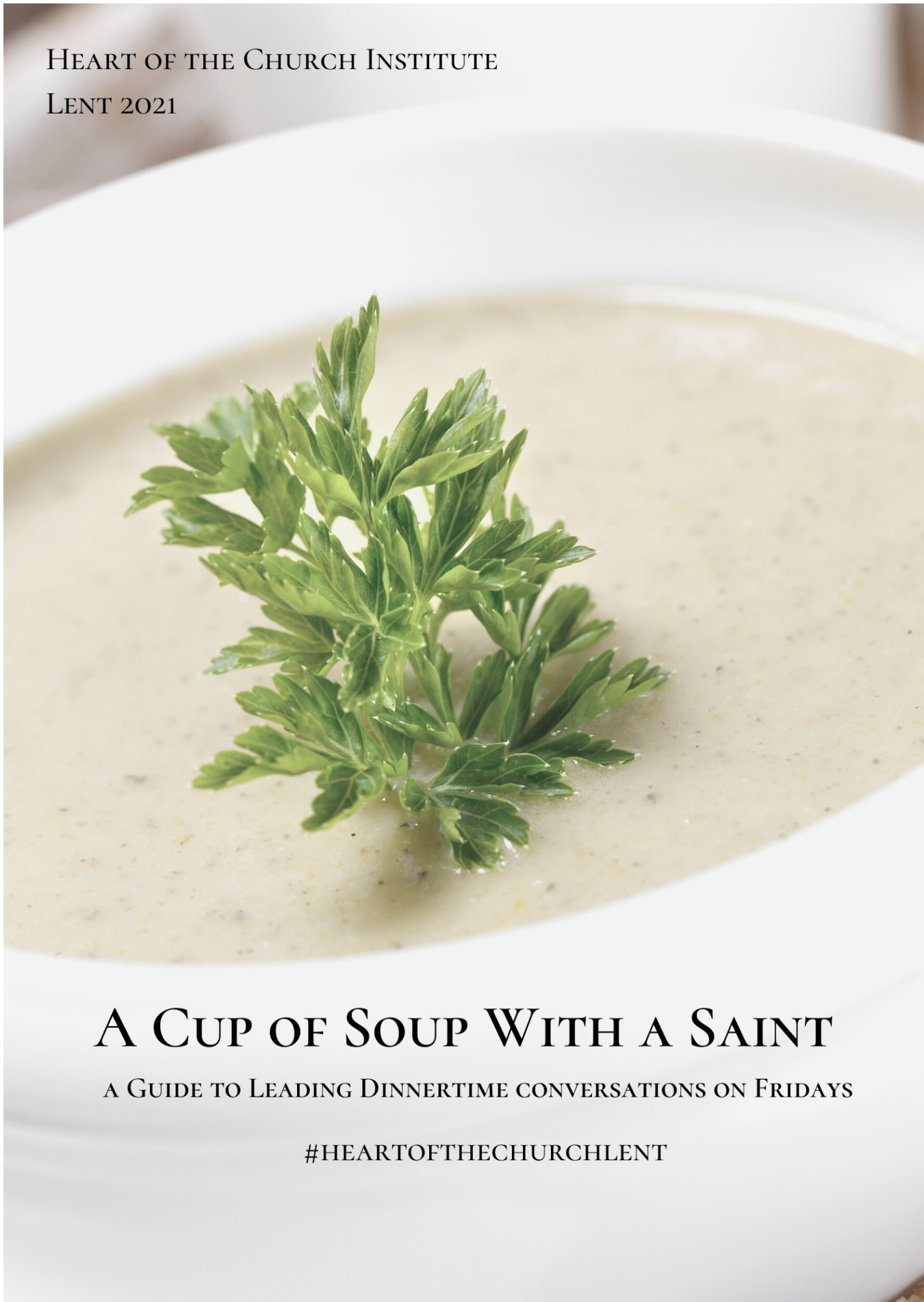


HEART OF THE CHURCH INSTITUTE  
LENT 2021



# A CUP OF SOUP WITH A SAINT

A GUIDE TO LEADING DINNERTIME CONVERSATIONS ON FRIDAYS

#HEARTOFTHECHURCHLENT

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## How to Use this Booklet:

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This booklet is created for you to use to facilitate conversations about the saints with your family during the season of Lent. Lent is a time of renewal and conversion. You are a key player in passing down the faith to future generations. Some of the faith practices that you may pass down to your loved ones during Lent include ways of practicing almsgiving, fasting, and prayer. A great way to share some of these lessons is through initiating informal conversations about the saints at dinnertime.

