

23RD SUNDAY IN ORDINARY TIME

SEPTEMBER 5, 2021



The Healing of a Deaf Man

MARK 7:31-37

Again Jesus left the district of Tyre and went by way of Sidon to the Sea of Galilee, into the district of the Decapolis. And people brought to him a deaf man who had a speech impediment and begged him to lay his hand on him. He took him off by himself away from the crowd. He put his finger into the man's ears and, spitting, touched his tongue; then he looked up to heaven and groaned, and said to him, "Ephphatha!"— that is, "Be opened!" — And immediately the man's ears were opened, his speech impediment was removed, and he spoke plainly. He ordered them not to tell anyone. But the more he ordered them not to, the more they proclaimed it. They were exceedingly astonished and they said, "He has done all things well. He makes the deaf hear and the mute speak."



TIPS FOR EXPLORING THE GOSPEL

- Read the upcoming Sunday Gospel a few days before the weekend. Listen to what God is saying to you personally.
- Select part of the Gospel ahead of time and share it with your children. Have them listen for this part during Mass.
- Don't be afraid to let kids ask honest questions. Be honest if you don't know something. Tell your child you will look into it and get back to them.

EXPLORING THE GOSPEL



Either before or after a Sunday meal together, designate one person to read the Gospel. Other family members should listen attentively. Then have each family member share an insight about the Gospel.

Discuss the following questions as a family:

- Think about the people who brought the deaf man to Jesus. How are we called to be like them?
- Why do you think Jesus told the crowd not to tell anyone about the healing?



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RECIPE OF THE WEEK Banana Cream Pie

*Bananas have lots of potassium and magnesium which promote good hearing.
Try these banana cream pie as an easy way to incorporate bananas!*

INGREDIENTS:

- Premade pie crust
- 1 box Instant Banana Cream Pudding
- 1 3/4 c. milk
- 8 oz. whipped topping
- 3 bananas

DIRECTIONS:

1. Preheat oven to 400 degrees. Bake the crust for 10-15 minutes until golden brown and allow to cool.
2. Slice 2 bananas and layer in the bottom of the crust.
3. Combine milk and pudding mix and whisk until thickened, about 2 minutes. Fold in 2/3 of the whipped topping.
4. Transfer the mixture to the pie crust and chill for at least one hour.
5. Slice the last banana. Top the pie with the remaining whipped topping and garnish with banana slices.

Submit your own favorite snack, dessert, or dinner recipe online at www.stmarysbismarck.org/reclaiming-sundays

FAMILY PRAYER



5 Finger Prayer

We hear in today's Gospel of Jesus using his finger to heal the deaf man. Pope Francis created a 5-Finger prayer where each finger has a specific intention. Name the intention for that finger and then allow family members to share any intentions they have in that area.

Thumb

Pray for those closest to you.

Index Finger

Pray for those who heal, instruct, and teach you, that God may help them as they direct others.

Middle Finger

Pray for those in authority, like our government leaders, that God may guide them.

Ring Finger

Pray for the weak among us—the poor, the sick, the excluded, and those facing other difficulties.

Pinkie Finger

Pray for yourself. It is easier to pray for your needs once you have prayed for the other four areas.

FAMILY FUN



Telephone Game

In today's Gospel, Jesus heals a man who cannot hear or speak. Try playing a game of telephone with your family to see how well you are listening and passing along the message. One person should start with a sentence or phrase that they whisper in the ear of the person next to them. The message is passed along to the final person, who then says the phrase out loud to see if they heard it correctly.

Families are encouraged to share what they are doing to celebrate each Sunday by using the hashtag [#ReclaimingSundays](https://twitter.com/ReclaimingSundays) on social media!