

# A GUIDE for SUNDAY LENTEN SUPPER

## At Blessed Trinity Spirit of Christ

### 2026

# Building Households of FAITH

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

**WELL BEFORE 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.**

◆ 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, invite someone to Sunday dinner every Sunday of Lent or accept an invitation to dinner at another’s home. Plan with neighbors or friends to have dinner at various homes on the Sundays of Lent.
- ◆ 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, as we HONOR THE PAST, SERVE THE PRESENT AND PROVIDE FOR THE FUTURE.**
- ◆ 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 RE-CREATION!**

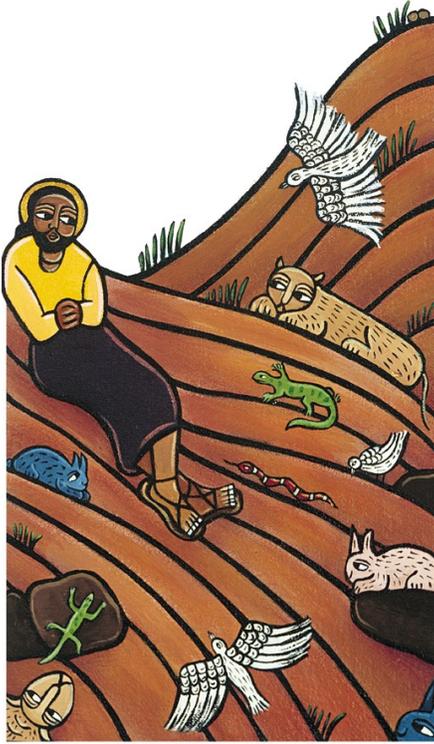
**Handing on the faith at home from generation to generation:  
 Whole Parish Faith Formation**



# LENT 2026 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.

**L**ord our God, in every age you call a people to hear your word and to do your will. Renew us in these Lenten days: washed clean of sin, sealed with the Spirit, and sustained by your living bread, may we remain true to our calling and, with those chosen for baptism, serve you alone.

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

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

#### 3. THE GOSPEL OF THE FIRST SUNDAY OF LENT:

**Matthew 4:1-11**

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

**J**esus was led by the spirit into the desert to be tempted..... He said in reply: One does not live on bread alone but on every word that comes forth from the mouth of God..... You shall not put the Lord your God to the test... The Lord, your God shall you worship and him alone shall you serve.”

**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

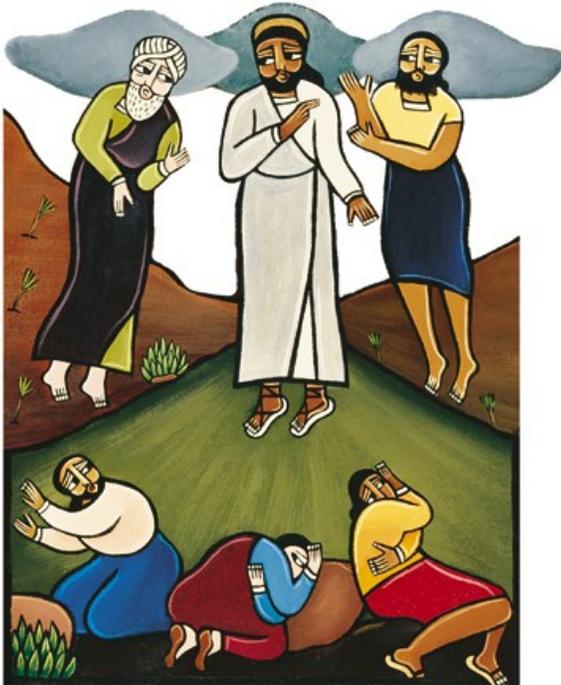
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# LENT 2026 at Blessed Trinity & Spirit of Christ

## “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.

**H**oly God, from the dazzling cloud you revealed Jesus in glory as your beloved Son. During these forty days enlighten your Church with the bright glory of your presence. Inspire us by your word, and so transform us into the image of the risen Lord, 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: Matthew 17:1-9

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

**J**esus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them.... ..then from the cloud came a voice that said, “This is my beloved Son, with whom I am well pleased; listen to him.” ...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.”

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

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# LENT 2026 at Blessed Trinity & Spirit of Christ

## “Won’t you stay for supper?”

### The THIRD 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.

**O** GOD, LIVING AND TRUE look upon your people, whose dry and stony hearts are parched with thirst.

Unseal the living water of your Spirit; let it become within us an ever-flowing spring, leaping up to eternal life. Thus may we worship you in spirit and in truth through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. AMEN.

