



DIOCESE OF SCRANTON

ROOTED IN CHRIST

LENT 2022



SACRED *Sunday*

THERE IS NOTHING SO
IMPORTANT IN THE
FAMILY AS THE SACRED
QUALITY OF THE MEAL.

Henri Nouwen



In the busy-ness of each week, the luxury of home-cooked meals sometimes gets skipped over in favor of the quick bites on the way to sports practice, music or dance lessons, or so homework can be finished.

The weekend is a tempting time to catch up on chores, phone calls, favorite shows on TV/ streaming, and ordering pizza as a treat...BUT! What if you opted to use Sunday as a designated day to go BIG, and make your own version of "Sunday Dinner" that has become popular among many cultures? If you attend Saturday Vigil, doing 'fancy breakfast' together on a Sunday morning is something fun, or if you go to Sunday morning Mass, you could aim for a late lunch/early supper on Sunday afternoon.

***Food has so much to teach us about nourishment, and as a culture we struggle with what it means to be not simply fed, but profoundly and holistically nourished...
(Liturgy of the Ordinary; Tish Harrison Warren)***

After attending Mass, preparing and serving a meal is a wonderful way to build community amongst your family members, and cooking is a wonderful way to re-center yourself: the repetition of peeling/dicing vegetables, or slicing bread etc., can be an unexpected place to find the sacred amidst the craziness of your household.



Feeding Your Family's Soul: Dinner Table Spirituality by Donna-Marie Cooper O'Boyle

You don't have to overcomplicate it, but try to carve out this time, and include everyone in the ritual somehow:

- **Pick out the meal/menu as a family, ahead of time.**
- **Give each family member a job.** ('sous chef', dish duty, inventory of supplies and measurements, cleaning up the room to make way for the special occasion, decorations...)
- **Ask children to make decorations for the table.** You can encourage a seasonal theme, have them find items around the house to mark everyone's place at the table, make construction paper placemats for each family member, or select a piece of their own artwork to share as a centerpiece.
- **Light a Candle.** The simple act of pausing to light a candle helps set this time aside in your day and gives people a chance to focus on being at the table.
- **Find a meaningful way to begin your meal.**
 - ~ Saying grace, or a special Lenten prayer
 - ~ Singing a song
 - ~ Raising your glasses to say "Cheers!"/ "Here, Here!"/ "To Family!"

...at the Last Supper, Jesus tells his disciples to eat in remembrance of him. Of all these things he could have chosen to be done 'in remembrance' of him, Jesus chose a meal ...

- **Ask each member to share about their favorite part of the week, and why.** You may learn things that surprise you, and this is a great time to learn about listening to others. This simple question helps everyone relive a fun day, or pick the good things out of a bad day. Just talking about day-to-day struggles and successes (Highs and Lows) lays the foundation for deeper conversations at other points across the week.
- **Celebrate your family's unique dinnertime rituals.** Does everyone have a specific chair? Do you make a family dinner that

everyone loves? Do you have a silly way you encourage the toddler to eat? All of these little things, when repeated, become the details that make dinner a meaningful time of connection, and each person a sense of belonging.

- **Make it Your Own.** Your dinnertime rituals do not have to be intricate, they do not have to look like other people's, and they do not have to be the ones you had growing up. You can take a few small details and add them to your meal in a way that makes sense for your family.

...(Jesus) picks the most ordinary of acts, eating, through which to be present to his people. (Liturgy of the Ordinary; Tish Harrison Warren)

These ideas come from "Easy Dinner Rituals"
www.bouncebackparenting.com

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