

FAITH



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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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12TH SUNDAY IN ORDINARY TIME - MONTH OF THE SACRED HEART OF JESUS

Year B

Sunday Mass Readings

First Reading:

Job 38:1,8-11

Responsorial Psalm:

Psalm 106(107): 23-26,28-32

Second Reading:

2 Corinthians 5:14-17

Gospel:

Mark 4:35-41

*"Who can this be? Even
the wind and sea obey him"*



By Cornelis de Wael (c.1620) Public Domain, via [Wiki Commons](#)

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

To watch a video of the Gospel for adults, click [here](#). Younger children will enjoy this [video presentation](#) of this week's readings.

Pray

One of the ways we can pray is to use our imagination to allow a story from Scripture to come to life as if we are watching a movie. This form of prayer was made known by St. Ignatius Loyola, and it is known as Ignatian Contemplation. Follow these steps below to try this form of prayer with today's Gospel.

1. Read the Gospel again so you know the story
2. Close your eyes, and ask the Holy Spirit to help you use your imagination to allow the reading to come to life, like you're watching a movie.
3. When you are ready, thank Jesus for the time you spent together.
4. Close your prayer by slowly praying the Our Father

Talk

The Jesus who calms the storm in this week's Gospel is the same Jesus who can help us face any and every storm that comes our way.

- When this massive storm hits, where do you find Jesus? What is he doing, and how does that compare to the disciples? What does this tell us about Jesus?
- In the disciples' days, water was always considered one of the most unpredictable and dangerous forces in the world. Why is it important that Jesus would calm the storm? What does that say to us?
- What role does fear currently play in your life? Are there specific moments, environments, people, or other things that can sometimes affect you negatively?
- How can you let God speak peace – *"Quiet! Be still."* – into your life and into your fears?

Family Challenge!

If you experience moments of fear and panic this week make an effort to stop and remind yourself that God is in control. Pray the prayer Jesus gave to St Faustina: *"Jesus, I trust in You"*

Mission: Can you imagine how scared Jesus' friends were on the boat with a storm all around them? Then how happy they were when he calmed the storm? If anything worries you this week, say a prayer to Jesus and He will calm your fears and worries too!

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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EVENTS

"Eucharistic Amazement": Zoom Series for adults who would like to deepen their understanding of the Eucharist and the Mass. Wednesdays 8 - 9.15pm from June 30 for four weeks.
Contact events@waterfordlismore.ie

Quo Vadis: Catholic Zoom Series for Young Adults aged 18 - 35. Sundays 7-8pm, June 20th - July 11th "Rooted: Lectio Divina for Beginners!" A four-part series on praying with Scripture. Join us for one session or for all!
Contact events@waterfordlismore.ie / [click here](#)

"Queen of Peace" 4-day Medjugorje style retreat at Glencomeragh House, July 22nd - 25th. For more information info@holymissionmission.ie / 052 6133181

TRUSTING IN THE STORMS OF LIFE

In this Sunday's Gospel Reading, Jesus has been preaching to the people in parables, teaching his own people about the kingdom of God, and now he heads across the lake, into Gentile territory, to build the Kingdom there also.

St. Mark wants to help us really get to know Jesus, and the main question that is asked throughout the Gospel is; "Who can this be?" The answer is given at the Cross, when the centurion says; "Truly, this man was the Son of God". For ourselves, we learn the answer by listening to the teaching of Jesus, and by seeing his power over the forces of evil and chaos - we understand that Jesus is the Son of God.

At the time of writing the Gospel, the early Church was facing rejection by the Pharisees and the leaders of the Jewish faith. Also, in the Roman world, they were distrusted and disliked, hinting at the persecutions to come. The first generation of Christians were well aware of the "storms" that could rise up against them, threatening even death, but they reminded each other that Christ was always with them, even when it seemed that He was "asleep", and that God would bring them safely through any storms that would arise.

Just as the fishermen on the Sea of Galilee had to weather storms, so we have to face into our fears and difficulties with faith and trust in God. The forces of chaos and disruption (the storms of our life) are stilled at the Lord's command. When our lives are "storm tossed", the Word of the Lord brings peace and calm. Perhaps our current storms are caused by fear for our health, or fear of what the future may bring; perhaps our relationships are under pressure; perhaps we fear for our jobs, or for the livelihood of someone close to us - no matter the cause, we are called to put our trust in God. "Why are you so frightened" says the Lord. "How is it that you have no faith?"

Who is Jesus for us? He is our Good Shepherd who keeps us safe. He is our Saviour, who grants forgiveness for our sins, and He is God, who loves us throughout life's journey, and will bring us safely to the other side. Let us put our trust in him.

