

# FAITH @ Home

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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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Year B 22ND SUNDAY IN ORDINARY TIME

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

## Sunday Mass Readings

First Reading:

Deuteronomy 4:1-2,6-8

Responsorial Psalm:

Psalm 14(15):2-5

Second Reading:

James 1:17-18,21-22,27

Gospel:

Mark 7:1-8,14-15,21-23

*"Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean."*



*The Pharisees Question Jesus, 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 online [HERE](#).

## Pray



In the Gospel today we hear Jesus speak to the Pharisees about what holiness really is.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- *"This people honours me with their lips; but their hearts are far from me."* As you pray with these words, reflect on the state of your own heart when you practice your faith.
- Is your heart open and attentive when you go to Mass? Is there love and mercy in your heart towards others? Are there parts of your heart that need healing? Is there anyone in your life you need to forgive?
- Spend some time with Jesus this week reflecting on these questions

## Family Prayer



*Jesus You know our hearts inside out.  
Help us to love you always  
and to put you first in our lives  
as we strive to be holy! Amen*

## Talk

- In this week's Gospel, we witness Jesus having a disagreement with the Pharisees. We hear Jesus criticize the Pharisees for making their rules about ritual purity equal to the commandments of God's Law. They were not focussing on what it really meant to be holy.
- What are some of the rules our family sets? Chat about them. Do they ever seem unfair? Why are those rules in place? Is it because our parents want to be unfair and mean to us, or is it because they love us and want us to be good and do well in life?
- When we remember the essential element behind our rules, we see that our rules help us be the good people that Jesus wants us to be.
- Jesus wants us to focus on the rules that matter, the ones that will help us get to heaven!

## Family Challenge!



*Jesus wants us to be loving to those around us, even when it's really hard! He sees every effort we make, because He sees into our hearts. This week, make a special effort to be nice to someone who annoys you. Jesus will help you if you ask!*

## HOLINESS COMES FROM WITHIN

In today's Gospel, Mark provides a significant amount of information about the Jewish observance of ritual-purity laws. Most scholars believe that Mark includes this information because his audience includes Gentile Christians who have no knowledge or experience of these laws. We can infer, therefore, that many in Mark's community were not Jewish Christians.

Jesus first criticizes the Pharisees for putting human tradition above God's Law. Here, Jesus is referring to the tradition of the elders, the teachings of the Pharisees, which extended the ritual-purity laws of Temple worship to everyday Jewish life. Jesus criticizes the Pharisees for making this tradition equal to and as binding as the Law of Moses.

Next, Jesus comments on the meaning behind the Pharisees' language of holiness—clean and unclean. Jesus teaches that a person is not defiled by the food that enters his or her body, but rather by sin that emerges from his or her words and actions. In this teaching, Jesus unmasks a deeper question behind the one posed to him by the Pharisees. The real issue is holiness, which is not found in external acts alone. Holiness comes from within and is evidenced in the actions and attitudes that emerge from a person's life.

Jesus' words challenge us as well. In our desire to show that we are holy, we might also give too much credence to externals, following rules without thinking about the intention behind them. Jesus reminds us that we do not make ourselves holy by our actions. Rather, we become holy when we allow God's Spirit to transform us. Our actions should be an expression of the conversion of our heart to God and to God's ways.

Taken from [Loyola Press: Sunday Connection](#)

Check  
this  
out

### TEACHING CATHOLIC KIDS

*Teaching Catholic Kids is an online resource that supports Catholic parents, teachers and catechists in their mission of educating young people in the Catholic faith. Teaching Catholic Kids is a ministry of Our Sunday Visitor, which has been sharing the truth, beauty and goodness of Catholicism since OSV's founding in 1912.*

*Free downloadable activities and articles are updated each week and made available from the best of OSV books, workbooks and writers. Sign up for the weekly newsletter [here](#) and get these resources sent straight to your inbox.*

*<https://www.teachingcatholickids.com/>*



## CARLO'S CORNER THE HEART OF THE MATTER

*New academic year, new people, new challenges, new possibilities - it's an exciting time, and a daunting one too. It's also a good time to stop and reflect on what direction we want our lives to go in - to get our bearings. What do we want to bring with us into this new year, and what do we need to shed and leave behind? What habits are preventing us from being the best version of ourselves? What attitudes are pulling us down? We can talk a lot about who we spend our time with and how they influence us. This week, let's look inwards.*

*In today's Gospel, Jesus speaks really bluntly about the things that make us "unclean" (and ultimately miserable); these things come from our own hearts. Are we guilty of any of these? Avarice, deceit, malice, envy, pride...the list goes on. All of these things block us from true happiness. They block us from recognising the beauty and dignity of those around us, and the dignity God wants each of us to personally embrace. They block us from becoming saints. Sainthood (aka complete happiness) is not just for those who perform great miracles or are martyrs. We're all called to a life of sanctity, to be lived out in our own circumstances. Check out what Fr Mike has to say in this week's video!*

You can be a Saint. Here's How (Fr Mike Schmitz)

Natalie Grant: Make Me Over

*To the Heights Youth Resource also available*

## Events

**Be Healed Retreat:** Glencomeragh House, Kilsheelan, Co. Tipperary. 30 Aug 2024 - 01 Sept 2024. Discover the Lord's healing power and the freedom He offers us through the uprooting of the desires that keep us bound. Full Board €250. To book please contact [info@holyfamilymission.ie](mailto:info@holyfamilymission.ie).

**Visit of Relics of St Bernadette:** 17th & 18th September. The relics of St. Bernadette will visit the Diocese and a programme of events will be held in the Cathedral of the Most Holy Trinity over the two days. More info to follow.

**New Youth Club, Dungarvan :** Explore the joy of the Catholic Faith! Ages 13 - 17. Faith, fun, friendship, games, outings! 2nd and 4th Friday of the month (starting September 13th) from 7-8.30pm in St Mary's Parish Pastoral Room, Mitchell Street, Dungarvan X35DE98. To book contact 0871378364 or email [youthclubdungarvan@hotmail.com](mailto:youthclubdungarvan@hotmail.com). Under the auspices of St Mary's Parish, Dungarvan.

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