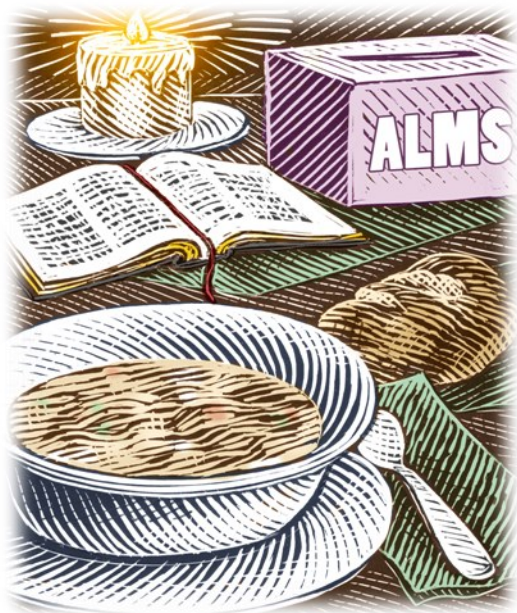


A GUIDE FOR SUNDAY LENTEN SUPPER 2024

at Blessed Trinity Spirit of Christ



Building Households of FAITH

The Christian Greeting that matters most:
“Won’t you stay for supper!”

AS LENT BEGINS, determine as a household that you will gather each Sunday evening for this special dinner. Make this a family or household Lenten resolution. This is especially opportune if you are unable to attend Mass due to Covid-19 concerns.

◆ The dinner needs to be special. Good food (which all can help prepare); a TABLE set with the best dinnerware; candlelight; real napkins; a beautiful loaf of bread, a bottle of choice wine.

◆ If you live alone or are a small family, and if you can do so **safely** (*maintaining Covid-19 protocols (face coverings, social distancing, etc.)*) invite someone to Sunday dinner.

- ◆ THE DINNER BEGINS with all seated at the table.
- ◆ Someone begins (a different person each week) with the Sign of the Cross and the PRAYER OF THE WEEK.
- ◆ Someone then reads a portion of the **GOSPEL from Sunday’s Mass**. (You might choose to read the entire Gospel of the Sunday).
- ◆ Then spend some time sharing what touched each person as the Gospel was proclaimed; Discuss what each person remembers from Sunday’s Mass. Use the reflection questions provided for each Sunday.
- ◆ As the conversation continues, **wine or another drink is poured**. Then all raise the glass and toast all the good that has happened the past week—especially all the good that others around the table have done for the family or friends gathered there. OR a simple statement of what each person is **THANKFUL** for. Then say, as the toast, **May the Lenten Spring renew the life within us!**
- ◆ Following the toast someone **breaks the loaf of bread** (break it, don’t cut it—remember Jesus **TOOK** the bread, **BLEST** it, **BROKE** it and **GAVE** it!).
- ◆ Dinner is served and conversation continues.
- ◆ **AT THE END OF THE MEAL**, all may pray the **BLESSING FOR THE JOURNEY**, which will be prayed at the end of Mass each Sunday of Lent . And then...EVERYONE HELPS CLEAN UP!

**REMEMBER, SUNDAY IS THE DAY OF THE LORD, THE DAY OF LIGHT,
THE DAY OF LIFE, THE DAY OF EUCHARIST,
THE DAY OF RESURRECTION,
THE DAY OF RE-CREATION!**

**Living the faith at home from generation to generation:
Whole Parish Faith Formation**



LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

The FIRST Sunday of LENT AT HOME AROUND THE TABLE



1. ✠ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

God of the covenant, as the forty days of deluge swept away the world's corruption and watered new beginnings of righteousness and life, so in the saving flood of baptism your people are washed clean and born again. Throughout these forty days, we beg you, unseal for us the wellspring of your grace, cleanse our hearts of all that is not holy, and cause your gift of new life to flourish once again. Grant this through Christ, our liberator from sin, who lives and reigns with you in the unity of the Holy Spirit, holy and mighty God for ever and ever. AMEN

©1997 International Commission on English in the Liturgy (ICEL) First Sunday of Lent-B

3. THE GOSPEL OF THE FIRST SUNDAY OF LENT:

Mark 1:12-15

Read the whole Gospel or just the portion provided below.