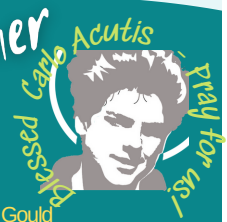
By Fr Conor Kelly

Family Prayer

Lord Jesus, speak your calming words into the storms of our lives. Quieten our hearts so that we can hear your words of love for us. May we focus not on our problems, but on You, our solution. Amen

Carlo's Corner

PEACE - BE STILL
'Sometimes God calms the storm, but sometimes God lets the storm rage and calms His child.'
Leslie Gould



Do you have any memories of storms and the damage they did? Do you know what it's like to be inside and hear a storm rage outside? Have you ever been caught out in a storm and tried to get to shelter?

What about in your own life? We all have storms, some small, some more like raging squalls that we have to deal with at different times. Sometimes we get caught up in situations beyond our control and find ourselves dealing with chaos and confusion. Sometimes the storm rages within our own hearts, and no one can see what's happening, except maybe those closest to us. Sometimes we might even feel like the disciples on the boat with Jesus: it feels like He's asleep and He doesn't see or doesn't care.

Jesus always sees. Jesus always cares. Jesus is always there with us.

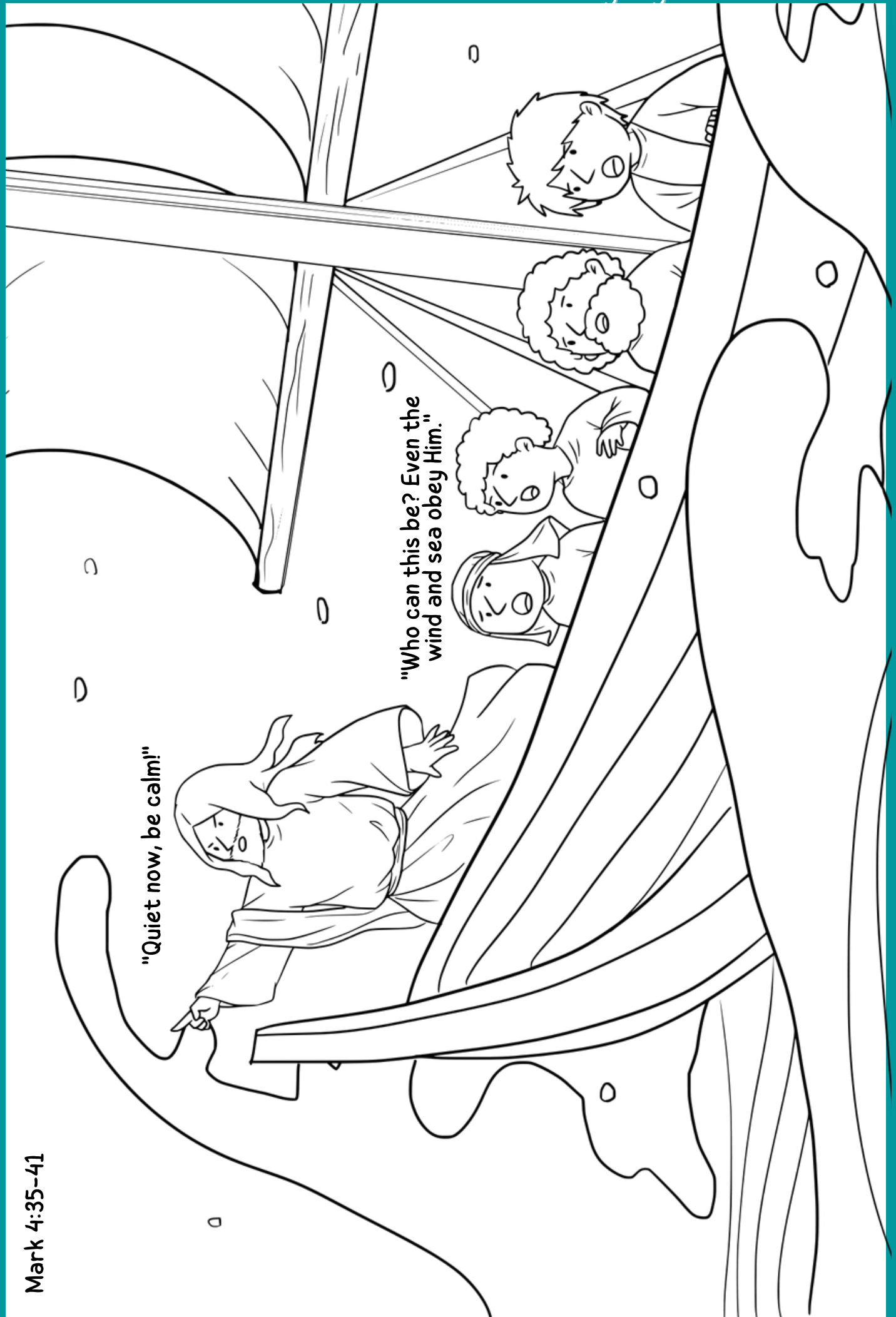
There is no problem too difficult, no situation too chaotic, no relationship too messy, no heart too broken that Jesus does not see and cannot heal. This week, bring your burdens to the Lord. Ask Him to calm the storms of your life. He may not change your situation straight away, and quieten the troubled seas, but He will calm your heart and your troubled mind. He is God. The waves and wind of the storm obeyed Him then. The waves and wind still know His name.

