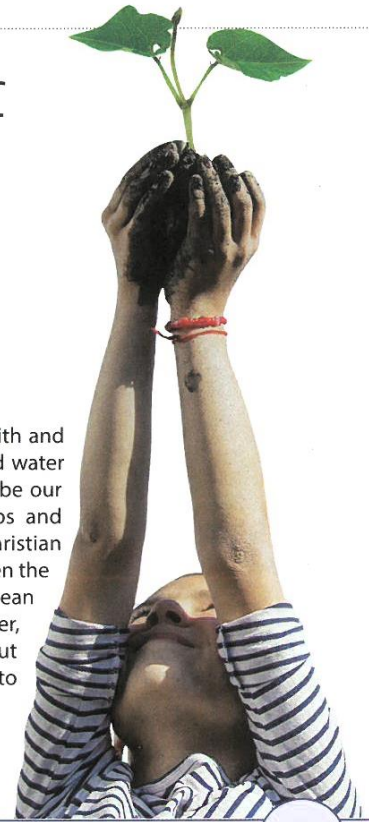# SUNDAY PLUS ✚

Rebirth and harvest

The example of runner beans!

By Natalie Claveria

I was at a friend's house recently and she was proudly showing me the fruits of her new hobby, gardening. She had planted some runner beans with her young sons and was enjoying watching them entwine themselves around the teepee canes she had installed to support their growth. She was marvelling at the simple miracle of growth and how special it is to observe something evolve from nothing. It made me think of our own faith and how we must support and nurture it so we, too, can grow and reach our potential. Thinking of today's Gospel, "unless a wheat grain falls into the earth and dies, it remains only a single grain; but if it dies it

yields a rich harvest", let us tend to our own faith and nurture it as we grow. Let us seek the light and water ourselves with the Word of God. Our faith will be our support as we entwine ourselves in life's ups and downs. Let us relish the gift of life and be Christian beacons of hope to those we encounter. So, when the time comes for my friend to harvest her runner bean crop, I know the beans will taste better than ever, knowing she and her young children have put their own time, dedication and perseverance into making them grow!

A busy Mum and active in her parish, Natalie Claveria is also the Head of Sales, Distribution & Customer Experience for Redemptorist Publications.

Plant the seeds

By Michael George

A reflection composed by Bishop Ken Untener, although often attributed to Saint Oscar Romero, includes the words: *"We plant the seeds that one day will grow.*
We water seeds already planted, knowing that they hold future promise."
As a teacher and school chaplain these words have provided encouragement.
I know little or nothing about the futures of most children I have taught, after they have moved on from the school at age eleven. I have not known the lasting impact of their primary education or influence of teachers like me.
The reflection continues: "We may never see the end results, but that is the difference between the master builder and the worker."
This gives perspective. I am a worker, a planter and waterer of seeds. My prayer is that God will see, in his time and in each young person, seeds grown to fruition, and will be pleased with what he sees.

Michael George has served Catholic primary schools as a teacher and headteacher for more than twenty years.

Amazing God, sometimes it is very hard to be patient with myself and with others. Please help me to take a deep breath and to learn how to wait so that you can live and grow in me. ✚ Amen.

> The patience of God is a mystery! How much patience he has with us! We do so many things, but he is patient.
>
> Pope Francis

Feast of the week
Tuesday 19 March

St Joseph, Spouse of the Blessed Virgin Mary

Joseph is one of the early saints, who was recognised by popular devotion rather than church processes. He is the patron saint of workers because he was a carpenter, and also of a happy death due to the belief that he died in the presence of Jesus and Mary. The feast of Joseph, husband of Mary, is marked on 19 March and the whole month of March is dedicated to him. Joseph has become patron of various places, including Belgium, Canada, Croatia, Korea, Indonesia, Vietnam and many individual dioceses, especially in the Philippines. He is also patron of immigrants, explorers, pilgrims, travellers, engineers and realtors. In 1955 Pope Pius XII established the Feast of St Joseph the Worker which is marked on 1 May, as a religious counterpart to International Worker Day / May Day.

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