

1st Reading: Exodus 20:1-17

Responsorial Psalm: Psalm 19:8, 9, 10, 11

Second Reading: 1 Corinthians 1:22-25

Gospel: John 2: 13-25



3rd Sunday in Lent

Third Sunday of Lent In today's first reading, we are reminded of the Ten Commandments. The Gospel invites us to reflect upon our worship of God. For Jesus and his Jewish contemporaries, the Temple was an important, holy place where they gathered to worship God, to pray and keeping the sabbath day holy by recognizing the need and desire to be in right relationship with God. Each week as we celebrate mass together at church, we do what Scriptures call us to do:

First: We confess our sins and ask for forgiveness in the Penitential Act because we acknowledge our failure to obey the ten commandments;

Then we listen to the Word of God and express our expectations in the General Intercessions asking God to help us in answer to our prayers;

Finally: We invite the Holy Spirit to come down upon bread and wine, so that as we receive that bread and wine, really changed into the Body and Blood of Christ, we can be filled with the life of God himself, Father, Son and Holy Spirit. When we gather each weekend to keep holy the sabbath day in fulfillment of the third commandment, we thank God for the sign that God has given us in Jesus Christ and in the Eucharist, in which we experience the power and the wisdom of God, and by which we are reminded that we ourselves are Temples of the Holy Spirit.

Question and Action for all: Which commandment do you struggle with the most? Aim for one small improvement this week.

Prayer: May the Lord cleanse us of whatever keeps us from giving God the glory and praise that are His due.

This season of Lent is a good time for us to think about how our hearts might need cleansing. Do an examination of conscience and receive the Sacrament of Penance.

Year of Vocation

The formation of future priests... is considered by the Church to be one of the most demanding and important tasks for the future of the evangelization of humanity."

— Saint Pope John Paul II in *Pastores Dabo Vobis*

The years of academic and spiritual formation are rigorous as they prepare for the many demands of priesthood. Support and encouragement from the community is so valuable. "Adopt a Seminarian" is an activity that families, catechetical programs or youth ministry groups can take part in. Cards, care packages, prayers are a few ways to support seminarians during their formation. For more information contact Elizabeth Garn at egarn@syrdio.org or call 315-470-1490 (Another way to give during Lent!)

The ABCs for Fostering Vocations

Find opportunities to affirm the gifts and talents of your children, and help them relate their gifts to various career and life choices (including priesthood and religious life).

Lenten Recipe of the Week!

Veggie Lasagna



Time to spring clean- the house and the heart! Learn more at
Sermon4Kids.com



God, help us to remember that we are Your temple and that Your Spirit lives in us. Help us to keep our lives clean and useful for service to You. In Jesus' name, Amen.



Links for More Ideas, Activities & Resources FYI

youngcatholics.com - Make blessing bags for the homeless, Almsgiving project for Lent (Youth & Family Faith Builder)

vocations-syracuse.org - Diocese of Syracuse Seminarians, Pray for our seminarians (All ages Faith Builder)

Youtube.com Ten Commandments with Hand Motions (Children's Faith Builder)

Youtube.com Why to Persevere in a State of Grace: Gospel Reflection - 3rd Sunday in Lent (Adult Faith Builder)

catholicblogger1.blogspot.com - Ten Commandments Game - (Children & Family Faith Builder)