

## **Second Sunday of Lent**

**March 1, 2026**

Your name will be great.

Grace is bestowed upon us.

Transfiguration.

-rvb.

## **Monday of the Second Week of Lent. – March 2.**

Daniel 9:4-10 – Recalcitrant ways/ Shredding to pieces God's love/ Mending the fabric.

Luke 6:36-38 – Simple qualities/ The benchmark of true Christians/ Carved within our souls.

Prayer. May I be a living icon of your love as I journey with Jesus to Jerusalem.

Coping with stress: Set up contingency plans, "just in case" for some reason either of us is delayed, here is what we will do.

Two good deeds for personal growth and the welfare of others:

1. **Be Assertive.** Stand up for your rights and the values you believe in.
2. **Be Attentive.** When someone is talking, give them your full attention. No cell phones in view. Do not be busy with something else; no time to be disrespectful.

Quotation. "A people without faith in themselves cannot survive." Hopi Proverb

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## **Tuesday of the Second Week of Lent. – March 3.**

Isaiah 1:10, 16-20 – White flakes settle on red/ Melting, mixing, and cleansing/ Time to take a bath.

Matthew 23:1-12 – Jesus says, "Know thyself"/ Do not hide behind the veil/ Get with it, be real.

Prayer. Lord, help me to put aside mindless repetition of words. Give me the courage to dig deeper into the soil of my authentic self.

**Coping with stress. Relax your standards. Something I will work on. The world will not end if the grass is not cut today or the sheets must be changed on Friday.**

**Two good deeds for personal growth and the welfare of others:**

- 3. Be Bold. Life is an adventure. Pursue your dreams. Act on your intuitions. Create the life you have always wanted.**
- 4. Be Candid. Be frank, and earnest. Say what is on your mind. Do not feel the need to censor your words because you are afraid of what others think. Be true to yourself. But not at the expense of others' feelings, of course.**

**Quotation. "They made many promises, so many I cannot remember, but they only kept one. They promised to take our land, and they took it." Red Cloud (1822-1909)**

### **Wednesday of the Second Week of Lent. – March 4.**

**Jeremiah 18:18-20 – Flapping, wagging tongues/ A feeling of betrayal/ God, where are you now?**

**Matthew 20:17-28 – City on a hill/ Jesus speak of death and life/ Selective hearing.**

**Prayer. God, fill me with your permeating presence. Help me to be still that I may hear the urgings of your Spirit.**

**Coping with stress: Pollyanna-power. For every situation that goes wrong, there are many more blessings – count them!**

**Two good deeds for personal growth and the welfare of others:**

- 1. Be Caring.**

**Show concern. There is no need to wait for a cry for help before showing care and concern. You can respond within a reasonable amount of time. Even if there is nothing wrong, it will warm the hearts of others to know that you care.**

**Call your friends. Are there any friends you have not contacted for a while? Call them today and check how they are doing. They may not show it, but they will be happy that you called—it shows that you care.**

- 2. Be Coachable. There is always something we can learn from everyone, no matter what their age, background, or area of expertise. Do not close off on opportunities to gain experience just because you think you know enough. Open your mind and let every encounter be a learning lesson.**

**Quotation. “White people are trapped in a history which they do not understand; and until they understand it, they cannot be released from it.” James Baldwin (1924-1987)**

#### **Thursday of the Second Week of Lent. - March 5.**

**Jeremiah 17:5-10 – Rooted in the Lord/ Time to branch out and embrace/ Sap is flowing forth.**

**Luke 16:19-31 – Bread breaks, crumbs scatter/ Even dogs eat before him/ Now, tables are turned.**

**Prayer. Come to me in my moments of spiritual hunger and thirst. Quench my thirst and my hunger.**

**Coping with stress: Ask questions when in doubt; one good question is worth a thousand answers.**

**Two good deeds for personal growth and the welfare of others:**

**1.Be Committed... to your goals and dreams. If you have set a goal, go all out and achieve it. If you have formulated a plan, stay with it.**

**2.Be Compassionate / Kind. Always look for opportunities where you can help others. Do not get wrapped up in your “stuff” — instead, look outward and see if there is anything you can do for others. Even the simplest things, like helping someone carry their belongings, are very much appreciated by others.**

**Quotation. “We are citizens of one world; we are all of one blood. To hate someone because he was born in another country, because he speaks a different language, or because he takes a different view on a subject, is a great folly.” John Comenius (1592-1670)**

#### **Friday of the Second Week of Lent. - March 6.**

**Genesis 37:3-4,12-13, 17-18 – Sibling rivalries/ A coat of many colors/ Childish spites arose.**

**Matthew 21:33-43, 45-46. – Grapes have gone wild/ Pressing victims into vats/ Grapes of wrath are sour.**

**Prayer. God, I am yours. Sometimes because of my selfishness, I become a god unto myself.**

**Coping with stress: Say “No thank you” to extra projects, volunteer’s requests, and invitations you know you will not have the time and energy to invest.**

