

# SUNDAY PLUS

More than enough

## Share the extras

By Natalie Claveria

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.

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



The true miracle, says Jesus, is not the multiplication that produces vanity and power, but the sharing that increases love and allows God to perform wonders. Let us try to share more: let us try the way Jesus teaches us.

Pope Francis

## The deeper hunger

By Sr Janet Fearns FMDM

"Waste not, want not." What did Jesus and the disciples do with the twelve baskets of leftover bread? Was it shared with those who were too shy to ask for a takeaway?

Hunger is relative. When I offered delicious, newly purchased, scotch eggs to a homeless man who asked for money to buy food, he abusively refused them whereas the eyes of a

beautifully dressed woman filled with tears. "I'm so hungry", she said.

We don't always see genuine hunger because it can require almost superhuman courage to ask for help. Food banks now generously — and tragically — support people who never expected to ask for a loaf of bread, a bottle of milk and a few eggs. Sadly, some are also starving for love and affirmation, a far deeper hunger.

We can also feed 5000 people but without needing loaves and fishes: a smile works wonders. We can respond to someone's hunger for love.

*Sr Janet Fearns is a Franciscan Missionary of the Divine Motherhood.*

Feast of the week  
Monday 29 July


## Ss Martha, Mary and Lazarus

Martha, Mary and Lazarus loved their friend Jesus but there must have been times when his arrival was inconvenient. He probably didn't come alone, was accompanied by at least twelve hungry fishermen and arrived unannounced. Local culture dictated that a guest need not warn of their arrival nor ask for food: it was presumed that there would be a welcome and that a meal

would be "encouraged" to feed everyone. Presumably the disciples might have carried a gift of fish but was it considered bad manners, as in some other cultures, to bring basic ingredients such as flour, thereby implying that the hosts might have insufficient food in their house? Did the visitors occasionally almost eat their hosts "out of house and home"?

On at least one occasion, Martha cooked whilst Mary sat and listened to Jesus. Lazarus — as a man — relaxed with Jesus and the disciples.

Jesus felt welcome, loved and safe with this family. What a wonderful tribute to Martha, Mary and Lazarus!

Loving Lord, sometimes it is difficult to share what we have with other people. We don't mean to be selfish, but it can be hard to let go. Teach us to be generous.  Amen.

Today:  
2 Kings 4:42-44  
Ephesians 4:1-6  
John 6:1-15

Monday:  
1 John 4:7-16  
John 11:19-27  
or 10:38-42

Tuesday:  
Jeremiah 14:17-22  
Matthew 13:36-43

Wednesday:  
Jeremiah 15:10, 16-21  
Matthew 13:44-46

Thursday:  
Jeremiah 18:1-6  
Matthew 13:47-53

Friday:  
Jeremiah 26:1-9  
Matthew 13:54-58

Saturday:  
Jeremiah 26:11-16, 24  
Matthew 14:1-12

Next Sunday:  
Exodus 16:2-4, 12-15  
Ephesians 4:17, 20-24  
John 6:24-35