



Seeds of Faith

Supporting families growing together in faith

Oct 2015

Family Life



This month we think about mission. World Mission Sunday happens on the second last Sunday of the month. Mission is the energy that takes us out into the world to live the way that Jesus asks us to. This focus on mission invites us to think about how we are all responsible for bringing the good news of the gospel into our world.

Sometimes we think about mission as priests and nuns in faraway countries. But mission is about what happens here too, in our country and in our homes. We are involved in mission when we realise that faith isn't just something private but rather something that shapes who we are and how we live in the world. Most of us follow the example of Jesus in quiet but important ways. Think about your family

- What do you want for your children?
- What type of people do you want to be?
- What sort of values do you want to have?
- How do you want to treat other people?

Christian values such as love, hope, forgiveness, justice and compassion describe what many of us want for our families. Have a look this month at your life as a family.

Recognise all the ways that gospel values are being lived out in your home. Talk to your children about this and help them to realise that this is an important part of a living faith.



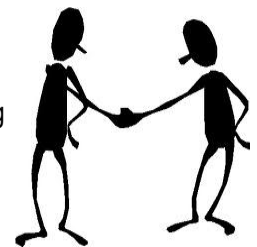
Praying as a family

October is a month which is traditionally associated with the Rosary. So perhaps you would like to commit yourselves as a family to praying the Rosary this month. In total there are twenty decades or mysteries in the rosary so even if you say one decade most days of the week you could pray the whole rosary in a month. The rosary helps us to think about Jesus' life and reminds us of the important role of Mary in Jesus' life.

It was Pope John Paul II who introduced the Luminous Mysteries so called because they shed light on the life of Jesus. The Luminous Mysteries are: the baptism of Jesus; the miracle at Cana; the proclamation of the kingdom; the transfiguration and the institution of the Eucharist. These are all key moments in Jesus life and invite us to consider how we can live like Jesus. So something you might like to do this month is to spend a little time at the end of the day looking back over the day and reflecting

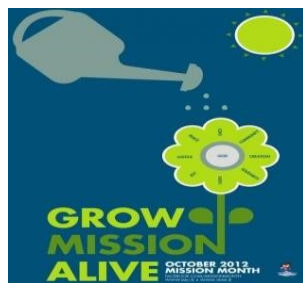
- How have I lived—or failed to live—like Jesus today?

Sometimes we might find that we controlled our temper or held back a cutting comment because we know in our hearts that we are called to be gentle like Jesus. We might realise that we should have spoken up for someone or stopped gossip in its tracks because we are called act justly like Jesus did.. Having Jesus as our role model can give us strength to be the people we know God calls us to be.



Mission Alive!

The Irish Missionary Union has some great resources for schools and parishes for October Mission Month. Look on line at www.imu.ie/missionalive



We would love to hear your comments. What's useful for your family? Tell us at: bairbre.cahill@gmail.com
Find Seeds of Faith and other resources on line at www.godfaithandfamilylife.wordpress.com

October Gospels—learning the hard way

Do you know any stories about someone who learned a lesson by making a mistake? Sometimes when we get it wrong we have the chance to learn a lesson we will never forget. Has this ever happened to you? In all four of these stories, people get it wrong! The story of Bartimaeus happens when Jesus is making his way south towards Jerusalem where he will be arrested and put to death. Jesus will soon be going back to his Father in heaven and leaving his friends to carry on with his work on earth. But they still have so much to learn! Even today the friends of Jesus can sometimes get things wrong, but still he trusts us to keep learning his way. What can we learn from these Gospel stories?



04/10/2015	Mark 10.13-16	Jesus and the children
11/10/2015	Mark 10.17-27	A rich man comes to Jesus
18/10/2015	Mark 10.35-45	James and John want a special favour
25/10/2015	Mark 10.46-52	The blind beggar man, Bartimaeus

Prayer Space

This month our family prayer space could remind us of the ways we can make the good news of the gospel real in our world today. Who are the people who need our love, support and friendship? You could invite family members to write down the names of people they are going to give special care to this month. You could cut pictures and stories out of the newspaper about the refugees who are risking their lives to get to a place of safety—and think of practical ways that your family can help them. You could write down the names of the people who bring God’s love to you in your life.



Stepping stones on the journey of faith

Last month we looked at the sacrament of baptism, the first sacrament of belonging or initiation in the church. This month we are looking at Confirmation. In the early church people were baptised and then confirmed before receiving the Eucharist for the first time. Some dioceses have returned to this pattern.



In confirmation we are given the gift of the Holy Spirit. The Holy Spirit roots us even more deeply in the family of God and strengthens our bond with the church. At confirmation the Holy Spirit is given to us to send us out into the world to share in the mission of the church, bringing the good news of the gospel to everyone through what we say and what we do.

Confirmation is not just a rite of passage, something we do when we are moving from primary school to secondary school. To confirm is to say “Yes”. So in confirmation God is saying “Yes” to us—yes that we are part of God’s family, yes that we have been given the gift of the Holy Spirit, yes that we are expected to live out our faith in a way that makes a difference in the world. To do that we also need to be saying “Yes” - yes to faith, to prayer, to celebrating the sacraments, to living justly, loving tenderly and walking humbly with our God as the Prophet Micah says in the Old Testament.

As parents we make a decision whether or not to have our children baptised. In baptism we have committed ourselves to helping our children grow in faith. In Confirmation we are promising our children that we will continue to support them as they journey in faith throughout their lives.

In confirmation we are anointed with the Holy Spirit. This is a very special sign that we have taken on responsibility to live as followers of Jesus—but we don’t do this alone.

The Spirit is there to help and support us—think of all the wonderful gifts and fruits of the Spirit that are given to us. But God never forces. It is up to us, daily, to invite God’s Spirit into our lives, through the conversation of prayer. Then the Spirit can be part of our decision making, a strength in hard and challenging times, the source of our happiness in good times.



Holy Spirit
Fill our hearts
Help us to live like Jesus
To love like Jesus
So that in our lives
At home
At school
At work
And in our community
Your presence will shine.
Amen



Come Holy Spirit

fill our hearts

What’s happening?

As we have said there is so much happening this month—the traditional October devotions to Mary, praying the rosary, Mission Month and World Mission Sunday, and our focus on the sacrament of Confirmation. It’s a busy month! But when we stop to think about it we can see that all of these celebrations come down to making time and space in our lives for God. If we allow God into the heart of our lives then how we live will be shaped by the Spirit. Then our lives will reflect the good news of the gospel—that’s what mission is about.