(At Home with the Word, available at the main church entrance, has all the scripture readings for each Sunday of the year.

They are also available on the parish website).

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the Gospel of God: “This is the time of fulfillment. The kingdom of God is at hand. Repent and believe in the Gospel.”

THE GOSPEL OF THE LORD.

4. RELECTION for all to share

What touched you most about this Gospel of Jesus Temptation? What can it mean for you?

OR: What do you remember from the Mass of Ash Wednesday or from this Sunday’s Mass?

For young Children: What helps you do the right thing when you want to do something wrong?

5. THE TOAST WITH A GLASS OF WINE:

May the Lenten Spring renew the life within us!

6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass

(on back page of this document)



LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

The SECOND Sunday of LENT AT HOME AROUND THE TABLE



Art: Laura James © LTP

1. ✚ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

Ever-faithful God, you were well pleased with Abraham's obedience and you accepted the sacrifice of your Son, who gave himself up for the sake of us all. Train us by Christ's teaching and school us in his obedience, that as we walk his way of sacrifice we may come to share in your glory. We ask this through Christ, our deliverance and hope, who lives and reigns with you in the unity of the Holy Spirit, holy and mighty God for ever and ever. AMEN.

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3. THE GOSPEL OF THE SECOND SUNDAY OF LENT: Mark 9: 2-10

Read the whole Gospel or just the portion provided below.

(At Home with the Word, available at the main church entrance has all the scripture readings for each Sunday of the year. They are also available on the parish website).

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

THE GOSPEL OF THE LORD.

4. REFLECTION FOR ALL TO SHARE:

As you listen to this story of the Transfiguration what particular words did you notice?

What line in this reading touched your heart?

OR: What do you remember from Sunday’s Mass?

For young Children: Share about a time when you felt especially close to God or Jesus?

5. THE TOAST WITH A GLASS OF WINE:

May the Lenten Spring renew the life within us!

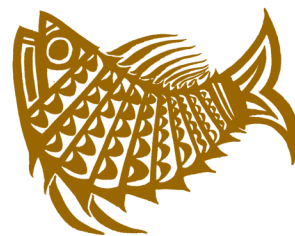
6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass

(on back page of this document)



LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

The THIRD Sunday of LENT AT HOME AROUND THE TABLE



1. ✠ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

HOLY GOD, the folly of the cross mocks our human wisdom, and the weakness of the crucified puts worldly power to shame. Banish from our hearts every pretense of might and of knowledge, that by the power flowing from Christ’s resurrection your people may be raised up from the death of sin and fashioned into a living temple of your glory. Grant this through Christ, our liberator from sin, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. AMEN.

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3. THE GOSPEL OF THE

THIRD SUNDAY OF LENT: John 2: 13-25

Read the whole Gospel or just the portion provided below.

(At Home with the Word, available at the main church entrance has all the scripture readings for each Sunday of the year. They are also available on the parish website)

Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, “Take these out of here, and stop making my Father’s house a market place.” His disciples recalled the words of Scripture, *Zeal for your house consumes me. ...* **THE GOSPEL OF THE LORD**

4. REFLECTION FOR ALL TO SHARE:

Remember these words from the Gospel: “Zeal for your house consumes me.”
Should we have “zeal” for the house of the Lord? For our parish, or faith community?
What would anger Jesus today about his house, his Church?
OR, what do you remember from Sunday’s Mass?

For young Children: How do you experience Jesus helping and loving you?

5. THE TOAST WITH A GLASS OF WINE:

May the Lenten Spring renew the life within us!

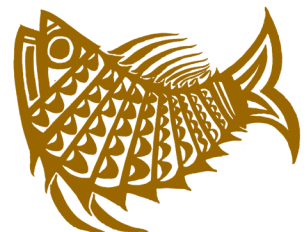
6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass

(on back page of this document)



LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

The FOURTH Sunday of LENT AT HOME AROUND THE TABLE



1. ✚ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

O GOD, RICH IN MERCY, you so loved the world that when we were dead in our sins, you sent your only Son for our deliverance. Lifted up from the earth, he is light and life; exalted upon the cross, he is truth and salvation. Raise us up with Christ, and make us rich in good works, that we may walk as children of the light toward the paschal feast of heaven. We ask this through Christ, our deliverance and hope, who lives and reigns with you in the unity of the Holy Spirit, holy and mighty God forever and ever. AMEN. ©1997 International Commission on English in the Liturgy (ICEL) Fourth Sunday of Lent-B

3. THE GOSPEL OF THE FOURTH SUNDAY OF LENT: John 3: 14-21

Read the whole Gospel or just the portion provided below.