For each week of Lent, you will find a page long discussion guide about a different saint. The saints discussed in this booklet are all found in Scripture—Mary, Joseph, John the Baptist, Peter, Paul, and Lydia. Each discussion page includes a recommended Bible excerpt to read aloud, a short reflection section, a virtue to explore, and three family discussion questions. You can read the reflection paragraphs like a story following the Scripture passage or tuck away the information as background material for you to think about while preparing dinner.

Make your Friday meatless meals a joy-filled sacrifice to the Lord. Fill up with yummy recipes submitted by families. On the page following each weekly discussion guide, you will find a tasty recipe to try. All the recipes are meatless and possible to use on Fridays during Lent. Lent is a great time to share your faith with your family. Use this booklet for inspiration—invite your whole family to share a meal and savor the faith together.

# Mary

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**Scripture Reading:** Mary at the foot of the cross; John 19:17-27

## **Reflect:**

Mary is the mother of Jesus. As we know, Mary said “yes” to God’s will. Through her life, she knew great joy and great suffering. This Lent we especially prepare to reflect on how Mary accompanied Jesus on the way of the cross and at the foot of the cross. What was it like to be at the foot of the cross, next to her? How much pain she must of felt watching her son suffer!

Inspired by her, we pray for the grace of sorrow for our sin.

## **What We Can Learn:**

Mary shows us how to live while having a heart totally available and attentive to God. In a heroic way, she shows us how we can offer up the pain we feel about members of our family who are suffering and who we love so very deeply. This kind of suffering Mary models is called “redemptive suffering” and it means that we can offer up all that causes us pain and all that breaks our heart in union with Jesus’ sacrifice on the cross. Just by being the mother of God and staying very close to her son, Mary endured enough suffering to make her life a sacrificial offering back to God—she’s the model of holiness and the beautiful mother of our whole church!

## **One Virtue Mary Shows:**

Patience. Mary endured her suffering with patience.

## **Family Discussion Questions:**

What kinds of situations broke Mary’s heart and what did she do about it?

How can we follow her example?

What are some of the sufferings in our family that we can offer up in union with Jesus during this Lenten season?

# Tomato Bisque Soup

Submitted by: Sarah Green

## Ingredients:

2 15-oz cans tomatoes chopped

1 medium chopped onion

1 TB butter

1 bay leaf

1 heaping TB brown sugar

1 tsp dried basil

2 whole cloves

1 tsp salt

1/2 tsp pepper

1 pint cream (whipping)

1 cup milk

## On the recipe:

“I add all the ingredients except creams. Simmer on low for 25 minutes. Then remove bay leaf and cloves. Blend with immersion blender or normal blender then add creams and warm again. It’s a family favorite and so good with bread.”

# Joseph

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**Scripture Reading:** The flight into Egypt; Matthew 2:13-15

## **Reflect:**

Joseph is the earthly father of Jesus. Even though he was hesitant at first, Joseph did what God called him to do. From Scripture, we can imply that he is very loyal and faithful to the Lord. He is also hardworking—sometimes doing what is right is not easy. A good example of a father, he makes sacrifices to protect his family from evil. We see Joseph taking a great risk in taking his family to Egypt in order to protect them. Inspired by him, we pray for the grace of following God with a whole heart, especially during times when it isn't easy.

## **What We Can Learn:**

So many families are hungry for positive models of fatherhood. Joseph gives us a great example of fatherhood. He teaches us that being obedient and faithful to what the Lord asks is best for the whole family. We know he must of kept a prayerful heart. It is interesting to note that Scripture does not keep record of Joseph's words. From the memory of his silent presence, we ponder how God is asking us to remain of one heart and mind with God in all we say and do. Our behaviors sometimes speak louder than any words we have to say.

## **One Virtue Joseph Shows:**

Courage. Joseph showed courage when he followed the message God gave him.

## **Family Discussion Questions:**

What can Joseph teach us about prayer?

How can we follow his example?

What are ways we can model Joseph's virtue during this Lenten season?

# Pho Soup Recipe

Submitted by: Theresa J. Meuer

## **Ingredients:**

### Broth

4 32 oz containers vegetable broth (or chx)

4 vegetable bouillon cubes (or chx)

2 TBLS Hoisin Sauce

Teriyaki or soy sauce to taste

Ground Coriander to taste

Ground Cinnamon to taste

Ground Cloves (or whole)

Heaping TBSP minced garlic

Minced Onions

Garlic and Onion Powder

1/4 c Lime juice

### Noodles

Cook Asian style rice noodles in a separate pot

Serve broth over noodles.