©International Commission on English in the Liturgy (ICEL) Third Sunday of Lent-A

**3. THE GOSPEL OF THE THIRD SUNDAY OF LENT: John 4:5-42**  
*(At Home with the Word, available at the main church entrance has all the scripture readings for each Sunday of the year.)*

**J**esus came to a town of Samaria.... Jacob’s well was there. Tired from his journey he sat down there, at the well. A woman of Samaria came to draw water. Jesus said to her, “Give me a drink.” Later, Jesus 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 them a spring of water gushing up to eternal life.” ...and the people 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.” **THE GOSPEL OF THE LORD**

#### 4. REFLECTION FOR ALL TO SHARE:

What did you notice most at Mass this Sunday? In the long Gospel Story of the “woman at the well,” what image or scene did you see in your mind’s eye? What phrase or word caught your ear? Through what means do you experience Christ’s power in your life: Sacraments? Scripture? Prayer? Others?

*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

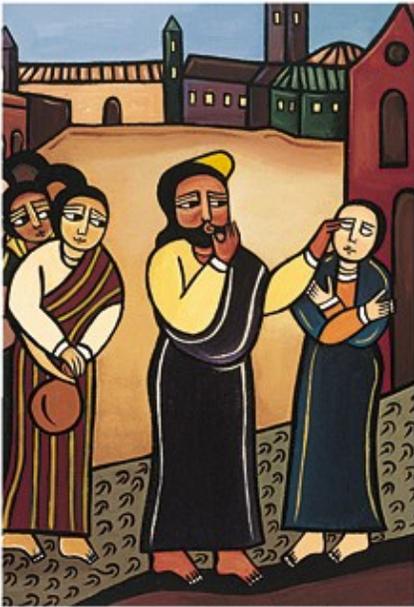
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# LENT 2026 at Blessed Trinity & Spirit of Christ

## “Won’t you stay for supper?”

### The FOURTH 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.

**G**OD, OUR CREATOR, show forth your mighty works in the midst of your people.

Enlighten your church, that we may know your Son as the true light of the world, and through our worship confess him as Christ and Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

AMEN. ©International Commission on English in the Liturgy (ICEL) Fourth Sunday of Lent-A

#### 3. THE GOSPEL OF THE FOURTH SUNDAY OF LENT: John 9:1-41

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

**J**esus spat on the ground and made clay with his saliva and smeared the clay on the eyes of the man born blind and said to him, “Go and wash in the pool of Siloam.” The name “Siloam” means “to be sent.” So the man born blind went and washed and came back able to see....And the leaders of the Jewish people threw the man born blind, who had regained his sight, out of the temple. When Jesus heard that they had thrown him out he found him and said, “Do you believe in the Son of Man?” The man answered and said, “Who is he sir, that I may believe? Jesus said, “You have seen him, the One speaking with you is he!” The man then said, “I do believe Lord!” Then Jesus said, “I came into this world for judgment, so that those who do not see might see and that those who do see might become blind.” Some of the leaders said, “Surely we are not also blind, are we?” Jesus said, “If you were blind, you would have no sin, but since you say, “We see,” your sin remains.” **THE GOSPEL OF THE LORD**

#### 4. REFLECTION FOR ALL TO SHARE:

What did you notice most at Mass this Sunday? In the long Gospel Story of the “Man born blind”, what image or scene did you see in your mind’s eye? What phrase or word caught your ear? What things would you identify as darkness and light in your life right now? In the life of our world, country and church?

For Children: How can you let the light of your faith in Jesus shine for others to see?

#### 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

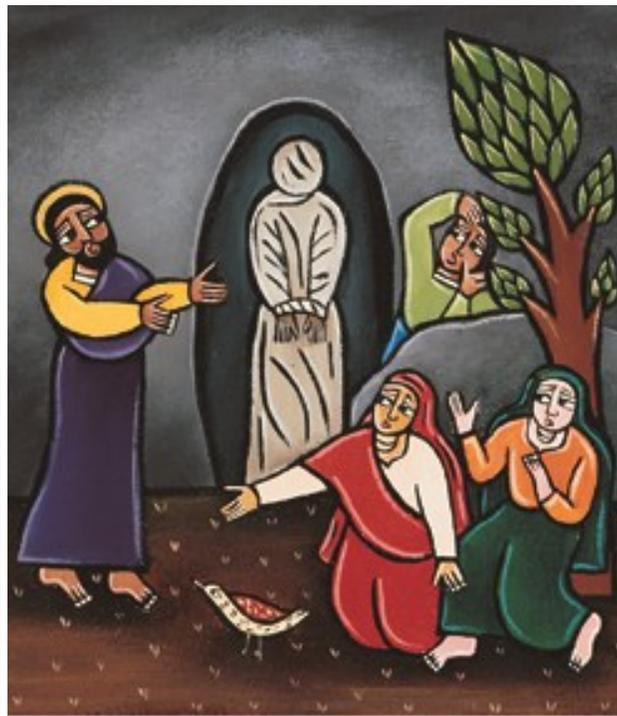
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# LENT 2026 at Blessed Trinity & Spirit of Christ