(At Home with the Word, available at the main church entrance

has all the scripture readings for each Sunday of the year. They are also available on the parish website).

Jesus said to Nicodemus: “Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.” For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. **THE GOSPEL OF THE LORD**

4. REFLECTION FOR ALL TO SHARE:

What did you notice most at Mass this Sunday? As you gaze upon the large Cross, which honors the worship space at Blessed Trinity these Lenten days, what does it mean to you. How do you feel, gathering in the presence and shadow of this Cross? At Spirit of Christ, how does the cross speak to you? How do the words of the Gospel today bring the Holy Cross to life?

For Children: How can the “good works” you do help others see God’s love?

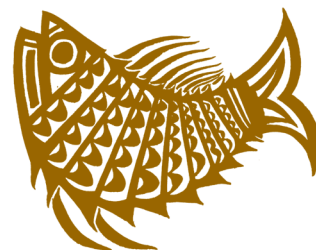
5. THE TOAST WITH A GLASS OF WINE: May the Lenten Spring renew the life within us!

6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass
(on back page of this document)



LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

The FIFTH Sunday of LENT AT HOME AROUND THE TABLE



1. ✚ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

IN OUR HEARTS, O GOD, you have written a covenant of grace, sealed by the obedience of Jesus your Son. Raise us up with Christ, the grain fallen to earth that yields a harvest of everlasting life. Bring us to glorify your name by following faithfully where he has led. We ask this through Christ, our deliverance and hope, who lives and reigns with you in the unity of the Holy Spirit, God, forever and ever. AMEN

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3. THE GOSPEL OF THE FIFTH SUNDAY OF LENT:

John 12: 20-33

Read the whole Gospel or just the portion provided below.

(At Home with the Word, available at the main church entrance has all the scripture readings for each Sunday of the year. They are also available on the parish website).

Some Greeks...came to Philip...and asked him, “Sir we would like to see Jesus.” Philip went... and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies it produces much fruit....” Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me. **THE GOSPEL OF THE LORD**

4. REFLECTION FOR ALL TO SHARE:

What do you feel Jesus is telling us when he speaks of the “grain of wheat?”

We often hear about being a disciple or being a “community of disciples,” how are you a disciple of Christ? How is your family a disciple? Our parish?

What does it mean to serve and follow Christ?

For Children: How can you help your friends feel more alive?

5. THE TOAST WITH A GLASS OF WINE:

May the Lenten Spring renew the life within us!

6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass

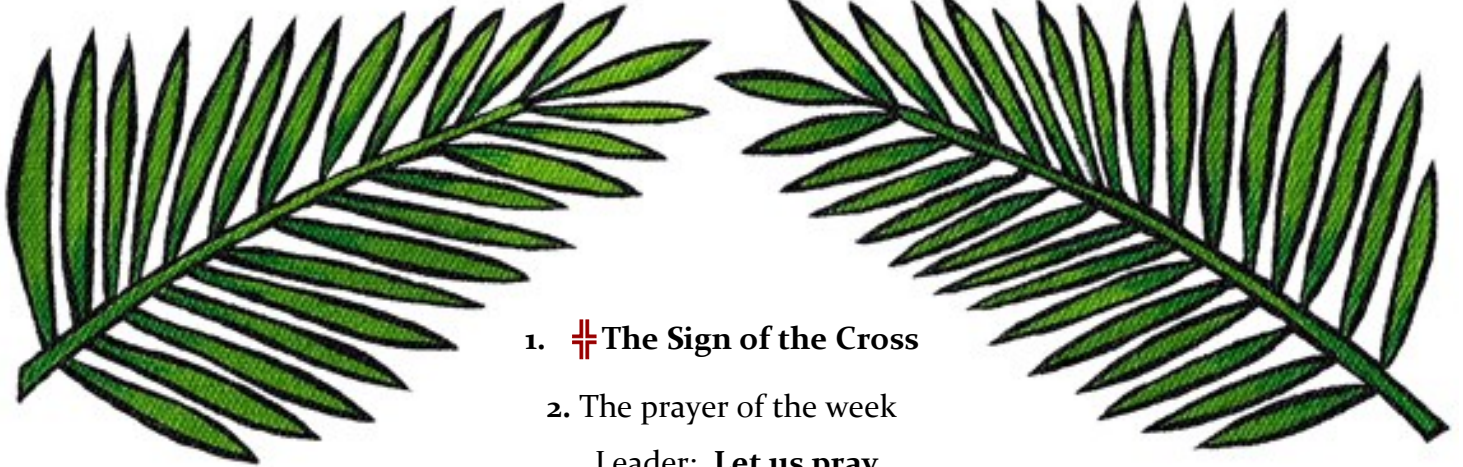
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LENT 2024 at Blessed Trinity & Spirit of Christ

