

SUNDAY PLUS

Transform!

Transform and be transformed

By Paul Higginson

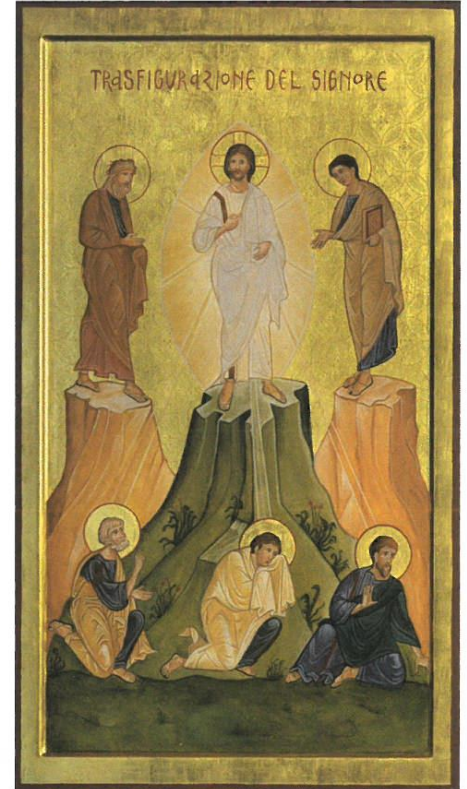
Have you ever had an “Aha! moment” – a time when your understanding of something suddenly changed or clicked? The transfiguration was just such a moment for the disciples – they saw Jesus revealed in all his divine glory. If they were still unsure who Jesus was, then this would have removed any doubt from their minds. Something that had previously been somewhat hidden was revealed in all its fullness.

Jesus didn't change who he was on the mountain top – it was Peter, James and John who changed, who had their eyes opened. Perhaps they could now see Jesus everywhere.


All of us are capable of transfiguration. When our egocentric-self dies, then the light of Christ, which has always been there, can shine through and, if we look carefully, we can see this light in

others. When we walk this journey with Jesus we don't have to pretend anymore. We get to drop our guard, drop the masks we wear to get us through each day. We don't have to prove to anyone how good or amazing or superior we are. With Christ we leave our egos behind, we have nothing to prove, no point to make, no-one to victimise or exclude, no-one to look down on. Accepted and loved, there is no need to not accept and not love others. Pretence can disappear, we can be ourselves, transformed by Christ's presence. We become fully present in the world, and fully present in the service of others – set free to love and to be loved.

Paul Higginson is a retired teacher and author of Doing Christianity: How religion is about what you do, not what you believe.



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Lord God, you are the potter and we are the clay. Take my heart and mould it into something extraordinarily beautiful for yourself and for the people around me.  Amen.

The Women's World Day of Prayer

The origins of the Women's World Day of Prayer, held on the first Friday of March, date back to the nineteenth century when Christian women in the USA and Canada initiated a variety of cooperative activities in support of women's involvement in mission, at home and abroad.

In 1941 the office in London was bombed and all property and records destroyed... Often the planning committee in London met in an air-raid shelter but every year Orders of Service were produced and supplied to the rest of the country.

It was not until the reforms of the second Vatican Council that Catholic women were able to take a full part in the day of prayer and in 1967 the day was celebrated at a special service in Westminster Cathedral by invitation of Cardinal Heenan.

In England, Wales and Northern Ireland there are now over 3,000 branches holding 5,000 services every year. In 2021, 275,000 copies of the Order of Service were printed.

From the Women's World Day of Prayer England, Wales & Northern Ireland website, www.wwdp.org.uk/about-us/

Listen to Jesus and follow him. That's the message of the Transfiguration.

Pope Francis



Feast of the week

Friday 1 March

St David of Wales

Guide me, O thou great Redeemer,
Pilgrim though this barren land;
I am weak, but thou art mighty;
Hold me with thy powerful hand;
Bread of heaven,
Feed me now and evermore.

Open now the crystal fountain,
Whence the healing stream doth flow;
Let the fiery cloudy pillar
Lead me all my journey through;
Strong deliverer,
be thou still my strength and shield.

*From Cwm Rhondda, William Williams
Pantycelyn, 1745*

Today:
Genesis 22:1-2, 9-13, 15-18
Romans 8:31-34
Mark 9:2-10

Monday:
Daniel 9:4-10
Luke 6:36-38

Tuesday:
Isaiah 1:10, 16-20
Matthew 23:1-12

Wednesday:
Jeremiah 18:18-20
Matthew 20:17-28

Thursday:
Jeremiah 17:5-10
Luke 16:19-31

Friday:
Genesis 37:3-4, 12-13, 17-28
Matthew 21:33-43, 45-46

Saturday:
Micah 7:14-15, 18-20
Luke 15:1-3, 11-32

Next Sunday:
Exodus 20:1-17
1 Corinthians 1:22-25
John 2:13-25

