

Juliana Soup

Serves 6 (Guatemala)

Chop in small pieces and set aside:

- 1 turnip
- 4 medium carrots
- 2 small zucchini or yellow squash
- 1/4 head cabbage
- 3 potatoes

Fry in large saucepan in 2 T. oil
(30 ml):

- 1 leek or medium onion, chopped
- dash of pepper
- pinch of ground turmeric

Add:

- Chopped vegetables
- 1 cup corn (250 ml)
- 1 quart chicken broth (1 L), or 2
bouillon cubes and equivalent water
- 1 cup cooked chicken pieces (250
ml) (optional)

Bring to a boil. Simmer until vegetables
are tender. Season with salt to taste.
Serve.



Reflections on Hospitality

In Haiti, neighbors share food, sending it in covered dishes carried by children. At young ages children imitate the customs of their parents, tearing off tiny portions of their two-cent pieces of cassava bread to share with friends. It is never polite to eat in the presence of others without offering some of your food. An unexpected guest who arrives when someone is eating may ask for some of the food without being considered rude.

Haitians believe strongly that *manje kwit pa gen met* - cooked food has no owner.

[Recipe and reflection from *Extending the Table... a World Community Cookbook* by Joetta Handrich Schlabach. Commissioned by the Mennonite Central Committee (MCC), Akron, PA, to promote understanding and celebrate the variety of world cultures. Herald Press, Scottsdale, Pennsylvania; 15583, © 1991. To order call 1-800-245-7894. Used with permission.



Lenten Table Blessing

[Printed in four panels so that sheet can be cut into smaller cards]



FOLD

Lord Jesus Christ,
May our Lenten fasting turn us toward all our
brothers and sisters who are in need.
Bless this table, our good food, and ourselves.
Send us through Lent with good cheer,
and bring us to the fullness of your Passover.
Amen.



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Table Talk

Lent is a time for _____

This Lent, I/we want to make
time for... _____



Prayer of Lenten Simplicity

(Stand)

LEADER: We begin, in the name of the Father and of the Son and of the Holy Spirit.

ALL: Amen.

LEADER: The Lord calls us to days of penance and mercy. Blessed be the name of the Lord.

ALL: Now and for ever.

(Sit)

READER: *A Reading from the Book of Joel*
“Yet even now, says the Lord,
return to me with your whole heart,
with fasting, and weeping, and mourning:
Rend your hearts, not your garments,
and return to the LORD, your God.
For gracious and merciful is he,
slow to anger, rich in kindness.”
(Joel 2:12-13) The word of the Lord.

ALL: *Thanks be to God.*

RESPONSES FROM HOUSEHOLDS - “Lent is a time for...”

(Stand)

ALL: Our Father, who art in heaven...

SONG: “**Sign Us With Ashes**”

Sign us with ashes, the sign of your cross.
Give us the grace to know your mercy, Lord.
Renew our spirits and open our hearts.
Help us remember the love you gave us.

Help us prayer so we might be closer to you and to God’s family. (Refrain)

Help us fast so we might know the want of those within God’s family.
(Refrain)

Help us give so we might share of what we have to serve God’s family.
(Refrain)



Closing Prayer

(Stand)

LEADER: *Blessed are you, Lord God of all creation:*

ALL: *you make us hunger and thirst for holiness.*

LEADER: *Blessed are you, Lord God of all creation:*

ALL: *you call us to true fasting:*

LEADER: *to set free the oppressed,
to share our bread with the hungry,
to shelter the homeless and to clothe the naked.*

ALL: *Blessed be God for ever.*

(Sit)

READER: *A reading from the Letter of Saint Paul to the Philippians.
“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.”
Philippians 4:8*

The word of the Lord.