**Two good deeds for personal growth and the welfare of others:**

- 3. Be Confident... in who you are and what you do. There is no reason not to be.**
- 4. Be Conscientious / Meticulous. Are you attentive to everything you do? Such a quality is rare but so precious. Conscientious people put their heart and soul into what they do; consequently, they do a complete job in whatever they do.**

**Quotation. “Immigrants of color never have been fully assimilated into U.S. society. They instead join a racially stratified society with deep inequalities that will forever deny them the opportunity available to their white counterparts to be fully integrated into the national community.” Kevin John (1958)**

### **Saturday of the Second Week of Lent. – March 7.**

**Micah 7:14-15 – A God who repents/ One who never sleeps alone/ Straining for our love.**

**Luke 15:1-3, 11-21 – Fractured family/ Mended by a father’s love/ Elder son turns cold.**

**Prayer. Give me the courage to forgive, merciful God, before it is too late. My words can heal and mend broken hearts.**

**Coping with stress: Turn off your phone, take a bath, meditate, nap, or read without interruption.**

**Two Good Deeds for personal growth and the welfare of others:**

- 5. Be Considerate / Thoughtful. Make a habit to consider others in your decisions and actions for they affect other people. Make sure no one is negatively affected before you proceed with your plans.**

**Practice the Golden Rule. It is the ethic of reciprocity which states “One should treat others as one would like others to treat oneself.” How do you want others to treat you? Shower others with this behavior and you will attract more of the same.**

**Practice the Silver Rule. Related to the Golden Rule, it states “Do not do unto others what you would not have them do unto you.” It is to make up for the shortcomings of**

the Golden Rule. How do you *not* want others to treat you? Make sure you do not do this to others.

6. **Be Cooperative. Do not be insular and seclusive. Be willing to work with others if they need your help. We do not exist in this world alone; life is possible because we have each other.**

Quotation. “America has been called a melting pot, but it seems better to call it a mosaic, for in it each nation, people, or race which has come to its shores has been privileged to keep its individuality, contributing at the same time its share to the unified pattern of a new nation.” -King Baudouin of Belgium (7 Sep 1930-1993)

“It is in Jesus that we live, move and have our being.” – Acts 17:28.

Roger J. Vanden Busch

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Reading 1

**Genesis 12:1-4a**

**The LORD said to Abram:**

**“Go forth from the land of your kinsfolk  
and from your father’s house to a land that I will show you.**

**“I will make of you a great nation,  
and I will bless you;**

**I will make your name great,  
so that you will be a blessing.**

**I will bless those who bless you  
and curse those who curse you.**

All the communities of the earth  
shall find blessing in you.”

Abram went as the LORD directed him.

### **A reflection, exegesis, and commentary on the scriptures.**

Genesis, chapters 1 and 2 dramatize stories about “creation” and how each of us is to be environmentalists, in harmony with the earth being stewards and co-creators, offering a sense of “re-creation,” a movement from curse to blessing, a sense of connectedness with God, sharing a very basic lesson in spirituality. Abram, soon to become Abraham, is called to go into the wilderness, leaving the security of his surroundings. Abram’s spirituality is comprised of three moments and movements: 1. The “zero” moment when he is challenged to let go – “go forth from the land of your kinsfolk;” 2. The “surrender” moment when he does what the Lord instructs him to do; and 3. The “peak” moment when he is given the three-fold promise of God. Abraham is to walk by faith and to live as a pilgrim on this earth. It was as if Abram had joined Peter, James, John, and Jesus on the peak of the mountain where Jesus is transfigured before them.

“Peak moments in psychology refer to extraordinary experiences  
characterized by intense joy, clarity, and a sense of

interconnectedness.” These moments, often described as transcendent experiences, rumor of angels, and supernatural existential are believed to play a significant role in self-actualization, a concept introduced by Abraham Maslow.

**Key characteristics of peak experiences include:**

+**Intense positive emotions** – These moments generate a deep sense of fulfillment and satisfaction.

+**Significance** – They lead to increased personal awareness and understanding, often serving as turning points in a person’s life.

+**Spiritual connection** – Individuals may feel a profound sense of oneness with the universe, losing track of time during these experiences which perhaps were the case for Abram, Peter, James, and John. No wonder they did not want to descend the mountain, but rather set up three tents to enjoy this “eternal now”

Responsorial Psalm

[Psalm 33:4-5, 18-19, 20, 22.](#)

R. (22) Lord, let your mercy be on us, as we place our trust in you.

Upright is the word of the LORD,  
and all his works are trustworthy.

