

MISSION 2024

hope
alive!

SUNDAY 21ST - WEDNESDAY 24TH JANUARY



DEOISE CHIARRAÍ

Mission Programme

Each day, you are invited to join in

- Daily Prayer in the Mission booklet
- Mass in your parish
- Prayer Petition online
- Mission Talk @ 8.00 p.m. online
- Family Time in the Mission booklet
- Just a Thought on Radio Kerry

Speakers include

Adi Roche, *Volunteer CEO of Chernobyl Children Ireland*

Fr Michael Conway, *culture and faith professor, Mayo priest*

Dr Keith Gaynor, *clinical psychologist, UCD professor, parent*

Jane Mellett, *Trócaire Church Outreach Manager, climate activist*

To register for the Diocesan Mission, go to

www.dioceseofkerry.ie

By registering, you will receive an email each day of the Mission with the links for that day.



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Message

from Bishop Ray



*It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth,
from my mother's womb you have been my help.
My hope has always been in you. Ps 70 (71)*

As parishes of the diocese of Kerry, it is good for us to unite online for our four-day Mission, "Hope Alive!" to nourish, share and live our faith. Encourage family and friends to join in the Mission. A sincere thank you to the team at the Diocesan Pastoral Centre and to our speakers.

We believe in and put our hope in Jesus Christ, who assures us of his love and protection, and who asks us to love and care for one another, reminding us that people everywhere are our sisters and brothers.

We live in fear-filled times: parents concerning young children; adults regarding housing and poverty; all of us regarding both climate change and the awful wars in Sudan, Ukraine and Israel-Palestine. Hope in the presence of Jesus Christ is our response to all fear and worry.

*'May your love be upon us, O Lord, as we
place all our hope in you.'*

+ Ray Browne
Diocese of Kerry
January 2024



Sitting awhile with Jesus

At home, taking a few moments to focus is a helpful door to prayer. As you light a candle, let its glow remind you of Jesus' promise to be with us always. The warm light invites us to be still, to rest. Jesus, our friend and brother is here before us.

As you rest, allow yourself to be aware of how you are....worried, happy, rushing, excited, bothered..however you are, allow yourself to be.

Become conscious of the noise outside your home.....and inside your home....and within your own heart....

Let your body become still....and let your mind begin to quieten....

Pray the daily prayer slowly.... pause as you pray.... notice the Good News Jesus has for you today.

Let your prayer flow into your living as you live it out throughout your day.



Welcoming the Stranger

*Jesus said, 'Do to others
as you would have them do to you.'* Lk 6:31

Invitation *Cuireadh*

Jesus notices people. He pays attention to the sinners, prostitutes, and tax-collectors. He sees the widow giving her mite to the synagogue. He hears the blind man crying for help. He experiences the woman's need for healing from her long-borne affliction. To be a follower of Jesus is to be like him, paying attention to those around us, especially those who are excluded, vulnerable or in need.

Reflect *Machnamh*

"We" and "they" are the hallmarks of an age awash in refugees, and yet inseparably linked in a world in which there are no more natural boundaries. We have, indeed, one world now, but though intricately intertwined, painfully stratified. It is a world, a city, a neighbourhood full of many of their kind and some of our kind. We, it is clear, have a natural right to everything we need to live in dignity and security. They are required to wait for such things or work harder to get them or, sometimes, to stand by and watch while we use up what they lack.

In the midst of it all, to defend some of us from the rest of them, the world ends up dealing with struggles for jobs, conflict over

food stamps, wars for water, wars for land, and, saddest of all, wars for ethnic cleansing.

...We have become a world of insiders and outsiders when there is no such thing as an outsider anymore. The whole city, the whole world lives in our living rooms. The whole city, the whole world is warring for my heart. Only the contemplative lives well in a world the security of which depends on the open heart.

Sr Joan Chittister

Pray *Guígh*

*Jesus,
friend to stranger and to me,
open my eyes to the plight of others and
soften my heart to hear the stranger's story.
Let me recognise each person as my sister or brother,
and live with a heart open to the other's need.
Amen*

Act *Gníomhaigh*

Be a face and voice of love and kindness to those you meet today, especially those whom you do not yet know!

MONday

Church in Today's World

Jesus said, 'I must proclaim the good news of God to the other towns also, because that is why I was sent.' Lk 4:43

Invitation *Cuireadh*

Have you ever got good news? The news that lifts your heart, and cheers your spirit, the news that changes how you see your day, your life, yourself. Jesus comes to bring us Good News about ourselves - we are God's beloved! God looks on us as a new parent looks at their newborn baby. God delights in us again and again, and wishes for us all, peace, hope, joy!

Reflect *Machnamh*

If we are Christians today, it is because we ourselves, like the first apostles, have experienced inner Pentecost which has brought us out of the cenacle of our fears and confinement to gather as Church, a communion-in-mission. We are connected today because we have welcomed in our lives an experience of the Spirit that made us feel the gift of faith, the strength of God's love, the peace of heart when we turn to Him, the missionary impulse to go out to meet others and announce to all the hope that life is always stronger than death. Yes, if the Church still exists today, it is because so many baptized have

experienced and recognized these true fruits of the Spirit which are joy, love, peace, goodness, faithfulness, forbearance...

