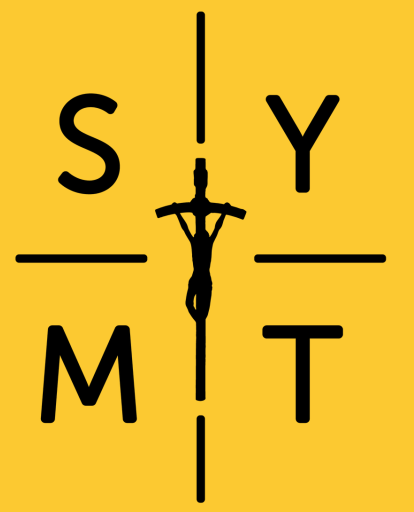




Shine

23RD JANUARY 20223RD SUNDAY IN
ORDINARY TIMESCRIPTURE
LUKE 4:14-21

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

“The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord’s favour.”

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

Reflection

When Jesus read this scripture in the synagogue, He wasn't just talking about Himself. He was talking about each and every one of us! God's Spirit is with you, He has anointed you. It's our job to bring good news and to proclaim the Lord's favour.

Who can you think of who needs to hear the good news? I'm sure you don't need to think too hard to come up with a name. We all know people who could do with hearing that God loves them and is on their side.

We don't need to be nervous about sharing the message of Jesus, His Spirit is with us always.

ACTIVITY

Scripture Scrolls

Make your own scrolls with scripture to inspire others. You could even use some lolly sticks attached to a strip of paper to make it look authentic.

You could keep them in a bowl in your home for daily inspiration or hand them out when you come across someone who needs to be reminded of the Good News.



Prayer

Let's pray this ancient prayer of the Church to ask the Holy Spirit to be with us as we proclaim the Good News:

Come, Holy Spirit, fill the hearts of your faithful.

And kindle in them the fire of your love. Send forth your Spirit and they shall be created.

And you will renew the face of the earth.

CHALLENGE

How can you live out the call from Isaiah this week?

You could help those in need in your community.

Maybe you could research how you can support a prison ministry or why not find out about different projects helping those who suffer persecution?



Shine

30TH JANUARY 20224TH SUNDAY IN
ORDINARY TIME**SCRIPTURE**
LUKE 4:21-30

“Truly I tell you” Jesus continued, “no prophet is accepted in his hometown. I assure you that there were many widows in Israel in Elijah’s time, when the sky was shut for three and a half years and there was a severe famine throughout the land. Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian.”

All the people in the synagogue were furious when they heard this. They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. But he walked right through the crowd and went on his way.

Reflection

This scripture can help us understand what it can be like sometimes when we share about God. When Jesus was in the synagogue, He told people that he was the son of God, the people were offended and got angry with Jesus.

There can be times when we want to share the Good News and we don't get the response we are expecting. One thing we can do when we tell people about Jesus, is to make sure it is done with a good heart. We can tell people why we believe, what makes us trust God and go from there. Often we can find that people enjoy listening to stories of faith.

You may have even find that actions speak louder than words, so why not try to live like Jesus did and be an example for others.

ACTIVITY

Journey of Faith

Reflect on your own faith story, how could you share it with someone else?

You could make a mind map of the things that make faith important to you or the events that have shaped your journey with God.

Then, when someone asks you about Jesus or your faith, you'll have something to tell them!



Prayer

Dear God,
Thank you for being a loving father who wants the best for me.

Give me strength and courage to go out into the world proclaiming the good news you bestowed on us.

Guide me in my conversations with others and help me spread your word with confidence.