ALL: *Thanks be to God.*

(Stand)

ALL: **The prayer of Gregory the Great.**

*Again we keep this solemn fast,
A gift of faith from ages past,
This Lent which binds us lovingly
To faith and hope and charity.*

*More sparing, therefore, let us make
The words we speak, the food we take,
Our sleep, our laughter, ev’ry sense;
Learn peace through holy penitence.*

*Prayers of the Lenten and Easter Seasons
National Conference of Catholic Bishops*

SONG: “Sign Us With Ashes” (We Believe, Grade 5 CD, #19)



Ways to Pray

Praying with Scripture

The Sacred Scriptures can enrich our prayer immensely. They are the “faith record” of God’s mysterious plan - what God has done in history and the revelation of God’s plan for the world. A good way to pray is to take the Bible, read a passage, and then talk it over with God.

Praying with just one or two Scripture verses is a traditional and practical way to make prayer a part of our everyday lives. We can easily pray a short, easy-to-remember Scripture verse at work or play or during those “between times” we find ourselves in.

Here are several ways to pray with Scripture.

The Our Father

The whole gospel of Jesus Christ is summed up in the Our Father. It is the purest and most essential prayer of the Church. When we pray the Our Father, we pray with the attitude of Jesus and the Spirit of Jesus. We pray for what Jesus wants - that God’s will be done on earth. As we pray the Our Father, we become one with Jesus and one with the Father in love and trust. The Our Father can be found in Matthew 6:9-13 and in Luke 11:2-4.

Scripture Pictures

When people asked Saint Ignatius Loyola for help in prayer, he advised them to picture a scene from Scripture and to put themselves into the scene. Try it with Matthew 8:23-27. Imagine the people, the sounds, the smells; and especially, see Jesus as he speaks and acts. What is he saying to you?

God’s Word for the Day

Compile a list of at least seven favorite Scripture passages. Choose one each day during Lent as your special verse. Every time your mind is free or you are between activities, recall your verse and say it to yourself a few times.

Today’s Scripture

Using the Church’s calendar of Scripture readings, find the readings for today. (You can do this by visiting www.webelieveweb.com.) Read them and the psalm carefully. If you find a verse or idea meaningful, stop and let it sink in. Stay with it as long as you like. Then go on. Choose one of the verses, and recall it often during the day.

Scripture and Music

Music is a traditional and beautiful way to focus on the words and meaning of Scripture. Try setting a favorite verse to a simple melody, perhaps in a chantlike style. Create a harmony as well! You may want to use a Scripture story or set of verses as the basis for an entire song. Saint John Chrysostom wrote many Scripture hymns for the Church. Ask his help!

Scripture Exchange

Spend time looking through the New Testament. Write down, on an index card or a slip of paper, one or two verses you like. Collect them in a box or bowl. Then invite each member of your family or faith-sharing group to draw one and use it for prayer during the coming week.

The Prayer of the Name

“You shall name him Jesus” (Luke 1:31). The name of Jesus is a simple but powerful prayer, and using the holy name of Jesus in prayer is an ancient tradition in the Church. Begin by closing your eyes and becoming still. Breathe slowly and deeply. Then, as you breathe in, quietly say “Jesus.” As you breathe out, you may want to say “Savior” or “peace” or another word that reminds you of Jesus. Continue this rhythm for as long as you wish.

Adapted from *Faith and Witness, Liturgy and Worship*.
[pages 178-179] Published by William H. Sadlier, Inc.
For information, visit www.sadlier.com.



Gather in My Name

My Family learned about Lent.
Here we are at our parish.

I learned about ways to pray.

I learned about ways to do
penance.

I learned about ways to do
good works.



Evaluation

Thank you for attending ***Gather in My Name***.

Please take a moment to share your thoughts with members of the planning team. If participating with other members of your household, you might want to fill in your answers together.

One thing I/we learned about Lent was _____

I/we would like to know more about _____

A question I/we have about Lent or Lenten practices is _____

One way I/we will celebrate Lent this year is _____

Something I/we would like our parish to offer in future
Gather in My Name events is _____

Additional comments _____

Return this form to your planning team.