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Based on the gospel for Sunday 5 March, Second Sunday of Lent: Matthew 17: 1-9

"There in their presence he was transfigured, his face shone like the sun and his clothes became white as the light."

Today, Peter, James and John witness their friend Jesus in glory, accompanied by Moses and Elijah. They hardly know what to do. Perhaps we should stay here, Peter suggests in bewilderment, and build shelters.

We too, may have experienced our own moments of transfiguration. Glimpses of goodness and beauty which carried us beyond ourselves. Moments of awe and wonder in which we encountered God in a powerful way. Perhaps we too, like Peter, wished to hold onto that moment for as long as possible.

But Jesus takes his friends back down the mountain and back to his work of seeking out people who need his presence, love and healing.

We can cherish God's gift of "transfiguration" moments, which remind us of the power of God to bring light to even the most difficult situations. May they strengthen us to actively live out God's love on the ground, to commit to building God's kingdom and to offer his compassion and hope to all who need it.

Glorious God,
we give you thanks
for special moments of grace,
for your abundant generosity
and for the strength of your love.
May we reflect your glory
as we walk in your way.
Amen.



Family Fast Day

Today is Family Fast Day. By eating simply and giving what you save, you can give more families like Dristy's the tools and training they have requested to fight the climate crisis and create a better future.

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Pope Francis' Lent message

Pope Francis' Lent message for 2023 reflects on the Transfiguration. The Holy Father offers his thoughts on listening to the Lord and how the Lenten path is a synodal journey.

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Lent family prayer ideas

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This reflection and prayer were taken from our [Lent Calendar](#).



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