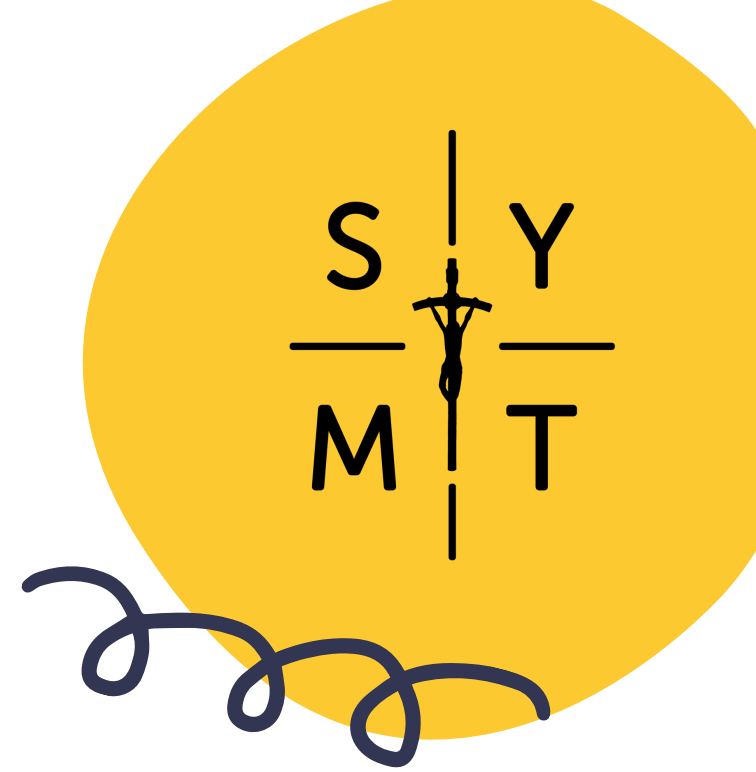
Bless me with the holy spirit and walk with me every day.
Amen.

CHALLENGE

Who can you tell about Jesus this week?

It could be someone you know or even someone new!

Just remember to ask the holy spirit to help give you confidence to do so!



6TH FEBRUARY 2022

5TH SUNDAY IN
ORDINARY TIME

SCRIPTURE

LUKE 5:1-11

One day as Jesus was standing by the Lake of Gennesaret, the people were crowding around him and listening to the word of God. He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch." Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets." When they had done so, they caught such a large number of fish that their nets began to break. So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" For he and all his companions were astonished at the catch of fish they had taken, and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

So they pulled their boats up on shore,
left everything and followed him.

Reflection

Today the first disciples are called by Jesus, as he begins his public ministry. They aren't the richest or the highest in society but fishermen! Jesus met people where they were and called them to follow him. He calls us today – he knows where we are, not just physically in Church, but personally, he knows our joys, sorrows, fears and achievements.

Jesus calls us today to be his disciples and cast our nets out into the deep, to tell everyone about His Good News and invite them into relationship with Him.

Who will you tell about Jesus this week?

ACTIVITIES

Make an Invitation

Draw a big fish on a piece of card and decorate one side of it with bright colours, stickers, paint or whatever you want.

On the back write an invite to a family member or friend inviting them to go to Mass with you – don't forget to tell them where, when and the time!



Fishing Game

Draw and cut out on paper shapes of fish. Glue a metal paper clip on the back of each one.

Use a wooden dowel or a stick from outside and tie a string to it. Glue a magnet to the bottom of the string.

Use a timer and see how many fish you can catch in a minute!

Prayer

Jesus, your simple call to those first disciples was to follow you. I ask you to open my ears to hear your call too.

Give me the strength and courage to answer you and follow you each day.

Help me to cast my net out into the deep so that I may invite others to follow you too. Amen

CHALLENGE

Spend some time with Jesus this week and listen to the ways He wants you to follow Him.

What is He asking you to do?
Who is He asking you to reach out to and invite to follow Him too?

Shine

13TH FEBRUARY 2022

6TH SUNDAY IN
ORDINARY TIME

SCRIPTURE
LUKE 6:17, 20-26

When Jesus had come down from the hill with the apostles, he stood on a level place with a large number of his disciples. A large crowd of people was there from all over Judea and from Jerusalem and from the coast cities of Tyre and Sidon;

Jesus looked at his disciples and said,

“Happy are you poor;

the Kingdom of God is yours!