### Toppings to add on serving:

Onions, Green Onions, Fresh jaleps, sprouts, cilantro, thai basil, hot sauce, lime wedges

# John the Baptist

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**Scripture Reading:** John Prepares the Way; Mark 1:1-8

## **Reflect:**

John the Baptist is a relative of Jesus, son of Elizabeth and Zechariah. As we know from the Gospel of Mark, John is a prophet. A prophet is one who speaks for God. From Scripture, we know he works to prepare the way for the Lord. He preaches a message of repentance and conversion, meaning he encourages people to turn back to God and to turn away from sin. In this passage, John wears and eats things to give his words greater meaning. Inspired by him, we pray for the grace to speak God's word to others.

## **What We Can Learn:**

Have you ever had someone tell you the truth even though you didn't want to hear it at the time? Sometimes truth is hard to hear. John allowed God to use him to speak truth to the people that now is the time to repent and turn from sin. From this story, we learn that we need to listen to God's word and turn away from sin. God may be calling us to share prophetic words from Scripture to others. Instead of running from the call, we should be brave like John the Baptist. The things we choose to wear, eat, and say can all help us communicate something about our faith to others.

## **One Virtue John Shows:**

Honesty. John spoke God's message with honesty.

## **Family Discussion Questions:**

What can John teach us about fasting?

How can we follow his example of being a prophet?

What are ways we can model John's virtue during this Lenten season?



# Gnocchi Soup

Submitted by: Rita Magee

## Ingredients:

2 tbsp olive oil  
1 small onion chopped  
3 tbsp tomato paste  
1 tsp dried basil  
Salt & pepper  
48 oz chicken or vegetable broth  
3/4 cup heavy whipping cream  
24 oz gnocchi  
3 cups chopped spinach

## Directions:

Saute onions 5 min. Add paste stir till blended. Add salt, pepper, basil, broth and cream. Simmer a couple min. Add gnocchi and simmer till tender 5 - 10 min. Add spinach right before serving.

**Rita's Note:** I add 1 lb. browned Italian sausage at the beginning, outside of Lent.

# Peter

**Scripture Reading:** Jesus and Peter; John 21:15-19

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## **Reflect:**

Peter is an apostle of Jesus. He said yes to being a close friend and follower of Jesus. From Scripture, we know Peter witnessed many healings and teachings of Jesus. We also know Jesus calls him to be the leader of the church. When Peter denies Jesus three times, he later confesses his love for Jesus three times. Inspired by this story, we pray for the grace of confessing our love for Jesus and turning firmly away from the ways we've denied Jesus in the past.

## **What We Can Learn:**

There are so many temptations in our world for immediate gratification—getting what we want, when we want it, right away. There are also many temptations for us to put the opinion of others above the opinion of God. When we turn toward the example of Peter in Scripture, we see that the type of friendship we are called to have with Jesus is long lasting and forever. Unlike the culture of living just for pleasure, we learn there is value in sacrifice and living for the truth of our faith. Peter teaches us how to approach the Lord with a changed heart and how to renew our commitment of love to the Lord even after we have denied him. We trust that Jesus will never deny us; Jesus will stay with us during our greatest trials of faith.

## **One Virtue Peter Shows:**

Love. Peter shows a truly repentant heart committed to serving Jesus out of love.

## **Family Discussion Questions:**

What does Peter teach us about discipleship?

How can we follow his example?

What are ways we can model Peter's virtue during this Lenten season?

# Pumpkin Soup Recipe

Submitted by: Jennifer Zettl

## Ingredients:

1 small Hokkaido pumpkin

4 small potatoes

1 medium onion

4-5 garlic cloves (large)

Ginger-thumb piece size

Water/little bit of OJ just below veggies

Bay leaf

Pinch of salt

2 tsp. soup stock powder

\*Bring to a boil and cook until all is soft. Mix with stick blender then add:

1-2 cans coconut milk

1-2 TBSP yellow curry

Little splash ACV

Salt to taste

## To Serve:

Fresh grated nutmeg, drizzle balsamic reduction

## Notes/Substitutions:

Dollop of pumpkin oil or walnut oil, sprinkle cayenne

## Notes from Jennifer:

“This is from my SIL Sarah Burkle in Germany and it’s so good! I make it in my instant pot. I substitute butternut squash for the pumpkin if I can’t find it. Use veggie soup stock. ACV is apple cider vinegar. The swirl of dark oils with the cayenne at the end really makes it pop.

If you use the instant pot, I cook for 8 minutes on high power everything except the coconut milk.

Will probably serve 4 meal-sized who really like squash or 8 small bowls or kinds who aren’t squash lovers.

We make homemade German pretzels to go with.”