Sr Nathalie Becquart

Pray *Guígh*

*Risen Christ, as you stay with us,
open our eyes to see the needs in your world,
open our ears to hear the cries
of the poor, of the suffering, of the marginalised.*

*Give us the courage and the tenacity to take
our spoken prayers into serious action.*

*Move us from our security
to walk with humankind, the refugees,
the unaccompanied children
who search for their parents,
the people who leave war-torn countries
knowing that you Risen Christ will support us
as we stand for justice and peace.*

*Risen Christ, may things change because of us.
Amen*

Geoff Duncan

Act *Gníomhaigh*

Live today trusting that love conquers hate and indifference, and let others be warmed by your love.

Tuesday

Wellbeing in times of change

*Jesus said, 'Do not let your hearts be troubled.
Trust in God, trust also in me.'* Jn 14:1

Invitation *Cuireadh*

Whatever is assailing us, whatever is going on within or around us, Jesus invites us to trust. Trusting is not putting our heads in the sand or pretending that we are not struggling. No! Jesus invites us to bring the troubles of our hearts to him and to allow him to be a friend to us. He asks if he can walk beside us today, now, here in this moment.

Reflect *Machnamh*

If our lives are in turmoil, we may feel there is no way to quieten the din in our mind. But we are wrong. Even though the surface of our lives may be deeply disturbed, there is always a place deep within where there is calm.

Getting in touch with that deeper place takes time. But that is all it takes. A time to be still, to be quiet until the turmoil within begins to ease. If we allow him, Jesus is as willing to calm the storms in our lives as he was willing to quell the tempest on the Lake of Galilee when his friends battled with an angry sea.

...When we become more quiet, we find the peace that is hidden in the depths of our being, but is submerged under the agitation of everyday life.

Benignus O'Rourke OSA Finding your hidden treasure, p55-6

Pray *Guígh*

Calm me, Jesus.

*Calm me,
as you calmed the seas.*

*Calm me,
as you still the fluttering leaves.*

*Calm me,
as you sought calm in the Garden of Olives.*

*Calm me, Jesus
that I might hear your still quiet voice
and be at peace.*

Amen

Act *Gníomhaigh*

Today I notice the busyness around me and within me. I listen for the quiet beyond the noise. Is there someone for whom I can be a quiet presence today?

WEDNESDAY

Seeds of Hope

*May the God who gives hope fill you with great joy.
...may the Holy Spirit fill you with hope. Rom 15:13*

Invitation *Cuireadh*

Planting seeds is an act of trust. Poking a hole in the earth to drop a seed with all its latent potential into the dark clay is a promise that life persists. We are God's seeds alive in the clay of life. We can grow hope or despair, welcome or rejection, peace or war.

Reflect *Machnamh*

When we think of human tragedies, especially the suffering of the innocent, we too can echo some of the Psalms and ask the Lord, "Why?" At the same time, however, we can also be part of God's answer to the problem. Created by him in his image and likeness, we can be signs of his love, which gives rise to joy and hope even in situations that appear hopeless....

Hope is nurtured by our daily decisions. Saint Paul's invitation to rejoice in hope (cf. Rom 12:12) calls for concrete choices in our everyday lives. I urge all of you to choose a style of life grounded in hope. Let me give just one example. On social media, it always seems easier to share negative things than

things that inspire hope. So my concrete suggestion is this: each day, try to share a word of hope with others.

Try to sow seeds of hope in the lives of your friends and everyone around you. For "hope is humble, it is a virtue that is built up day by day... We need to remember each day that we possess the first fruits of the Spirit, who works in us through the little things".

Pope Francis - Rejoicing in Hope, Nov 26 2023

Pray *Guígh*

*Spirit of God,
breathe your hope into us this day.*

*Breathe your freshness into our hardened opinions
and your love into our narrow mindsets.*

*Spirit of God,
breathe in us that we might be people of hope.
Amen*

Act *Gníomhaigh*

Today I imagine myself as a sower of seeds. In all I am and do and say this day, I imagine myself offering hope to another.

FAMILY time

Making the Mission together

1. Plant bulbs

Nature reflects God's beauty. Plant bulbs in a pot to remind you of God's presence with us, even when we can't see it. Wait and watch them grow and flower!

2. Share with others

Jesus invites us to think of others and to share what we have. Bring toys you no longer play with to your local charity shop so other children can enjoy them.

3. Make a bug hotel

In the garden or in a wooded area near you, gather sticks, branches and pinecones. Make a little pile in which the bugs, God's creatures, can live.

4. Our Family Blessing Jar

Decorate a large jar. Each person writes something they want to thank God for and puts it in the jar. Each evening of the Mission, add another thank you!

5. Light a candle

Visit your local church. Light a candle and pray for all the people who show love to you.

6. Celebrate family time

Jesus enjoyed sharing a meal with friends and strangers. Why not bake a cake or cookies together and invite your children to lead the prayer before enjoying the treat?

Grace before Meals / *Altú roimh bhia*

Bless us, O God, as we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us, O God. Amen.

*Beannacht ó Dhia orainne atá ag suí chun boird le chéile
Beannacht ar an mbia a ithimid inniu.
Beannacht ar na lámha a d'ullmhaigh dúinn é.
Beannacht, a Dhia dílis, orainn fein. Áiméan*

Grace after Meals / *Altú taréis bia*

Thank you, God, for the food we have eaten.
Thank you, God, for all our friends.
Thank you, God, for everything.
Thank you, God. Amen

*Go raibh maith agat, a Dhia, mar is tú a thug bia dúinn.
Go raibh maith agat, a Dhia, mar is tú a thug cáirde dúinn.
Go raibh maith agat, a Dhia, mar is tú a thug gach rud dúinn.
Go raibh maith agat, a Dhia. Áiméan*

Taken from Grow in Love by Veritas



Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

Amen.