He loves justice and right;  
of the kindness of the LORD the earth is full.

R. Lord, let your mercy be on us, as we place our trust in you.

See, the eyes of the LORD are upon those who fear him,  
upon those who hope for his kindness,  
To deliver them from death  
and preserve them in spite of famine.  
R. Lord, let your mercy be on us, as we place our trust in you.  
Our soul waits for the LORD,  
who is our help and our shield.  
May your kindness, O LORD, be upon us  
who have put our hope in you.  
R. Lord, let your mercy be on us, as we place our trust in you.

Reading 2

[2 Timothy 1:8b-10](#)

Beloved:

Bear your share of hardship for the gospel  
with the strength that comes from God.

He saved us and called us to a holy life,  
not according to our works  
but according to his own design  
and the grace bestowed on us in Christ Jesus before time began,  
but now made manifest  
through the appearance of our savior Christ Jesus,  
who destroyed death and brought life and immortality  
to light through the gospel.

**A reflection, exegesis, and commentary on the scriptures.**

In the second letter to Timothy, the author reviews salvation history and calls us to live holy lives and to be leaders in the Church. The concern is about articulating and living the essential ingredients of a stable, balanced, and visionary leader in an ever-changing Church. The leader is to preach the Good News that God has saved us, and salvation is manifested in the person of the Risen Lord. The leader is to motivate

**and inspire us to change and become transfigured and transformed –  
“for it is in Jesus that we live, move, and have our being.” – Acts 17:28.**

**The following are quotations for your reflection on transition and change as seen through the eyes of Peter, James, and John who experienced the transfiguration of Jesus. “If you can change seeing, you can change being...nothing changed but her age...mirror, mirror on the wall, did I ever change at all?” – The Fixer. “No one can persuade another to change. Each of us guards a gate of change that can be opened from the inside. We cannot open the gate of another, either by argument or by emotional appeal. -Marilyn Ferguson. “It is easy to assume a habit, but when you try to cast it off, it will take skin and all.”- H.W Shaw. “People can’t live with change if there is not a changeless core inside them. The key to the ability to change is a changeless sense of who you are about and what you value.” – Stephen R. Covey. Thus, to repeat what was written earlier, we can change and become transfigured and transformed if we are rooted in that changeless core within us who is the Spirit of the transfigured Lord – The Divine Indwelling!**

**Verse Before the Gospel**

**[Matthew 17:5](#)**

From the shining cloud the Father's voice is heard:  
This is my beloved Son, hear him.

Gospel

[Matthew 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.”**

**A reflection, exegesis, and commentary on the scriptures.**

**In today's Gospel, Peter, John, and James have a "peak experience" triggered by the transfiguration of our Lord after the three of them had fallen asleep but were awakened by Jesus in his divine glory - magnificent, glowing bright, and a true light for the world. It is easy to remain in a state of sleepiness and silence as cultic politicians and greedy corporate leaders pursue profits, showing little regard for the vulnerable people and communities that are marginalized in the process. These individuals are drunk with and love power instead of transitioning and transfiguring their hearts and minds to the power of the love of the transfigured Christ. As Paul reminds us, those who act this way "conduct themselves as enemies of the cross of Christ. This occupation with worldly things lacks a grounding in God; so, as Paul explains, "their end is destruction."**

**Transfiguration is the "out flashing" of Jesus' inherent glory. Old and New Testament symbols are woven together to create a "peak mountain top" a spiritual experience which will equip the disciples to serve the Lord in a world of brokenness, sorrow, corruption, and sin.**

**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.”**

I suggest that Jesus might not have encouraged them to come down from the mountain yet, because he wanted them to be in harmony with nature, stewards of the earth, co-creators, and environmentalists as they were nestled together in the embrace of the mountain peak. Jesus encouraged them to stay for a while before they left the mountain to evangelize and proclaim the kingdom of God. He may have offered them the following prayer to prepare them for their descent from the mountain and the ascent among the people in the marketplace.

“My help is in the mountain, where I take myself to heal, the earthly wounds that people give to me. I find a rock with sun on it, and a stream where the water runs gentle. And the trees which one by one give me company. So must I stay for a long time until I have grown from the rock, and the stream is running through me, and I cannot tell myself from one tall tree. Then I know that nothing touches me nor makes me run away. My help is in the mountains, that I take away with me. During this Lent, I ask that the earth cure me. Earth, receive my woe. Rock, strengthen me and receive

my weakness. Rain, wash my sadness away. Rain, receive my doubt. Sun, make my song sweet. Sun, receive the anger from my heart.” – Nancy Wood.

**Final prayer:** God, your son, Jesus, shines with a divine light and a voice from heaven proclaims, “Listen to him.” May your Holy Spirit transform our hearts and transfigure within us the power and presence of the Divine Milieu. Amen.