## “Won’t you stay for supper?”

### The FIFTH 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.

**M**ERCIFUL GOD, you showed your glory to our fallen race sending your Son to confound the powers of death.

Call us forth from sin's dark tomb. Break the bonds which hold us, that we may believe and proclaim Christ, the cause of our freedom and the source life. We ask this through our Lord Jesus Christ, your Son, 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 11:1-45**

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

**J**esus said, “Martha, I am the resurrection and the life; those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. DO YOU BELIEVE THIS?” . . . . So they took away the stone and Jesus looked upward and said, “Father, I thank you for you have heard me. I know that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.” When Jesus had said this, he cried out with a loud voice, “LAZARUS, COME OUT!” and the dead man came out, his hands and feet bound with strips of cloth. Jesus said to them, ‘UNBIND HIM, AND LET HIM GO FREE.’ **THE GOSPEL OF THE LORD**

#### 4. REFLECTION FOR ALL TO SHARE:

Jesus said, “Everyone who lives and believes in me will never die.” DO YOU BELIEVE THIS?

What does it mean for you and for our parish to “unbind” others and set them free?

What does that have to do with your answer to the first question, “Do you believe this?”

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 2026 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.

Art: Laura James © LTP

**G**od 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

© International Commission on English in the Liturgy (ICEL), Palm Sunday of the Lord's Passion

### 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.)*

**C**hrist 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 Matthew (26:14-17:66) 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

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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;*

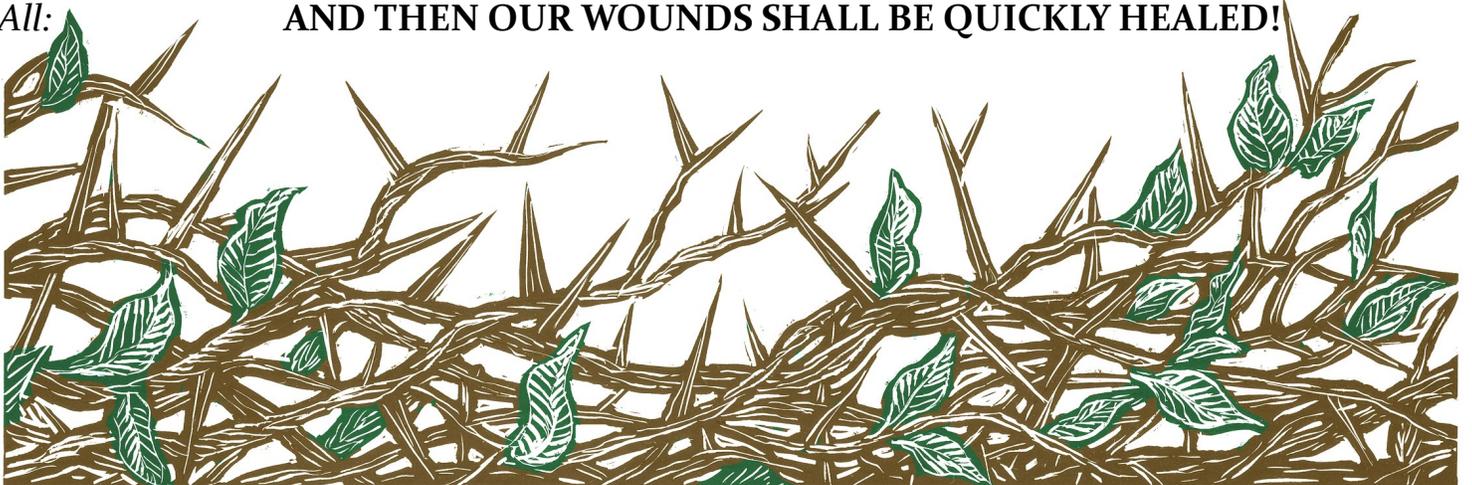
**ALL:** **CLOTHING THE NAKED WHEN YOU SEE THEM.**

**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!**



# 2026 Lenten SUNDAY Supper AT HOME



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 (adapted) for use in the United States of America, Second Typical Edition, Volume 1 © 1970, 1997, 1998. ALL RIGHTS RESERVED.