

LIVING FAITH

FEBRUARY 26, 2017

EIGHTH SUNDAY IN ORDINARY TIME



ROMAN CATHOLIC
ARCHDIOCESE OF ST. JOHN'S

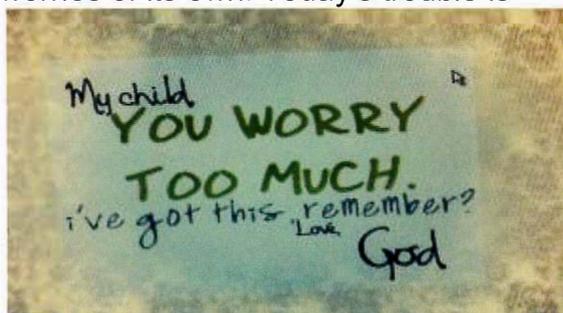
Matthew 6:24-34

'No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.'

**"do not worry ...
strive first for the kingdom of God
and God's righteousness..."**



REFLECTION ON THE GOSPEL

People worry all the time. And most of the worry is about the future. We worry about our children, and what will become of them. We worry whether we will have enough money to do a much-needed house repair. We worry about upcoming medical tests. We worry about exams. And we worry about upcoming projects at work or at home or at school.

In the end, does worrying help anything or anybody? In today's Gospel, Jesus offers some very reassuring words, "Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear."

Jesus reveals the face of God, and the mind and heart of God. Our God loves us, cares for us and wants to provide for us. We can have confidence in our God, not that everything will go as we wish, but that God will walk with us in our joys and sorrows and will provide the companionship, support and care that will get us through.

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DO NOT WORRY SOME ACTIVITIES FOR HELPING FAMILY MEMBERS DEAL WITH ANXIETY

1. Blowing Bubbles

Demonstrate and have children use bubbles while focusing on how they breathe to create a big bubble. Also, emphasize how this impacts their body and how it can train the body to feel more relaxed and to help them not to be so worried or nervous. Later, children can practice their deep breathing skills even when they don't have the bubbles on hand.

2. Worry Can

Place on the kitchen table a can or jar with a lid, paper, coloring and writing utensils. Have the child make a label for the can titled "Scary Things", "Fears", "Worries", or whatever seems appropriate for their experience. Next, have the child write down their worries on slips of paper and put them in the can. Another version is to have a child journal about their worries. Journaling has been found to help ease anxiety and reduce stress. The child can then discuss the worries with the adult.

3. Calm-Down Box

Place a box in the centre of the group. Help the child come up with objects to put in the box. The objects should be things that help them to relax and calm down. Some examples of things that can be included are the following:

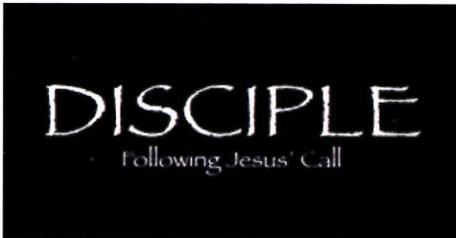
- stress balls
- wonder tubes (tubes with glitter and confetti)
- lavender scented play-dough (or any kind of play-dough; lavender can be a soothing scent)
- bubbles
- essential oils to help with anxiety
- calming music (a CD or something to symbolize listening to music)
- paper, pencil, crayons, markers
- a book (especially one about stress-relief or anxiety)

For more ideas visit:

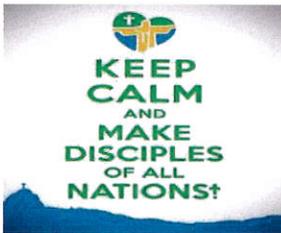
<http://ncsj.org/wp-content/uploads/2017/02/7-Tips-for-Helping-Your-Child-Manage-Stress.pdf>

YOU ASKED... What are the Concluding Rites of the Mass?

In the Concluding Rite of the Mass, we are blessed and sent forth into the world to be the continuing presence of Christ for a hungry world.



The Concluding Rite begins when we are blessed for our journey. Sometimes this is done simply. During the seasons of the Church year and special feasts, it is done more solemnly. In those times, we bow our head and pause in silence to ask for God's blessing. We then conclude as we began, signing ourselves with the Sign of the Cross.



Whether we sing a dismissal song, exit to instrumental or choir music, or leave in silence, we know that our Christian work has just begun.

"The dismissal of the assembly is like the breaking of the bread. We have become 'the bread of life' and 'the cup of blessing' for the world. Now we are scattered, broken, poured out to be life for the world. What happens at home, at work, at meals? What do we make of our time, our words, our deeds, our resources of all kinds? This is what matters." Joseph Cardinal Bernardin

It is important to remember that the last prayer of the Mass is the Prayer after Communion. It is part of the Communion Rite. It is not a concluding prayer and does not begin the Concluding Rite.



We are dismissed – missioned, that is, by the deacon or presider. The word "Mass" means "sending" or "mission." What we have done at this liturgy, we must now do in the world.



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Stress Management Group



<https://rcsj.org/ruah-counselling-centre/programs-services>

Stress is a common, even pervasive characteristic of contemporary life. Work, family, and our social lives and experiences can serve as sources of stress. It is critical that we explore this complex subject in order to understand how to address stress in our lives. First, we will learn what stress is, from both an emotional and physical perspective, and how it affects our health. Second, we will evaluate our current levels of stress and learn to understand our personal triggers and stressors. Finally, we will explore various tools and activities in order to learn what works best for each of us in order to address the stress in our lives.

Contact Ruah Counselling Centre for inquiries about this program

Ruah Counselling Center
35 Barnes Road , St. John's
T: (709) 579-0168
E:ruah@rcsj.org



The following website offers resources and supports for our community:

http://www.cmha.ca/mental_health/stress/#.WDcd1rIrLIU