

# FAITH



# @Home

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11 JULY 2021 | VOL.38

Diocese of Waterford & Lismore

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



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15TH SUNDAY IN ORDINARY TIME - MONTH OF THE PRECIOUS BLOOD OF JESUS

Year B

## Sunday Mass Readings

### First Reading:

Amos 7:12-15

### Responsorial Psalm:

Psalm 84(85): 9-15

### Second Reading:

Ephesians 1:30-14

### Gospel:

Mark 6:7-13

*"And he instructed them to take  
nothing for the journey"*



James Tissot, Public domain, via Wikimedia 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 presentation of this week's Gospel that is suitable for the whole family, click [here](#).

## Pray

It's more than a little scary to think about going on a long journey with nothing except a staff in your hand! This week's Gospel is a radical call to trust God to take care of our needs and to provide for us.

Imagine you are one of the disciples in today's Gospel. How does it feel to hear Jesus call your name? Where do you imagine Jesus is sending you? Are you going to a place or a person? What are the words that you would like to say to them? How much time are you going to spend there? Who did you meet along the way and how did they help you? What do you say to Jesus upon your return?

Take a moment in silence to speak to Jesus about this journey. Conclude by saying *"Jesus, I trust you"* three times.

## Talk

The readings for Mass this week emphasise that we are only traveling through this life, it is not our permanent home and we should not get too attached to our possessions because they often weigh us down rather than set us free. Share with your family or a friend your answers to the following:

- Imagine your house caught fire and you could only take one thing with you as you leave. What would it be and why?
- In what way does our attachment and dependence on material possessions hinder our attachment and dependence on God?
- When it comes to the journey of faith God always sends people to help us on the way. Who has the Lord sent into your life to help you grow in faith?
- How can you help others to develop a relationship with Jesus?

## Family Challenge!

Enjoy a family walk this Sunday leaving phones at home (or at least in the car). Enjoy being truly present to those you are with and those you meet.

**Mission:** What mission do you think Jesus is sending you out on this week? Just think, the people you meet and the places you go to, these are all chances to be a good witness for Jesus. Let others see Him by seeing how you act and speak!

**Song of the Week!**  
**EVERYBODY GET WALKIN'**

Please email us at [faithathome@waterfordlismore.ie](mailto: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](mailto:youthministry@waterfordlismore.ie)

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## BEARING MUCH FRUIT

I recently I have been thinking of the journey of faith we all make as a people. Life is more complex than we realise. Many factors influence our Christian ability to follow Jesus. We see in this week's Gospel that Jesus wants his disciples to travel light. The Lord wanted them to be dependent on him and not on themselves so that he can work through them and in them for his glory.

Jesus once said "by their fruits you shall be known." Jesus, I believe, was talking about our personal lives and our relationship with each other. When we produce the fruits of the Spirit we are in fact being transformed by the Holy Spirit and his love and grace. The fruits are love, joy, peace, patience, self-control, gentleness and kindness. The fruits of the Spirit are what we must produce in our personal lives, in our relationships and in our Christian community. They enable us to be true followers of Jesus. This is a goal as well as a process for us all and the result of God's grace when we give God control over our lives.

Perhaps many of us have grown up with a model of church that emphasised a strong sacramental response. We know that the sacraments are vital but much less emphasis was placed on bearing fruit – both personally and within the community of faith. Many people simply conformed to a legal obligation of attending and celebrating sacraments that came their way in life. It was simply about "getting through" the system of church requirements.

The call today and in the future is a challenge to bear much fruit personally in our lives and among our families, society and community. Personal witness to our faith and a personal, real, lived experience of knowing Jesus Christ must be our starting point for celebrating the sacraments. The complexity of our world today should help us to be more sensitive to human realities that we must struggle with. The one who can and does help us to bear fruit is Jesus Christ who gave us his Spirit, love and grace. Trust in him and his grace, love and power will help you in time to bear much fruit. Have faith. Have courage.

Fr Bobby Power

## 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](mailto:events@waterfordlismore.ie)

**Campa Mhuire Mháthair:** Free Online Catholic Camp for Children aged 5 - 12, July 27 - 30th. Bible Stories, Arts & Crafts, Music & Action Songs, Drama, Games, live-streamed Daily Mass and more! For more info, [click here](#)

## Family Prayer

Lord, give us opportunities  
this week to witness to  
You and Your message  
with all we meet, and may  
their hearts be open to  
hearing Your word. Amen



Have you ever realised you've left your phone at home and you won't be back for hours? Mild panic set in, or separation anxiety? :) We have so many good things in our lives, but it's important to not become so attached to them that they begin to own us. We can enjoy material possessions while still being detached from them, or not amassing large amounts of possessions, letting them clutter up our rooms or more importantly, our hearts.

In today's Gospel, Jesus sends His disciples out in pairs to preach the Good News. The message they carry is more important than what they own or the luggage they pack.

