "Have nothing to do with that righteous man. I suffered much in a dream today because of him." The chief priests and the elders persuaded the crowds to ask for Barabbas but to destroy Jesus. The governor said to them in reply, "Which of the two do you want me to release to you?" They answered, "Barabbas!" Pilate said to them, "Then what shall I do with Jesus called Christ?" They all said, "Let him be crucified!" But he said, "Why? What evil has he done?" They only shouted the louder, "Let him be crucified!" When Pilate saw that he was not succeeding at all, but that a riot was breaking out instead, he took water and washed his hands in the sight of the crowd, saying, "I am innocent of this man's blood. Look to it yourselves." And the whole people said in reply, "His blood be upon us and upon our children." Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" They spat upon him and took the reed and kept striking him on the head. And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

And when they came to a place called Golgotha —which means Place of the Skull —, they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there. And they placed over his head the written charge against him: This is Jesus, the King of the Jews. Two revolutionaries were crucified with him, one on his right and the other on his left. Those passing by reviled him, shaking their heads and saying, "You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, and come down from the cross!" Likewise the chief priests with the scribes and elders mocked him and said, "He saved others;

he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him. He trusted in God; let him deliver him now if he wants him. For he said, 'I am the Son of God.' "The revolutionaries who were crucified with him also kept abusing him in the same way.

From noon onward, darkness came over the whole land until three in the afternoon. And about three o'clock Jesus cried out in a loud voice, "*Eli, Eli, lema sabachthani?*" which means, "My God, my God, why have you forsaken me?" Some of the bystanders who heard it said, "This one is calling for Elijah." Immediately one of them ran to get a sponge; he soaked it in wine, and putting it on a reed, gave it to him to drink. But the rest said, "Wait, let us see if Elijah comes to save him." But Jesus cried out again in a loud voice, and gave up his spirit.

[Here all kneel and pause for a short time.]

And behold, the veil of the sanctuary was torn in two from top to bottom. The earth quaked, rocks were split, tombs were opened, and the bodies of many saints who had fallen asleep were raised. And coming forth from their tombs after his resurrection, they entered the holy city and appeared to many. The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said, "Truly, this was the Son of God!" There were many women there, looking on from a distance, who had followed Jesus from Galilee, ministering to him. Among them were Mary Magdalene and Mary the mother of James and Joseph, and the mother of the sons of Zebedee.

When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it in clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed. But Mary Magdalene and the other Mary remained sitting there, facing the tomb.

The next day, the one following the day of preparation, the chief priests and the Pharisees gathered before Pilate and said, "Sir, we remember that this impostor while still alive said, 'After three days I will be raised up.' Give orders, then, that the grave be secured until the third day, lest his disciples come and steal him and say to the people, 'He has been raised from the dead.' This last imposture would be worse than the first." Pilate said to them, "The guard is yours; go, secure it as best you can." So they went and secured the tomb by fixing a seal to the stone and setting the guard.

BIBLIOGRAPHY

- A Beautiful Mess. "Indian Spiced Hummus." Accessed August 18, 2019. <https://abeautifulmess.com/2017/02/indian-spiced-hummus.html> .
- Archbishop Allen H. Vigneron. *Unleash the Gospel*, Detroit, MI: 2017.
- Catholic Church. *Catechism of the Catholic Church*, 2nd ed. Washington, DC: USCCB, 2016.
- Catholic Cuisine. Accessed August 24, 2019. <https://catholiccuisine.blogspot.com/>.
- Catholic Online. "Saints and Angels." Accessed August 31, 2019. <https://www.catholic.org/saints/>.
- Delish. "Spaghetti and Meatballs." Accessed August 29, 2019. <https://www.delish.com/cooking/recipe-ideas/recipes/a55764/best-spaghetti-and-meatballs-recipe/>.
- Eating Well. "Green Eggs and Ham Frittata." Accessed August 20, 2019. <http://www.eatingwell.com/recipe/252336/green-eggs-ham-frittata/>.
- Franciscan Media. "Saint of the Day Calendar." Accessed September 5, 2019. <https://www.franciscanmedia.org/sod-calendar>.
- My Catholic Kitchen. Accessed August 30, 2019. <http://mycatholickitchen.com/>.
- My Recipes. "Easy Blackberry Cobbler." Accessed August 15, 2019. <https://www.myrecipes.com/recipe/easy-blackberry-cobbler>.
- The New American Bible Revised Edition*. Washington, DC: Confraternity of Christian Doctrine, 2010. <http://www.usccb.org/bible/>.
- Real Simple. "Chicken Sauteed with Apples." Accessed August 25, 2019. <https://www.realsimple.com/food-recipes/browse-all-recipes/chicken-sauteed-apples>
- The Spruce Eats. "Classic French Galette Des Rois." Accessed August 15, 2019. <https://www.thespruceeats.com/cinnamon-galette-des-rois-recipe-1375043>.

**A special thanks to Veronica Gantley of
MyCatholicKitchen.com and the contributing authors
of the Catholic Cuisine blog for granting permission to
reprint their recipes.**

For recipes that will help you continue to celebrate the feasts
and seasons of the Catholic Church, visit:

<http://mycatholickitchen.com/>

<https://catholiccuisine.blogspot.com/>