“Won’t you stay for supper?”

PALM SUNDAY OF THE LORD’S PASSION AT HOME AROUND THE TABLE



1. ✠ The Sign of the Cross

2. The prayer of the week

Leader: Let us pray.

O God of eternal glory, you anointed Jesus, your servant, to bear our sins, to encourage the weary, to raise up and restore the fallen. Keep before our eyes the splendor of the paschal mystery of Christ, and, by our sharing in the passion and resurrection, seal our lives with the victorious sign of his obedience and exaltation. We ask this through Christ, our liberator from sin, who lives with you in the unity of the Holy Spirit, holy and mighty God for ever and ever. AMEN

©1997 International Commission on English in the Liturgy (ICEL) Palm Sunday of the Lord’s Passion ABC

Art: Laura James © LTP

3. THE SECOND READING OF PALM SUNDAY OF THE LORD’S PASSION: **Philippians 2: 6-11**

(At Home with the Word, available at the main church entrance has all the scripture readings for each Sunday of the year.

They are also available on the parish website).

Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross. Because of this God highly exalted him.... **THE WORD OF THE LORD.**

4. REFLECTION FOR ALL TO SHARE:

As you hear Paul’s words to the Christians of Philippi, what touches your heart?

What phrase from this reading lingers in your memory?

What touched you most when you heard the proclamation of the Lord’s Passion from the Gospel of Mark (14: 1-14:45) at Sunday Mass?

For Children: Share how you sometimes make sacrifices for the good of others?

A Question for all: **HOW WILL YOU KEEP THE THREE DAYS OF EASTER?**

5. THE TOAST WITH A GLASS OF WINE:

May the Lenten Spring renew the life within us!

6. The Breaking of the Bread

7. Dinner

At the end of supper:

8. A Blessing for the Journey from Sunday’s Mass

(on back page of this document)



8. *At the end of supper... A Blessing for the Journey from Sunday's Mass:*

Leader: *Along ways of peace may the loving and merciful Lord lead us.*

ALL: **ALONG WAYS OF PEACE
MAY THE LOVING AND MERCIFUL LORD LEAD US.**

Leader: *This is the fasting that I wish:*

ALL: **RELEASING THOSE BOUND UNJUSTLY;**

Leader: *Untying the thongs of the yoke;*

ALL: **SETTING FREE THE OPPRESSED;**

Leader: *Breaking every burden;*

ALL: **SHARING YOUR BREAD WITH THE HUNGRY.**

Leader: *Sheltering the oppressed and the homeless;*

ALL: **CLOTHING THE NAKED WHEN YOU SEE THEM.**

Leader: *And not turning your back on your own.*

ALL: **THEN YOUR LIGHT SHALL BREAK FORTH LIKE THE DAWN;**

Leader: *Then your wounds shall be quickly healed.*

All: **AND THEN OUR WOUNDS SHALL BE QUICKLY HEALED!**



Lenten SUNDAY Supper AT HOME 2024



A Guide for Sunday Lenten Supper at Blessed Trinity+Spirit of Christ designed and edited by Fr. Ed Hislop, Clip Art, Laura James & Paula Wiggins © Liturgy Training Publications, Chicago, IL. The Prayer of the Week © 1997 International Commission on English in the Liturgy. Scripture, Lectionary For Mass Year B (adapted) for use in the United States of America, Second Typical Edition, Volume 1 © 1970, 1997, 1998. ALL RIGHTS RESERVED.

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