# Paul

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**Scripture Reading:** Paul's conversion; Acts of the Apostles 9:1-19

## **Reflect:**

Paul is one of the most prolific writers of the New Testament. As we know from Scripture, Paul used to be named Saul and he spent his days persecuting Christians until God gifted him with a supernatural experience that led to his conversion. Following his conversion, Paul devoted his life to Christianity by building up churches and witnessing Christ. Scripture tells us all about Paul's adventures and missionary endeavors. Inspired by his example, we pray for the grace to be evangelizers.

## **What We Can Learn:**

Sometimes our closest friends and family members tempt us to persecute Jesus with our words through stories of gossip or detraction. Detraction is a sin of sharing about the faults of other people—even if it is true, it hurts the other person's reputation. This is an example of a place in our hearts that we can ask for Jesus to blind us with His light and healing presence. Like Ananias did for Paul, we can trust that God will always send people to help us grow in holiness. From Paul's example, we can learn to trust the power of the Holy Spirit to guide us on a mission of love in the world.

## **One Virtue Paul Shows:**

Zeal. Paul shows zeal for spreading the Good News about Jesus.

## **Family Discussion Questions:**

What does Paul teach us about conversion of heart?

How can we follow his example?

What are ways we can model Paul's virtue during this Lenten season?

# **Cheesy Potato Soup Recipe**

Submitted by: Nicole Boner

## **Ingredients:**

4 TBSP Flour

4 TBSP Butter

6-8 potatoes, cooked and mashed makes about 7 cups

4-8 ounces of shredded cheddar cheese

4-5 cups of milk

4 Garlic cloves

Salt and pepper to taste

Toppings of your choice

## **Directions:**

First mix butter and flour in pan to make a thick paste. Add the minced cloves of garlic and cook for one to two minutes. Add in two cups of the milk and bring to boil. Add in two more cups of milk and the mashed potatoes. (Use an immersion blender or pour in blender if you prefer a creamier textured soup.) Bring pot to boil. Turn off heat and add in the cheese at the end. Add more milk until soup is a thickness you prefer. Add salt and pepper to taste.

## **Recommended Toppings:**

Green onions, sprinkle of cheddar cheese, sour cream, cayenne pepper, or crushed red pepper

# Lydia of Thyatira

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**Scripture Reading:** Lydia's Conversion; Acts 16:11-15

## **Reflect:**

Lydia is a woman mentioned in the Acts of the Apostles. As we know from the reading, she was a fancy fabric dealer—in those times, purple cloth was expensive. She hears the Good News about Jesus from Paul while he is in Philippi and has a conversion to Christianity, along with her whole household. With a heart full of thanksgiving, she opens up her home to the missionary disciples and provides hospitality for them. Inspired by her witness, we pray for the grace to open our home to our friends.

## **What We Can Learn:**

Lydia is an example of one of the dozens of women who is barely mentioned in Scripture. However, women like her have an important part to play in helping to build up the church. Sometimes offering hospitality or giving alms to those in need in our community is something that receives little notice from others. Lydia's story teaches us that even the little acts of generous and gracious giving to others gives glory to God and contributes to building up the church. Sharing her story is worthwhile and it encourages us to go and do likewise.

## **One Virtue Lydia Shows:**

Generosity. Lydia opens her house to the Christian community, showing generosity.

## **Family Discussion Questions:**

What can Lydia teach us about practicing our faith?

How can we follow her example?

What are ways we can model Lydia's virtue during this Lenten season?

# Minestrone Soup

Submitted by: Rita Magee

## Ingredients:

2 tbsp olive oil  
1 sm - med diced onion  
2 lg or 15 baby carrots chopped  
2 stalks celery chopped  
24 oz can diced tomatoes  
7 cups vegetable stock  
salt & pepper  
2 Tbsp fresh basil  
14 oz can cannellini beans drained & rinsed  
1 large russet potato diced small  
14 oz can green beans drained or frozen green beans  
1 bunch chopped kale about 4 cups  
shredded parmesan cheese

## Directions:

Sauté onions carrots & celery about 5 minutes in oil. Add tomatoes and let reduce liquid about 5 to 8 minutes. Add salt, pepper, stock, basil, beans, potatoes, and kale. Bring to boil then reduce heat till potatoes are not quite tender. Add green beans and simmer till green beans are heated thru. Serve and top with parmesan cheese.

**Rita's Note:** "I add browned Italian sausage at the beginning outside of lent. Can substitute chicken stock for vegetable stock."

Acknowledgements:

Thank you to everyone who submitted a family recipe and gave us permission to reprint it here.



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