

SUNDAY PLUS



LIVERPOOL 2018
ADOREMUS

Live simply

Travel lightly but not alone

by Dr Lawrence
Osborn



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Mission (sending out) is an integral part of the Christian life, and today's Gospel reading about the disciples' first mission outlines some of the permanent characteristics of Christian mission.

The most striking feature of this first mission is that it is a call to travel lightly. Jesus tells the disciples to take only what they need for the journey

– a staff, sandals, the clothes they are wearing – and nothing else. It means they can go at once with no need for careful preparation.

They may travel without much “stuff”, but they are not alone. Jesus sends them out in pairs. While some Christians may be called to a life of solitude, generally speaking ours is not a solitary faith. We live it in companionship with all our

brothers and sisters in the Church.

Implicit in the command to travel without excess baggage is a requirement that we travel hospitably. If we take only the bare minimum with us, we cannot be self-sufficient. We must rely not only on our Christian companions but on those to whom we are sent. And so the disciples were told to look for hospitality, to depend on others.

And, of course, mission is travelling with a purpose. The disciples were called to heal, to cast out demons, and above all to preach repentance. We, too, in our daily lives are called to lead lives that promote mental and physical wholeness (healing) and bear witness to the new direction (repentance) that is following Christ.

Dr Lawrence Osborn is an Anglican Franciscan Tertiary.

Simply surviving

by Luke de Pulford

On visits to poorer countries, it is often remarked how happy people seem “despite having so little”. This is normally an expression of surprise, as if people with fewer possessions ought to mope about in a state of perpetual despair. The confusion is understandable. We grow up in a culture which teaches us from a young age that happiness and success are connected, and that success means the accumulation of “stuff” and affirmation in the eyes of the world. Why would people with neither of these things be so happy? Today's Gospel sheds some light, teaching us that happiness isn't bound up in material goods and concerns, and that we shouldn't take more than we need – the importance of good stewardship. While we

reflect on our own journey, let us remember the journeys of those who cannot freely choose to eschew material wealth, but are compelled to abandon everything by dire poverty or conflict, leaving their homes in search of something better, only to be trafficked and exploited.

Luke de Pulford, a Catholic journalist, is a founder of the Arise Foundation, www.arise.foundation, which fights against people trafficking and domestic slavery.

Lord, I can make life so complicated. Help me to remember that my life is in your hands. Nothing else matters. Amen.

“It is our living faith in Christ which is our deepest identity... and this is what we are asked to share, sincerely, honestly and without pretence, in the dialogue of everyday life, in the dialogue of charity and in those more formal opportunities which may present themselves.

Pope Francis

Travel lightly

by James Gallogly

I know I shouldn't be, but I never fail to be amazed by the modern relevance of the Gospel. Those of us who have travelled on a budget airline or have plans in the months ahead can make excellent use of the advice in Mark this weekend. None of the Apostles had to worry about a suitably sized bag under its weight limit but they were certainly being spared any burdens. They were sent with clear instructions

and challenging tasks. Our daily mission may be carried out whilst on holiday or in more mundane circumstances. However, it is equally clear that we too are being sent. Some thought to the simplicity of our journey can be truly rewarding. It stood St Francis of Assisi in good stead despite the surprise of his family.

Maybe in the future we can ensure that “all things are done according to God's plan and decision” – even the packing!

James Gallogly is a Catholic prison chaplain.

Today: Amos 7:12-15 Ephesians 1:3-14 Mark 6:7-13	Monday: Isaiah 1:10-17 Matthew 10:34 – 11:1	Tuesday: Isaiah 7:1-9 Matthew 11:20-24	Wednesday: Isaiah 10:5-7, 13-16 Matthew 11:25-27	Thursday: Isaiah 26:7-9, 12, 16-19 Matthew 11:28-30	Friday: Isaiah 38:1-6, 21-22, 7-8 Matthew 12:1-8	Saturday: Micah 2:1-5 Matthew 12:14-21	Next Sunday: Jeremiah 23:1-6 Ephesians 2:13-18 Mark 6:30-34
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