

# SUNDAY PLUS

Share life. Share love.

A Year of the Word

## Share appreciation



by Moire O'Sullivan

It's amazing how grumpy people can be when they are sick. Even if you care for them and tend to their every need, our thoughtful actions can sometimes be taken for granted, without a single word of thanks in return.

I remember going to great lengths to make warm soup for my sick spouse, only for him to wander past the bowl and forget it was there. I remember driving at high speed to A&E with my young sick son in the middle of the night, waiting for hours for a doctor to see him, only for my child to then complain that "hospital is boring" because there were no toys there for him to play with.

We often read today's Gospel as a gentle reminder for us to be kind to those who are in need. But what if it is also

a request for us to be more like Jesus when we are the ones who are suffering? When someone brings us food, do we eat without thanks or grumble that it's the wrong thing? When we are ill, do we complain about our own ailments instead of thinking of the one who is looking after us, putting their own busy life on hold?

It is so easy to get swept up in our own thoughts and emotions when we are hungry, thirsty, alone, cold or ill. But instead of reminding our helpers how miserable we feel, let us thank them and appreciate them for the kind deeds that they are doing.

Moire O'Sullivan is a mountain runner, adventure racer, an author, mum and a regular contributor to *Look*, the younger children's Sunday sheet of Gospel-focused activities and games, available from Redemptorist Publications, [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

## Young messengers

by Jimmy Mulgrew

Soon after tuition fees came into play with our children I saw a cartoon in a newspaper. It depicted the dean of a university sitting behind a desk and talking to the parents of a prospective student. The caption underneath says, "Well, if we can't afford the fees, how much would it be for a scarf?"

I vividly remember when my eldest boy Dale left home to go to Queen's University in Belfast. Every parent feels the same. You're proud of what they've achieved to get there but it's tinged with the sadness that you'll no longer be seeing them every day. Now it's only at holiday times. Then you pray they'll meet the right friends who will inspire them in a positive way.

Or, more importantly, that they'll be able to inspire their new friends with the knowledge that God will help them through their troubles and will rejoice in the victories.

Jimmy Mulgrew is best-known as a comedian by the name of Jimmy Cricket.

**"We all want peace; we all want freedom and we want fulfilment. And how do you do this? Allow the love of God, the Kingdom of God, the love of Jesus, to take root in your heart and you will have peace, you will have freedom and you will have fulfilment."**

Pope Francis

## Share and care

by Liam Waldron

In feeding the hungry, clothing the naked and visiting the lonely, we, as Christians, are engaged in much more than providing a social service. When we share our lives and our love with others, we share God's redeeming work in the world. The righteous in today's Gospel are those who shared, not only what they possessed in terms of goods, but who also gave of their time, their love and their attention.

Nor is sharing only about doing things to and for others. In fact when we serve others by sharing our lives with them, an exchange takes place and we too are changed, becoming more fully alive. Nor is sharing only about doing to and for others. In fact when we serve others by sharing our lives with them, an exchange takes place and we

too are changed, becoming more fully alive. This is the experience of many who share their lives with those who have disabilities, or who are struggling with addictions or living with dementia. It is in this deep sharing, where "heart speaks to heart" that we come to recognise our own need for love.

Dr Liam Waldron and Cristina Gangemi co-authored *Intellectual Disability: caring for yourself and others*, available from Redemptorist Publications: [www.rpbooks.co.uk](http://www.rpbooks.co.uk)

**Lord my God, I love you and I adore you. Be the king and centre of my heart. ☩ Amen.**

**Today:**  
Ezekiel 34:11-12, 15-17  
1 Corinthians 15:20-26, 28  
Matthew 25:31-46

**Monday:**  
Apocalypse 14:1-5  
Luke 21:1-4

**Tuesday:**  
Apocalypse 14:14-19  
Luke 21:5-11

**Wednesday:**  
Apocalypse 15:1-4  
Luke 21:12-19

**Thursday:**  
Apocalypse 18:1-2,  
21-23; 19:1-3, 9  
Luke 21:20-28

**Friday:**  
Apocalypse 20:1-4, 11 - 21:2  
Luke 21:29-33

**Saturday:**  
Apocalypse 22:1-7  
Luke 21:34-36

**Next Sunday:**  
Isaiah 63:16-17; 64:1, 3-8  
1 Corinthians 1:3-9  
Mark 13:33-37