

SUNDAY PLUS

New vision

The prayer that screams

Fr Denis McBride C.Ss.R.

Just as Jesus knew his plan, he had enough for everyone, he wants each of us to know we are enough, just as we are. There are times, of course, when we feel self-doubt and concern, just as the disciples did on the shore of the Sea of Galilee. But if Jesus stood before us today, he would gaze his kind eyes upon us and reassure us we

are enough. Psalm 139:13-14 reminds us, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" [NIV]. So, whenever we feel depleted or empty, let us remind ourselves how being close to Jesus fills us up, physically, emotionally and spiritually. Also, when we feel we have surplus

reserves, just as the disciples filled their baskets with leftovers, let us bestow our extra energy, time and attention on those who are hard to reach, those who sit on the periphery, those who are hungry for nourishment.

Fr Denis McBride's many books, CDs and DVDs are available from Redemptorist Publications, www.rpbooks.co.uk.

For Jesus, the cry of those pleading for help is not a nuisance but a challenge. How important it is for us to listen to life!

Pope Francis

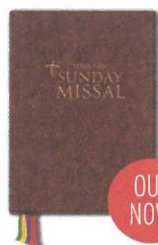
"I want to see."

By Natalie Claveria

"I want to see," said my colleague who was becoming increasingly annoyed by the scratched lens in his glasses. Seeing clearly is such a gift. To view the world in high definition allows us to take in all the beauty of the natural world, to appreciate intricate details of artwork and, plainly, to read. However, as the American poet and philosopher, Henry David

Thoreau, once commented, "It's not what you look at that matters: it's what you see. To look means to gaze upon something with your eyes and acknowledge its presence. But to see requires time, patience, open-mindedness and sometimes even effort." As active and engaged Christians let us take the time to truly **see** our faith and share it with those around us.

In addition to being a busy mum and active in her parish, Natalie Claveria is also the Head of Sales, Distribution & Customer Experience for Redemptorist Publications.



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Feasts of the week
Friday 1 November

All Saints


Saturday 2 November

All Souls' Day

What God wants most of all for each one of you is that you should become holy... Perhaps some of you think being a saint is not for you. Let me explain what I mean. When we are young, we can usually think of people that we look up to, people we admire, people we want to be like. It could be someone we meet in our daily lives that we hold in great esteem. Or it could be

someone famous. We live in a celebrity culture and young people are often encouraged to model themselves on figures from the world of sport or entertainment. My question for you is this: what are the qualities you see in others that you would most like to have yourselves? What kind of person would you really like to be?... God wants your friendship. And once you enter into friendship with God, everything in your life begins to change.

Pope Benedict XVI, St Mary's University College, Twickenham, 17 September 2010

Lord of light, open the eyes of my heart to the needs of the people around me. Help me to see them with your eyes.  Amen.

Today:
Jeremiah 31:7-9
Hebrews 5:1-6
Mark 10:46-52

Monday:
Ephesians 2:19-22
Luke 6:12-19

Tuesday:
Ephesians 5:21-33
Luke 13:18-21

Wednesday:
Ephesians 6:1-9
Luke 13:22-30

Thursday:
Ephesians 6:10-20
Luke 13:31-35

Friday:
Apocalypse 7:2-4, 9-14
1 John 3:1-3
Matthew 5:1-12

Saturday:
Isaiah 25:6-9
Romans 5:5-11
Mark 15:33-39; 16:1-6

Next Sunday:
Deuteronomy 6:2-6
Hebrews 7:23-28
Mark 12:28-34