



# Building Faith@HOME

**1st Reading:** [Lv 13:1-2, 44-46](#)  
**Responsorial Psalm:** [Ps 32:1-2, 5, 11](#)  
**Second Reading:** [1 Cor 10:31-11:1](#)  
**Gospel:** [Mk 1:40-45](#)

Ash Wednesday this week!

Today's gospel captures Jesus' encounter with a leper. This marks Jesus' final healing on the journey throughout Galilee.

In this reading, the man with leprosy took the initiative, approaching Jesus and asking for healing. In doing so, the leper, considered unclean, violated the religious customs of the day by approaching a person who was clean. His request to Jesus can be interpreted as a courageous and daring act. The confidence of the leper in Jesus' ability to heal him is evident in the words of his request. But his words can also be read as a challenge to Jesus, asking just how far Jesus was willing to extend himself in order to heal someone. Mark is intentional in describing Jesus' response giving us a insight to his emotion as he "was moved with pity. Some translations say, "filled with compassion" knowing the man's suffering of being an outcast and removed from the community.. But in this deep compassion, Jesus touched him and healed him that he may return to the community.

Jesus healed the leprous man and restored him to community. We have been created for community and are called to live our faith in and with a community. "We though many form one single body," and "by this will all know that you are my disciples, if you have love one for another."

**Missionary Discipleship:** The Christian community is often described as the Body of Christ, with each member playing a unique and essential role. Being actively involved in a community allows missionary disciples to live out this concept, showing how diverse talents and gifts can work together to further God's kingdom. How is your parish community caring for the needs of others? How is you parish reaching out to the "outcasts" of today with compassion? How are you engaged in your parish efforts to care for others?

### Family Table Talk

**Children:** What do you want to ask Jesus to do for you?

**Youth:** How has Jesus touched your life? How are you changed because of that touch?

**Adults:** Name a time when you experienced Jesus' healing touch.



Create a "Lenten Table" for your home  
[Catholicicing.com](http://Catholicicing.com)

Psalm 46:10

Visit [crsricebowl.org/families](http://crsricebowl.org/families)



Print the DIY Rice Bowl label to create your own Rice Bowl container. Follow the Lenten calendar provided. Try the meatless recipes from around the world. Read the stories of hope.

### Palms to Ashes



Ashes are a sacramental. Sacramentals are sacred signs instituted by the Church. A Sacramental is an object or an action which is regarded as encouraging devotion and thus spiritually aiding the person who uses it. The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. They are blest with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on God.

**Pray** - Act of Love (see Building Prayer at Home page)

**Fast** - Give up a favorite snack

**Give** - Give your place in line to the next person (lunch line, grocery line, etc)



## LENT

### Links for More Ideas, Activities & Resources FYI

[teachingcatholickids.com](http://teachingcatholickids.com) Teaching children to pray for the sick. (Kids Faith Builder)

[Catholicmom.com](http://Catholicmom.com) Installing hope in our Children (Family Faith Builder)

[catholicicing.com](http://catholicicing.com) St. Valentine's Day treats (Kids Faith Builder)

[Hallow.com](http://Hallow.com) - Lent 2024 Key Dates and Frequently Asked Questions (Family Faith Builder)

This resource is meant to be used in a digital format with hyperlinks,

Digital Format can found at:

[syracusediocese.org/partnering-with-families](http://syracusediocese.org/partnering-with-families)






February 11, 2024

2024 - A Year of Prayer

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him,

"Lord, teach us to pray..." '- Luke 11:1

# Prayer@HOME

 Cut & Pray!



## Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die.  
Amen.

## Scripture Verse of the Week From Sunday's Mass February 11, 2024



...whatever you do, do everything for the glory of God.  
1 Cor. 11:1

## The Pretzel Trio...

The three holes in the pretzel have been used as symbols for the teaching of the faith. They can represent:




1. The Holy Trinity:  
Father, Son and Holy Spirit
2. The Three Theological Virtues:  
Faith, Hope and Love (Charity)
3. The Three Disciplines of Lent:  
Prayer, Fasting and Almsgiving

Notice that the pretzel is shaped like a heart!



In everything you do, thank God. Thank God for the good things and the bad things in your life. Everything that happens, God can use to do His will. Praise God at all times!

What do you want to thank God for? 

## Building Prayer Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.

## The Pretzel Story...

The pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten bread as far back as the fourth century. In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They made small breads with water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms for in those days they crossed their arms over the breast while praying. Therefore they called the breads "little arms" (*braccellae*). From this Latin word, the Germanic people later coined the term "pretzel." ([CatholicCulture](http://CatholicCulture))

Start a new Lenten tradition in your home! As a family make soft pretzels and remind each other of God's love. Say your family prayer by crossing your arms over your hearts, like a pretzel. Have members of your family determine how you will pray, fast and give this Lent.

Recipe with family prayer can be found here:

<https://bit.ly/Lent-Pretzel>

