

Life to the Full:

Living faith within our families



Monthly newsletter for parents: **July 2018**

I Am Called

Jesus called the Twelve apostles and began to send them out two by two. He gave them what they needed for the mission. He told them to take nothing for the journey except a walking stick. No food, no rucksack, no money. They were to wear only what they needed, no extra clothes. So, the Apostles set off to different towns and stayed amongst the people there for a while. They told the people in the towns to be sorry for what they had done wrong. They were able to help many and cured others who were sick. *Paraphrased from Mark 6:7-13*

The Gospel for Sunday 15 July shows Jesus calling his twelve apostles to leave the comfort of their own home and go out on a mission to preach the Good News.

When we are called to do something, it can throw up a variety of emotions: excitement, trepidation, anxiety, anticipation. When we are called to do something, it also invariably involves change.

The school summer holidays bring change to many families. This is especially true for children who are embarking on a new phase of life, such as a new school. Jesus assures that he is with us every step of the way on our journey through the power of the Holy Spirit.

Here is a short, guided meditation which you might like to reflect on yourself, share with your child, or play through the link shown below.

Prayer

Dear Jesus,

The Apostles didn't take special equipment, extra food or money for their mission.

You will give me what I need if I trust in you.

You sent the Apostles out in pairs. Help me to be a good friend, to work with others, and to grow together our family, the Church.

Thanks be to God

Guided Meditation

Imagine that you are with Jesus now. You have been listening to him talking to the crowd. Many people have gathered round him and want to hear what he says. They are smiling and looking with wonder at him. His voice is deep and sure. He knows what he is talking about.

Now Jesus sees you and approaches you.

He sits next you and says your name. He is warm and friendly, and you feel immediately at ease with him.

You tell Jesus about the forthcoming summer holidays. He asks you how you are feeling about the break. Spend a few moments telling Jesus how you feel about the school holidays, what you are planning to do, and any worries or concerns that you have about the future.

Jesus listens to you carefully and attentively.

After you have finished, he tells you that he will be beside you on your journey every step of the way.

Now Jesus says that he wants you to do a job for him. You don't need to be particularly clever or good at something; you can do it just as you are. He says that he wants you to spread his love over the summer holidays through your words and through your actions. He asks you to think how you are going to **do** this.

Think for a moment, how are you going to spread Jesus' love through your thoughts and actions over the summer holidays?

Now tell Jesus what you are going to do and how you are going to do it.

Jesus smiles. This makes you feel happy and comfortable. For a minute or two, simply rest in his presence. Perhaps you put your hand in his. Or he places his hand on your head.

Then Jesus stands up. It's time for him to go back and for you to return to what you were doing. Jesus assures you that he will always be here when you want to speak to him. But now it's time for you to go out and share his love through your words and actions.

Play a recording of this meditation at: www.tentenresources.co.uk/summer-meditation