

# Life to the Full:

Living faith within our families



Monthly newsletter for parents: **June 2017**

## Moved by the Spirit

The disciples didn't immediately recognise the risen Jesus and they hid in the Upper Room, afraid. But then the Holy Spirit came and moved them to action.

Barry and Margaret Mizen experienced the Holy Spirit in the moments after their 16-year old son, Jimmy, was killed.

"Silence came down on that place. God's Holy Spirit was at work and we felt reassured that Jimmy was now safe with God.

"Afterwards, words were put into our mouths. We weren't public

speakers but we found that we could talk to anyone: newspapers, the media, groups of people. That was the Holy Spirit working through us."

Margaret and Barry made a promise to work for peace; to make something good come from what had happened. In 2008, they founded the charity, 'For Jimmy', which educates and enables young people to work for peace in their local neighbourhoods.

We see the Holy Spirit at work in the forgiveness of those who have been oppressed or unjustly treated.

We see the Holy Spirit in peaceful responses and just actions.

Sometimes in the face of disaster we cry, 'Where is God?' When we see the loving response to it we can say, 'There He is.'

**This article was inspired by the assembly for Pentecost (w/c 5 June 2017).**

### Prayer

Jesus,

You are all that I need.

Help me to trust in you to provide for my needs and to understand more surely what is essential in my life.

Amen.

Whichever way we approach the feast of the Mass, Jesus our living bread, will be waiting for us there.

**This article was inspired by the assembly for the Feast of Corpus Christi (w/c 19 June 2017).**

## Living Bread



**"I am the living bread which has come down from heaven; whoever eats this bread will live forever."**

John 6: 51-58

How do we eat?

Dropping crumbs over the desk at work? Celebrating with friends? Skipping meals and eating crisps in front of the telly long after others have gone to bed? Whichever way

we eat, food is essential and for most of us, very enjoyable.

Sometimes, maybe most of the time, we rush to get to Mass on a Sunday morning. Tempers rise but the kids don't and you think this is the week you really are going to take them in their pyjamas. But perhaps for just one minute during Mass, we become aware of the awesome experience that we are invited to. Whether we notice it or not, the Mass is sustaining us, feeding our hunger for God and we need it as regularly as any other food.