“Happy are you who are hungry now;

you will be filled!

“Happy are you who weep now;

you will laugh!

“Happy are you when people hate you, reject you, insult you, and say that you are evil, all because of the Son of Man! Be glad when that happens and dance for joy, because a great reward is kept for you in heaven. For their ancestors did the very same things to the prophets.

“But how terrible for you who are rich now;

you have had your easy life!

“How terrible for you who are full now;

you will go hungry!

“How terrible for you who laugh now;

you will mourn and weep!

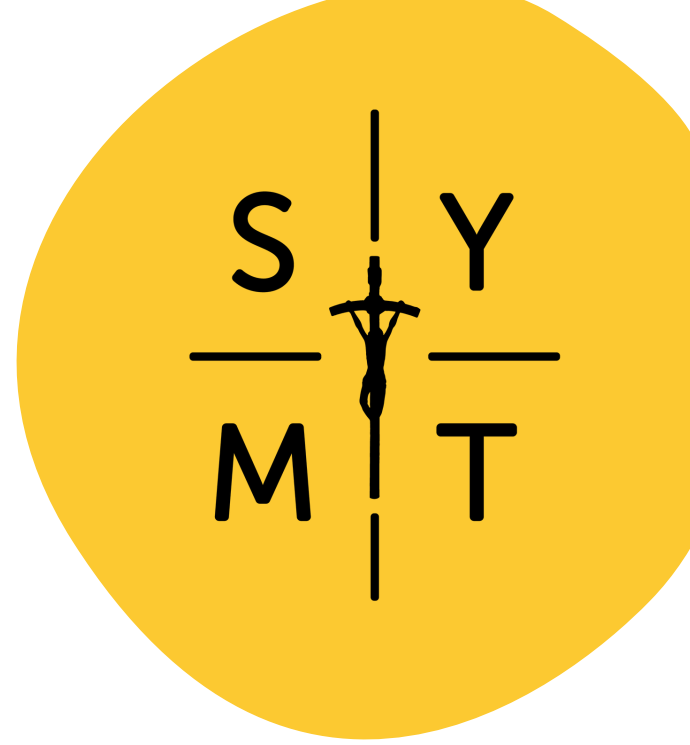
“How terrible when all people speak well of you; their ancestors said the very same things about the false prophets.

Reflection

Today's gospel is one of the more popular gospels and one that we know quite well. We hear today about happiness, not superficial or material happiness, but true inner happiness.

We learn that true happiness comes from deep within a person.

The one way, we as Catholics, find our way to true happiness is through Jesus.



If we open our hearts to Him and allow Him in then we will find the road to true happiness.

Each one of us is called to be like Jesus – the more we follow in his footsteps the more happiness we can bring into our lives and the lives of those around us.

ACTIVITY

What Is Happiness?

Have a look at the pictures and ask yourself the following questions:

What do you notice about the pictures?

