



Small Groups

Parish Community of Saint Helen



Sunday, March 5, 2023
2nd Sunday of Lent
On The Right Track Week 2

Suggested reading for this session:
Pages 42 to 75 in the Lenten Companion

Opening Song

[Return to God ~ John Angotti](#)

Opening Prayer

Slow me down Lord
Ease the pounding of my heart
by the quieting of my mind.

Steady my hurried pace
with a vision of the eternal march of time.
Give me amid the confusion of the day,
the calmness of the eternal hills.

Break the tension of my nerves and muscles
with the soothing music of the singing streams
that live in my memory.

Help me to know the magical restoring power of sleep.

Teach me the art of taking MINUTE vacations,
Of slowing down to look at a flower,
to chat with a friend,
to pat a dog,
to read a few lines of a good book.

Slow me down Lord

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SaintHelen.org/Small-Groups

and inspire me to send my roots
deep into the soil of life's enduring values
that I may grow toward the stars of my greater destiny.

Author: Wilfred A. Peterson

Gospel

Mt: 17:1-9

Jesus took Peter, James, and John his brother,
and led them up a high mountain by themselves.
And he was transfigured before them;
his face shone like the sun
and his clothes became white as light.
And behold, Moses and Elijah appeared to them,
conversing with him.
Then Peter said to Jesus in reply,
"Lord, it is good that we are here.
If you wish, I will make three tents here,
one for you, one for Moses, and one for Elijah."
While he was still speaking, behold,
a bright cloud cast a shadow over them,
then from the cloud came a voice that said,
"This is my beloved Son, with whom I am well pleased;
listen to him."
When the disciples heard this, they fell prostrate
and were very much afraid.
But Jesus came and touched them, saying,
"Rise, and do not be afraid."
And when the disciples raised their eyes,
they saw no one else but Jesus alone.

As they were coming down from the mountain,
Jesus charged them,

"Do not tell the vision to anyone
until the Son of Man has been raised from the dead."

Reflection Video: [What does God think of You?](#)

If your group chooses to listen to the weekend Homily you can find it at:
sainthelen.org/podcast/

Discussion Questions

1. Was there a part of the Gospel or weekend message that resonated with you?
2. What are your reactions to the image on page 43 of the Lenten Companion?
3. Fr. Mark Toups said: "We can be our own worst critic." God looks at us with mercy, love and compassion. How do you reconcile these two statements? What do you experience?
4. In the Gospel Peter says, "Lord, it is good that we are here." Can you think of a time when you felt you were in the right place on your faith journey?
5. Are you listening to God's calling, and how?
6. Fr. Mark Toups said: "Jesus is God' Mercy and Love in the Flesh." What does that mean to you?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each
Glory Be to the Father,
And to the Son, and to the Holy Spirit.
As it was in the beginning, is now
and ever shall be world without end.
Amen

Closing Reflection Song

[Turn our Hearts Around ~ Trevor Thomson](#)