

Resources for your News

Sunday, 3 June 2018

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Mark 14:12-16, 22:26

1. The symbolic gesture of breaking and sharing bread and sharing the cup, that Jesus made at the Last Supper, symbolised the offering of himself that he would make on Calvary, giving his life for others. Sometimes we also are called to give our lives for others. We can do this grudgingly or with a generous heart. What difference has it made for you when you were able to give yourself freely?
2. In his encyclical letter *Deus Caritas Est* Pope Benedict XVI wrote, 'A Eucharist which does not pass over into the concrete practice of love is essentially fragmented'. What has helped you to be aware of the importance of the link between the Eucharist and your lifestyle?
3. Jesus involved his disciples both in the preparation for the Last Supper and in its celebration. Recall times when you had a heightened awareness of participation and involvement in the Mass. What helped to give you this awareness? Are there lessons from these special experiences that you can bring with you to the routine Sunday Mass?

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*The Musings for June are all taken from Pope Francis' recent Apostolic Exhortation on the call to holiness in today's world, **Gaudete et Exsultate (Rejoice and be Glad)**.
Compiled by Brenda Drumm of WMOF2018.*

MUSINGS

To be holy does not require being a bishop, a priest or a religious. We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case. We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves. Are you called to the consecrated life? Be holy by living out your commitment with joy. Are you married? Be holy by loving and caring for your husband or wife, as Christ does for the Church. Do you work for a living? Be holy by labouring with integrity and skill in the service of your brothers and sisters. Are you a parent or grandparent? Be holy by patiently teaching the little ones how to follow Jesus. Are you in a position of authority? Be holy by working for the common good and renouncing personal gain.

Gaudete et Exsultate



Sunday, 10 June 2018

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Mark 3:20-35

1. Looking on at what Jesus was doing, some of his family thought he was out of his mind. When you think of successful initiatives that you took in your life, were there times when people thought you were a little crazy? Perhaps some regard your interest in faith, or church, in the same way? What sustained you in those circumstances?
2. Successful ventures can arouse jealousy as well as admiration. Jesus was often the target of the jealousy of religious leaders. They questioned his motivation. When have you seen your good efforts, or the good efforts of others, spoiled by the jealousy or hostility of some? Did it help when there were people prepared to stand together in face of the criticism?
3. For many people their blood family provides an enduring, reliable and supportive network. Jesus had another family: those of one mind and heart with him in seeking to do God's will. When and where have you experienced encouragement from people of shared vision and faith?

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MUSINGS

Do not be afraid of holiness. It will take away none of your energy, vitality or joy. On the contrary, you will become what the Father had in mind when he created you, and you will be faithful to your deepest self. To depend on God sets us free from every form of enslavement and leads us to recognise our great dignity.

Do not be afraid to set your sights higher, to allow yourself to be loved and liberated by God.

Do not be afraid to let yourself be guided by the Holy Spirit. Holiness does not make you less human, since it is an encounter between your weakness and the power of God's grace. For in the words of León Bloy, when all is said and done, 'the only great tragedy in life, is not to become a saint'.

Gaudete et Exsultate



Sunday, 17 June 2018

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Mark 4:26-34

1. If you sow seeds, or watch plants grow, you have ample opportunities to pause in wonder at the whole process of growth. It takes place imperceptibly and comes to fruition in beautiful flowers, majestic trees and abundant harvests.
2. Jesus uses this as a parable about the growth of the kingdom of God, the kingdom of right relationships with God and with one another. There too growth is slow, development is imperceptible, and then without realising it you have a mature relationship. Recall the stages of such development in your life and relationships, and give thanks.
3. In the second parable Jesus invites us to reflect on the importance and significance of relationships in our lives as they grow and mature. This is true both of our relationship with God and with others around us. When have you found a relationship in which you could 'make nests in its shade'?

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MUSINGS

Although Jesus' words may strike us as poetic, they clearly run counter to the way things are usually done in our world. Even if we find Jesus' message attractive, the world pushes us towards another way of living. The Beatitudes are in no way trite or undemanding, quite the opposite. We can only practise them if the Holy Spirit fills us with his power and frees us from our weakness, our selfishness, our complacency and our pride.

Let us listen once more to Jesus, with all the love and respect that the Master deserves. Let us allow his words to unsettle us, to challenge us and to demand a real change in the way we live. Otherwise, holiness will remain no more than an empty word.

Gaudete et Exsultate



Sunday, 24 June 2018

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Luke 1:57-66, 80

1. The birth of John the Baptist was an occasion of great joy for family and friends. Recall occasions when you celebrated the arrival of a baby. What thoughts and feelings did you have? Use the memory to reflect on the wonder of your own life and give thanks for it.
2. There is often a story behind the name given to a child. What story lies behind your name? Perhaps it says something of the hopes your parents had for you, or the memories they wanted you to retain.
3. 'What will this child become?' The Baptist was to become a herald pointing the way to Jesus. In our turn we are also called to point people towards a better way of life. Recall times when you were able to point somebody in a direction that helped. Give thanks for those who have done the same for you.
4. The child grew and the hand of the Lord was with him. As you look back on your own growth and development, were there things that happened about which you now say 'the hand of the Lord was with me there'?

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MUSINGS

Far from being timid, morose, acerbic or melancholy, or putting on a dreary face, the saints are joyful and full of good humour. Though completely realistic, they radiate a positive and hopeful spirit. The Christian life is 'joy in the Holy Spirit' (Rom 14:17), for 'the necessary result of the love of charity is joy; since every lover rejoices at being united to the beloved ... the effect of charity is joy'. Having received the beautiful gift of God's word, we embrace it 'in much affliction, with joy inspired by the Holy Spirit' (1 Th 1:6). If we allow the Lord to draw us out of our shell and change our lives, then we can do as Saint Paul tells us: 'Rejoice in the Lord always; I say it again, rejoice!' (Phil 4:4).

Gaudete et Exsultate

