



# Family Mass Newsletter

## THE FOURTH SUNDAY OF LENT



Lent

### SUNDAY MESSAGE

Since we are not able to meet this Sunday, here is a virtual Sunday Message for Families, which includes some prayer, image, and song; Sunday's readings; and the homily in which the Man Born Blind tells his story of healing. Thanks to our actor Tom Sonnek! Enjoy a bit of precious time praying and thinking together...

### ANIMALS FOR FARMERS



All year long you have brought in your envelopes to buy farm animals through Heifer International. Together we saved hundreds of dollars, which will buy animals to help farm families become self-sustaining! I'll keep you posted in case we can match our funds and buy even more critters. Thank you!

### OUTREACH SUSPENDED

SJA has suspended Masses and all outreach during this time. So the Calvary Meal, kids packing food for Mobile Loaves Twin Cities, Clare Housing Supper Club, Mentor Families program, and our service evening on April 1<sup>st</sup> have been cancelled for this year, as well as our Palm Sunday play with HOBT. We have also suspended our Togo and cake collections. If you donated clothes or cake supplies, never fear—they will find their way to Togo and Sabathani!

### OUR LENTEN PRAYER

God of our Lenten journey,  
 help us lay down the burdens  
 that keep us turned from you  
 Let us give in to light  
 so we can act with hope  
 Let us live in courage  
 so we can do what is right  
 Let us be a people of love  
 opening your arms to the world  
 Amen

### BY THE WAY...

Dancing isn't cancelled

Singing isn't cancelled

Kindness isn't cancelled

Music  
 Meditating  
 Yoga aren't cancelled

Dreaming  
 Writing  
 Reading aren't cancelled

Walking in nature  
 Gazing at stars  
 Practicing gratitude  
 aren't cancelled

Calling friends  
 Playing with pets  
 aren't cancelled

Hope isn't cancelled

Having fun isn't cancelled

Love is not cancelled

*Thanks to Brennan for the inspiration!*

See you all soon...

## BLESSING OF MUD

from Jan Richardson  
 on the Man Born Blind

Lest we think  
 the blessing  
 is not  
 in the dirt.

Lest we think  
 the blessing  
 is not  
 in the earth  
 beneath our feet.

Lest we think  
 the blessing  
 is not  
 in the dust

like the dust  
 that God scooped up  
 at the beginning  
 and formed  
 with God's  
 two hands  
 and breathed into  
 with God's own  
 breath.

Lest we think  
 that God  
 cannot reach  
 deep into the things  
 of earth,  
 cannot bring forth  
 the blessing  
 that shimmers  
 within the sludge,  
 cannot anoint us  
 with a tender  
 and grimy grace.

Lest we think  
 that God  
 will not use the ground  
 to create us  
 once again,  
 to cleanse us  
 of our unseeing,  
 to open our eyes upon  
 this ordinary  
 and stunning world.



**STAY WELL AND  
 HAVE A BLESSED LENT!**

*We Welcome You Wherever You Are On Your Journey*



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Focus on this image.  
Pause and reflect.  
What word or phrase comes to you?  
Take a moment for silence, be still.  
Enjoy coloring!

*Print and color as part of this mindfulness exercise.  
This image was created by Brother Mickey O'Neill McGrath.  
From the Wisdom Ways website*

***We Welcome You Wherever You Are On Your Journey***



# Family Mass Good News



Jesus said,  
 "I am the light of the world."  
 Jesus spat on the ground, made mud,  
 and put the mud on the man's eyes.  
 Then Jesus told him,  
 "Go wash in the pool of Siloam."  
 So the man went and washed his eyes  
 and came back able to see.

- John 9: 5-7



## THE WORD

Today our readings focus on moving from darkness into light. In our first reading (Ephesians 5: 8-14), Paul tells us that when we live in love, we become children of the light, doing what pleases God.

Just as in last week's Gospel, where Jesus satisfied the woman's thirst with living water, today (John 9: 1-38) Jesus gives a man born blind his sight—and the light of faith. Imagine the blind man in today's gospel. People believed that he was blind because he was a bad man. But Jesus doesn't see a bad man, just one who needs to be healed right now.

The Pharisees, who want to find fault with Jesus, try to trick the man born blind into saying that Jesus sins by working on the Sabbath. The man born blind isn't interested in their tricky questions. He tells them, "The one thing I know is I once was blind but now I see." The blind man accepts the power of Jesus and receives both physical and spiritual sight, while those who reject Jesus remain spiritually blind.

## PUZZLER

CAN YOU FIND THE HIDDEN WORDS?



*believe, healed, opened, birth, home, parents, blind, life, Pharisees, born, light, pool, Sabbath, world, spit, eyes, mud, prophet, sight, temple, ground, night, received, Siloam, wash*



## THE MAN BORN BLIND

Today, we heard the story of a man who was born blind. He had no home, no safe place to live. No one had ever treated him with kindness. His life was a dark place. Then he walks into the path of Jesus. Jesus takes the stuff of earth and the body—dirt and spit—makes a muddy paste, spreads it over the man's eyes, and says, "I am the light of the world." The man washes his eyes, looks into the eyes of Jesus, and his heart opens. All his darkness leaves him as he steps into God's light.