- The Skit Guys: Jesus Calms the Storm
- It is well (Kristene DiMarco)
- Handout: The Waves and Wind Still Know His Name

CHECK IT OUT: MOUNT MELLERAY ABBEY

Mount Melleray Abbey is a community of Cistercian (Trappist) monks. The monastery is situated on the slopes of the Knockmealdown mountains in County Waterford, Ireland. Visit the beautiful grounds, or join the monks with their livestream on Facebook for Adoration and Liturgy of the Hours. Check the website for further information on daily timetable, Pilgrim Loop Walks, the Guesthouse, Coffee Shop, Thought for the Day. Mass is at 7:45am on weekdays and at 10:30am on Sundays





Mark 4:35-41



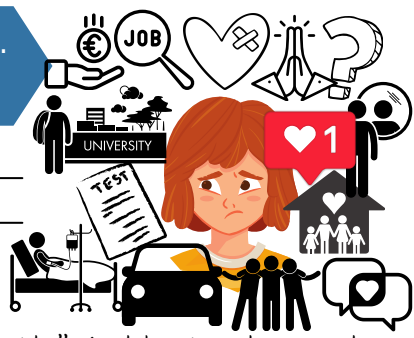
REMEMBER BACK TO WHEN YOU WERE A CHILD. WHAT KIND OF THINGS WORRIED OR FRIGHTENED YOU?

HOW DID YOU OVERCOME THOSE WORRIES / FEARS?

HAVE YOU EVER HEARD ADVICE / QUOTES ABOUT DEALING WITH FEAR? WRITE THEM HERE

"Never let the fear of striking out get in your way." – Babe Ruth "It always seems impossible until it's done." – Nelson Mandela

AS WE GROW OLDER, OUR WORRIES AND FEARS CHANGE: THAT'S NATURAL. NO ONE IS IMMUNE. WHAT KIND OF THINGS WORRY YOU NOW? WHAT KIND OF FEARS DO YOU FACE?



READ THE FOLLOWING PASSAGE FROM MARK 4:35-41

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion; and they woke him and said to him, "Teacher, do you not care if we perish?" And he awoke and rebuked the wind, and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you afraid? Have you no faith?" And they were filled with awe, and said to one another, "Who then is this, that even wind and sea obey him?"

PICK ONE LINE OR PHRASE THAT STANDS OUT FOR YOU AND WRITE IT OUT HERE:

RE-READ THE PASSAGE. PUT YOURSELF IN THE BOAT WITH JESUS, AS ONE OF THE DISCIPLES



WHAT CAN YOU SEE?

WHAT CAN YOU HEAR?

WHAT CAN YOU TOUCH?

WHAT CAN YOU TASTE?

WHAT CAN YOU FEEL?

HOW ARE YOU FEELING BEFORE JESUS WAKES UP?

HOW ARE YOU FEELING AFTER JESUS CALMS THE STORM?



The Waves and Wind Still Know His Name





Click to enlarge the image

Where do you see yourself in this painting by Cornelis de Wael?
What are you doing? Where are you in relation to Jesus?

SPEND SOME TIME SPEAKING PERSONALLY TO GOD ABOUT THE STORMS IN YOUR OWN LIFE. WHAT IS WORRYING YOU? DO YOU FEEL LIKE HE'S ASLEEP OR DOESN'T CARE? DO YOU WANT TO CALL OUT TO HIM FOR HELP?



"Sometimes God calms the storm, but sometimes God lets the storm rage and calms His child." Leslie Gould

THE ROSARY OF TRUST



Fr Mark Mary CFR explains how he deals with his worries in a "Rosary of Trust" in this video. Try offering a "decade of trust", concretely handing over to Jesus a specific worry or anxiety with each of the ten Hail Mary beads. Focus on Jesus, the Solution, and not the worries. Start with an Our Father and end with a Glory Be.

"Let go my soul and trust in Him, the waves and wind still know His Name!" (Kristene DiMarco: It is well)
What 10 things can you hand over to God this week in your "Decade of Trust"?



CREATE A SPOTIFY PLAYLIST TO LISTEN TO IN TIMES OF FEAR OR WORRY:



- It is well (Kristene DiMarco)
- Still (Hillsong)
- Peace, Be Still (Hope Darst)
- Rescue (Lauren Daigle)

- Whom Shall I fear? (Chris Tomlin)
- Cornerstone (Hillsong)
- Control (For King and Country)
- Praise You in this Storm (Casting Crowns)

Click the links for the YouTube videos to listen to some suggestions!