There are so many books and vlogs out there about decluttering your life, living a minimalist life. Some studies say that people sleep better in decluttered rooms, and work better in clutter-free offices. Maybe the Lord is calling you to declutter, not just to create physical space, but to create heart-space for Him and for others too. Ask yourself about the possessions you own: "What does God want me to do with this? Does He want me to keep it and use it; to give it to someone else and bless them with it; or to throw it away and be free of it?" Watch Fr Mike Schmitz's video below and then set yourself a task this week of tackling some of your stuff - question the purpose for it in your life and how you can use it glorify God and serve others!

- [Learning Detachment from your stuff](#)
- [Simplicity \(Rend Collective\)](#)
- Handout: Need to Declutter your Life?

## CHECK IT OUT: CAMPA MHUIRE MHÁTHAIR

Free Online Catholic Faith Camp for Children aged 5 - 12, brought to you in association with Holy Family Mission and the Diocese of Waterford & Lismore. No need to register, just check [www.holyfamilymission.ie/campa-mhuire-mhathair](http://www.holyfamilymission.ie/campa-mhuire-mhathair) for more details and tips for how to turn your living room into a Faith Camp in July! Into the Deep Bible Stories, Arts & Crafts, Music & Action Songs, Games, Drama, Live-streamed Daily Mass and much more! Great resources for Sacramental Preparation too! Hope to see you at in-person camps again in July 2022, but until then, log on for some fantastic faith-filled fun!





Mark 6:7-13





# Need to declutter your life?



IMAGINE THERE WAS A FIRE IN YOUR HOUSE AND YOU COULD ONLY SAVE 3 ITEMS (ASSUMING EVERY PERSON IS SAFE!) WHAT WOULD YOU SAVE AND WHY?

1  
2  
3

ANSWER THE FOLLOWING QUESTIONS ABOUT YOURSELF

- Do you struggle to keep your bedroom tidy?
- Do you struggle to find things because they're usually buried under layers!
- Do you like keeping mementoes of special occasions.
- Do you like people borrowing your stuff or do you worry you'll never get it back?



DID YOU KNOW THAT STUDIES PROVE THAT THOSE WHOSE BEDROOMS ARE UNCLUTTERED SLEEP BETTER, AND THOSE WHOSE OFFICES ARE UNCLUTTERED SEEM TO BE MORE PRODUCTIVE? WHY DO YOU THINK THAT IS?



PICTURE THIS: YOU'RE AWAY FROM HOME FOR THE DAY AND YOU REALISE YOU FORGOT TO BRING YOUR PHONE. ON A SCALE OF 1 - 10, HOW ANXIOUS DO YOU FEEL WITHOUT YOUR PHONE AT YOUR FINGERTIPS?



1

2

3

4

5

6

7

8

9

10

Doesn't bother me at all!

Panicking without it!



## Now read Mark 6:7-13

What do you think this Gospel can teach us about detachment?



Put yourself in the shoes (or sandals!) of the disciples. How do you think you would feel, being told to take nothing with you, and rely totally on God to provide for your needs?



# Need to declutter your life?



## WATCH FR MIKE SCHMITZ' VIDEO: LEARNING DETACHMENT FROM YOUR STUFF

How does Fr Mike describe the vow of simplicity he took when ordained? How is it different to a vow of poverty?

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"Some things we own end up owning us." What do you think this means? Discuss

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Be honest with yourself. What "stuff" do you think you are most attached to? What has a hold of your heart?

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Can you think of anything you're holding onto "just in case" (not because you need it or want it?)

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Some decluttering mantras will tell you to ask "Does this spark joy?" when you look at an object. What three questions does Fr Mike suggest we should ask as Christians?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



PUT SOME TIME ASIDE TO REFLECT ON THE "STUFF" IN YOUR LIFE & HONESTLY QUESTION ITS PURPOSE:

- DO I NEED THIS? DO I WANT THIS? AM I HOLDING ONTO THIS "JUST IN CASE" ...?
- TASK: THIS WEEK, TACKLE YOUR CLUTTER! START SMALL IF YOU HAVE TO, BUT START.
- WHAT "STUFF" IS KEEPING YOU FROM BEING FREE FOR YOU, AND FREE TO BE ABLE TO BLESS OTHERS?

**Pray before you begin:** Lord, guide my actions and thoughts today. Grant me the vision to see the value in what I need to keep and how to use it for you, the generosity to see what to give away and bless others, and the wisdom to know what to throw away and be free of. All for your glory. Amen!



## CREATE A PLAYLIST TO LISTEN TO AS YOU SIMPLIFY YOUR LIFE AND DECLUTTER!



- [Simplicity](#) (Rend Collective)
- [Gratitude](#) (Nicole Nordeman)
- [All Things New](#) (Hillsong)
- [Everything](#) (Tim Hughes)
- [To God be the Glory](#) (Worship Central)
- [Better](#) (Pat Barrett)
- [Everything](#) (Lauren Daigle)
- [One Thing](#) (Hillsong)

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