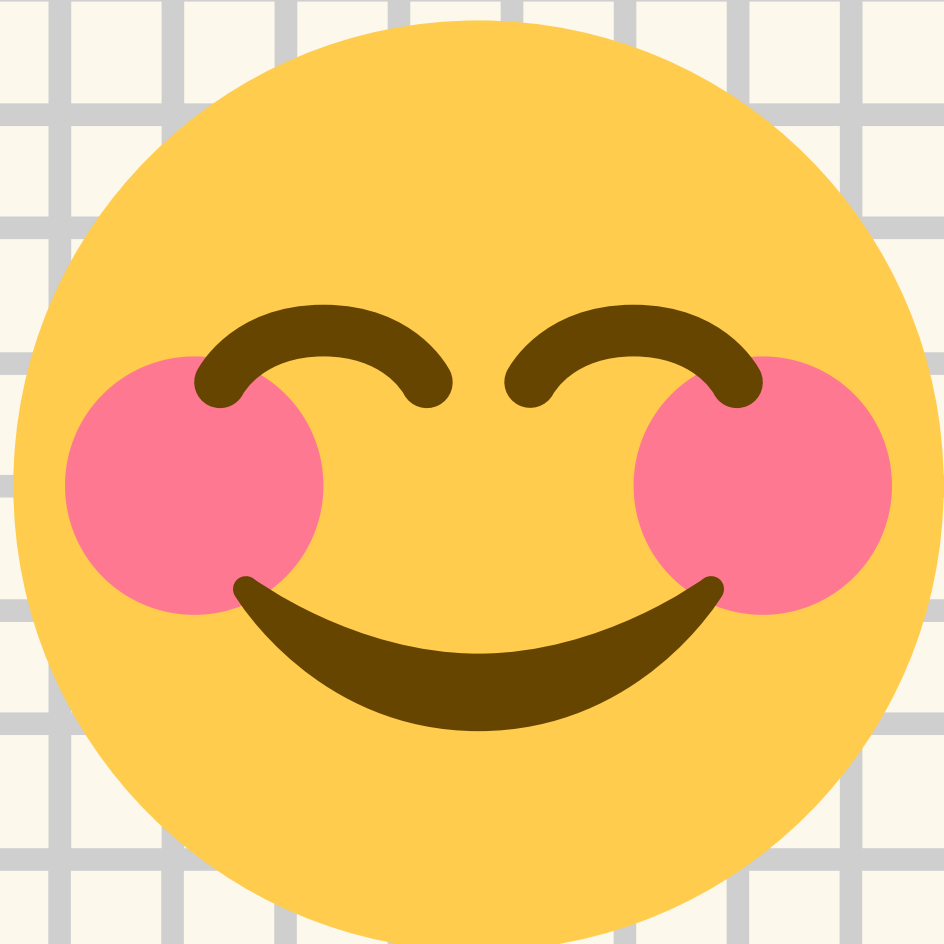
What key features do you see?

How do you know when someone is truly happy?



CHALLENGE

What can you do this week to make someone truly happy?



Prayer

Jesus, help us to be truly happy and, with your guidance, let our happiness radiate out so that all the world can see.

Amen





Shine

**20TH FEBRUARY 2022**7TH SUNDAY IN
ORDINARY TIME**SCRIPTURE**
LUKE 6:27-38

“But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you. If anyone hits you on one cheek, let him hit the other one too; if someone takes your coat, let him have your shirt as well. Give to everyone who asks you for something, and when someone takes what is yours, do not ask for it back. Do for others just what you want them to do for you.

“If you love only the people who love you, why should you receive a blessing? Even sinners love those who love them! And if you do good only to those who do good to you, why should you receive a blessing? Even sinners do that! And if you lend only to those from whom you hope to get it back, why should you receive a blessing? Even sinners lend to sinners, to get back the same amount! No! Love your enemies and do good to them; lend and expect nothing back. You will then have a great reward, and you will be children of the Most High God. For he is good to the ungrateful and the wicked. Be merciful just as your Father is merciful.

“Do not judge others, and God will not judge you; do not condemn others, and God will not condemn you; forgive others, and God will forgive you. Give to others, and God will give to you. Indeed, you will receive a full measure, a generous helping, poured into your hands—all that you can hold. The measure you use for others is the one that God will use for you.”

Reflection

What is your reaction when you are wronged?

Some people get angry, others go very quiet, some mutter under their breath and some keep their emotions inside.

Today, Jesus is calling us to take a fresh approach to reacting to situations where we have been hurt. We are asked to think about how God treats us when we have turned away from Him; God never rejects us, gets angry with us

or condemns us, rather He waits with open arms, ready for us to return.
That's how we are to respond to others!

