

PRAY

Lenten Theme



EAT THIS

Make this recipe together

Spinach Tomato Tortellini Soup

Original Recipe from "Peas and Crayons" (peasandcrayons.com)

Yield: Makes 4 servings

Time: Approximately 28 min

Description: Delicious, vegetarian soup using pre-made tortellini.

Ingredients:

- 1 Tbsp avocado oil or olive oil
- 1 medium yellow onion
- 4 carrots
- 4 cloves garlic
- 2-3 cups vegetable stock or broth
- 28 oz canned crushed fire roasted tomatoes
- 1/4 tsp dried thyme
- 1/4 tsp dried basil
- 1/8 tsp dried oregano
- salt and pepper, to taste
- 9-10 oz refrigerated cheese tortellini
- 1-2 oz fresh baby spinach (1-2 cups chopped)

1. Peel and finely dice your carrots and onion. Peel 4 cloves of fresh garlic and finely mince.
2. Heat 1 TBSP oil or butter in a large pot or dutch oven over medium-high heat.
3. Add onion and carrots. Sauté until tender, approx. 5-6 minutes, adding garlic towards the very end.
4. Add 2 cups of veggie stock, crushed tomatoes, thyme, oregano, and basil and stir to combine. Bring soup to a rolling boil, then reduce heat to low/simmer to allow the flavors to mingle and the carrots/onion to fully soften. Cover and simmer 5-10 minutes.
5. Once the veggies have reached your ideal tenderness, bring the soup back up to a medium simmer and add your fresh tortellini. Allow the tortellini to simmer approx. 5 minutes until fully cooked and softened.
6. Lastly chop your spinach and stir into the hot soup to wilt the greens. If desired you can add an extra cup of broth. Give it a taste and season with salt and black pepper as desired. Add your favorite toppings (grated parm and fresh basil for me!) and dive in while it's hot!



PRAY THIS

Pray this prayer together

1. **Create a prayer space in your home.** This can include a family Bible, crucifix or cross, and a candle
2. **Share something you would each like to pray for.** You can write down intentions and leave them on the prayer space throughout the day. Then read them when you come together.

3. Pray the Daily Offering Prayer:

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, the reunion of all Christians. I offer them for the intentions of our bishops and of all the apostles of prayer, and in particular for those recommended by our Holy Father this month. Amen.

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WATCH THIS

Watch this movie together

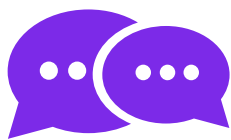
**As you eat your Tortellini Soup, watch the film:
Heaven is for Real**

Available at: Amazon

Movie Run Time: 1 hr 39 min

Description:

Based on the #1 New York Times Best-seller, the movie is based on the true story of a small-town businessman, pastor and volunteer firefighter Todd Burpo (Greg Kinnear) and his wife, Sonja (Kelly Reilly), who are struggling to make ends meet during a tough year. After their young son, Colton (Connor Corum), undergoes emergency surgery, Todd and Sonja are overjoyed at the child's miraculous recovery. However, the Burpos are unprepared for what happens next -- Colton says that he went to heaven and back, and tells his parents things that he couldn't possibly know.



DISCUSS THIS

Share together as a family

After watching the movie, use any of the following questions to share as a family.

1. What struck you about Colton's depiction of heaven?
2. How did Colton's family turn to prayer during the movie?
3. How can prayer help us realize that we are made for heaven?
4. How can we help each other get to heaven as a family?

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www.fallriverfaithformation.org/iamhere**