

Lent Week Two

Second Sunday

LIGHT: 8 Tealights + Christ Candle

PRAY: Loving God, heal our hearts, transform our relationships, and transfigure our lives so that we too might dazzle and love and dream and live more like Jesus. Amen

EXTINGUISH: 3 Tealights

READ: Luke 9: 28-36

REFLECT: As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning.

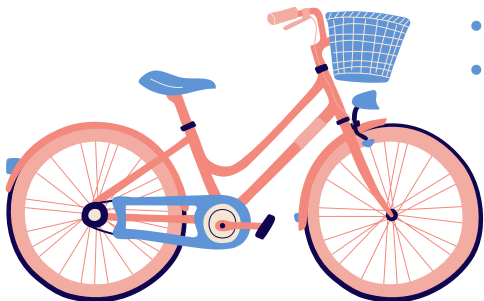
BLESS: May God bless you and keep you! May the radiant face of God shine upon you as you follow Jesus' bright and brilliant ways of truth and life. Amen



Practice

You can transfigure the world! This week, choose one way (or more!) to help the earth.

- recycling
- composting
- turning off lights
- eating vegetarian or vegan
- biking or walking instead of driving.



"As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning."
Luke 9:29



Activity

When Jesus' face and clothing was changed, the scripture says "his clothing became brilliant as lightning".

Research and find five cool lightning facts.

Here's one: until the late 18th century, people believed that ringing church bells repelled lightning, so many bells bore the inscription, *fulgura frango* ("I chase lightning")



Almsgiving

This week, sit together as a family and read/watch one of these [Caritas Stories](#) and pray about how your family could help support people living in some of the most vulnerable communities across the world by making a donation to Project Compassion. Maybe instead of a canteen lunch or a takeaway coffee, during Lent you place that money in a Project Compassion box!