How can you be more merciful to people who you don't agree with? How can you be compassionate even when you feel angry? Let's remember in those moments when we want to be quick to react or be angry, to take a deep breath and ask Jesus to be with us before we respond.

ACTIVITY

Sensory Bottles

Sensory Bottles are a great way to help us take a moment. All you need is an empty sealable bottle, water, washing up liquid or baby oil and glitter.

Make sure your bottle is clean

Fill it about 1/3 with water

Fill the rest of the bottle with washing up liquid or baby oil

Add your glitter

Put the lid back on! (you might want to use some strong tape around the lid too)

When you need a moment to calm down, sit down, shake the bottle and breath deeply until the glitter has settled.

Prayer

Cut out a heart shape from some paper and stick it to your wall. When you want to remember to pray for someone, whatever the reason, simply write their name on the heart.

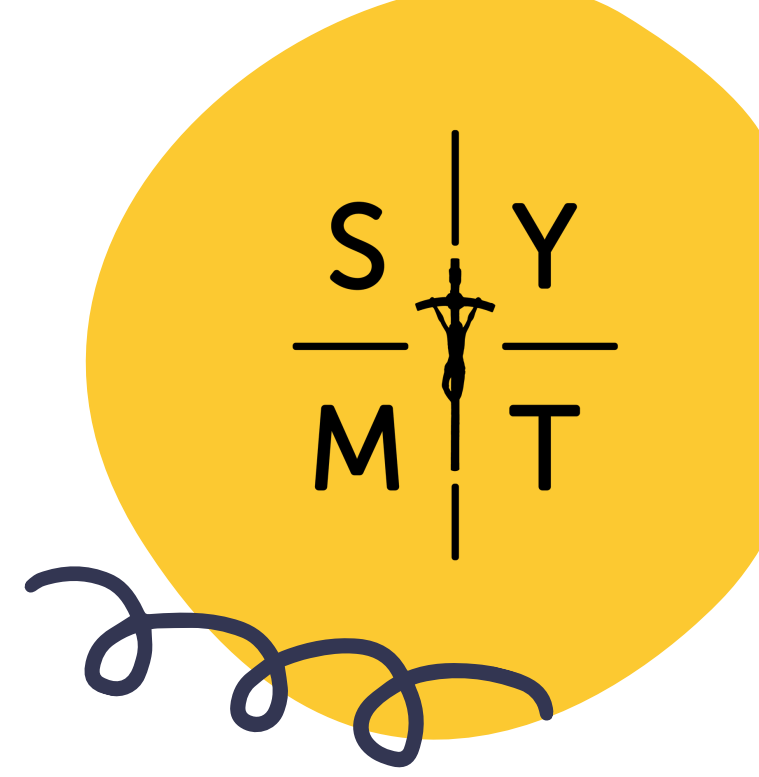
Spend some time each evening this week praying for each person by name, asking God to be with them.



CHALLENGE

Make a list of the characteristics of Jesus. What is He like? What are the qualities of His personality?

Choose one of these characteristics. How could you practise this quality more in your own life? Make a goal of how you will become more like Jesus.

**27TH FEBRUARY 2022**8TH SUNDAY IN
ORDINARY TIMESCRIPTURE
LUKE 6:39-45

He also told them this parable: “Can the blind lead the blind? Will they not both fall into a pit? The student is not above the teacher, but everyone who is fully trained will be like their teacher.

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother’s eye.

“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briars. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Reflection



ACTIVITY

Bearing Fruit

Jesus said that He is the vine and we are the branches, we will bear fruit if we stay close to Him.

Draw a bunch of grapes on a piece of paper. On each of the grapes, write the name of someone who might need Jesus in their life.



Prayer

CHALLENGE

As you meet people this week, rather than make an initial judgement, think about how Jesus would see that person.

Did this having this attitude change the way you interact with others?

