

SUNDAY PLUS

Walk the talk

Witness by your life

by Sr Siobhan O'Keeffe
SSHJM

Today we are asked to commit our whole lives to the way of the Lord so that God may be glorified. Much has been written about how a person draws goodness from the store of goodness in their heart, out of which flow the words of his mouth. When these words are gentle, patient, forgiving or joyful, humanity is enriched and God rejoices. However, if they are negative, a toxic atmosphere prevails and God weeps. It is imperative that we stop, reflect and place a guard over the door of our lips if gossip or negativity are welling up from the core of our being.

A life of prayer that is embedded in the scriptures and feeds on

our shared Eucharist guides and enlightens our conscience on how we are to speak with and relate to each other.

A daily reflection and search for the movements of the Spirit in our lives show us clearly where we are drawing closer to God or moving away from him and each other. God's word sets us on the right path and our spirits and lives are at peace, bearing good fruit for the heavenly kingdom.

We all struggle on occasion but are not to be discouraged. The Holy Spirit is with us, drawing us ever deeper into the mystery of love so that we may continue to offer God our life, love and actions. The witness of our lives will encourage others to want to know more about Jesus and the God of all life will be glorified.

Sr Siobhán O'Keeffe is a Sister of the Sacred Hearts of Jesus and Mary.



Join the dots

by Claire Wright

I am not great with the spoken word. I love acting, hiding behind someone else's words. I am a writer and the words flow easily when I put pen to paper. But speaking... it's not my thing. I lose my train of thought, I get nervous, I shy from attention and try to shift the subject back.

But something changes when the subject is one I am passionate about. When the focus is not on me, but on something I love – food, health, writing, photography... and Jesus. Of course, Jesus.


I have noticed, however, that the subject of Jesus can cause the same butterflies in my stomach, the same feeling of dread, that I hope will not

strike. It didn't always.

In fact, I didn't join the dots until recently. My passion for my faith is directly related to the time I spend with him. The stronger my prayer life, the easier it is to open my mouth and shout his name.

"But what comes out of the mouth proceeds from the heart."

Claire Wright is a Brighton-based freelance writer who runs a faith blog and a healthy family food website, all while taking care of two lively toddlers.

Loving Lord, "it is hard to be good". Please help me as I plod along my way towards you  Amen.

Feed your faith

by Paul Nizinskyj

"*Dubium sapientiae initium*", wrote René Descartes in 1641: "Doubt is the origin of wisdom." It is tempting to look at doubt as something to be avoided at all times but, as with all challenging situations in our lives, times of doubt can be golden opportunities to grow in faith and wisdom. After all, only by questioning can we learn, and only by learning can we grow. As Catholics, we believe, not only in the fundamental truths of the Gospels but, with God's grace, in the gradual unfolding of truth through scholarship, meditation, and debate. The seed of all these pursuits is doubt of some description and, indeed, we often

doubt simply because we do not know enough about our faith. It is therefore the perfect time to speak to your priest, join a Bible study group, or delve into scripture and writings by religious scholars – let them feed their lambs.

Paul Nizinskyj is a local government officer and freelance journalist.

"Not everything a saint says is completely faithful to the Gospel; not everything he or she does is authentic or perfect. What we need to contemplate is the totality of their life, their entire journey of growth in holiness."

Pope Francis

Today:

Ecclesiasticus 27:4-7
1 Corinthians 15:54-58
Luke 6:39-45

Monday:

Ecclesiasticus 17:20-28
Mark 10:17-27

Tuesday:

Ecclesiasticus 35:1-15
Mark 10:28-31

Ash Wednesday:

Joel 2:12-18
2 Corinthians 5:20 – 6:2
Matthew 6:1-6, 16-18

Thursday:

Deuteronomy 30:15-20
Luke 9:22-25

Friday:

Isaiah 58:1-9
Matthew 9:14-15

Saturday:

Isaiah 58:9-14
Luke 5:27-32

Next Sunday:

Deuteronomy 26:4-10
Romans 10:8-13
Luke 4:1-13