



LIVING IN THE LIGHT

The Word

Sixteenth Sunday in Ordinary Time

Week of July 22

Call to Prayer and Sharing

- ✦ *Leader invites all into a few moments of silent reflection to remember that we are in the presence of God. (reflective pause)*
- ✦ *Then: "In the name of the Father and of the Son"*

The Word of God

- ✦ *Leader reads part or all of one of the scripture texts from the previous Sunday.*

Mark 6:30-34

The apostles gathered together with Jesus
and reported all they had done and taught.
He said to them,
"Come away by yourselves to a deserted place and rest a while."
People were coming and going in great numbers,
and they had no opportunity even to eat.
So they went off in the boat by themselves to a deserted place.
People saw them leaving and many came to know about it.
They hastened there on foot from all the towns
and arrived at the place before them.

When he disembarked and saw the vast crowd,
his heart was moved with pity for them,
for they were like sheep without a shepherd;
and he began to teach them many things.

Faith Sharing

- ✦ *Leader reminds everyone of the Question of the Week which relates to the particular group gathered*

Children: Where is your favorite quiet place? What do you like about it?

Teens: Do you ever want to disconnect and take time for yourself? How can/do you do it?

Adults: How do you know when it is time to rest? How can/do you rest, even amidst busyness?

We offer this form of contemplative sharing for pondering Scripture while considering the question, and for the faith sharing which follows.

- Listen/ Read (Lectio): Ponder God's word and listen for what touches your heart.
- Meditate (Meditatio): Notice what you notice. Allow God's word to resonate in you.
- Speak/Share (Oratio): Prayerfully share with the group your thoughts and feelings.
- Rest in God's presence (Contemplatio): Notice God's presence and be still, surrounded by God's love.

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow about 15 minutes for faith sharing. For larger groups, leader invites members to divide into groups of three or four for faith sharing.

- ✦ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*
- ✦ *Continue with the meeting, turning to the agenda.*

Concluding the meeting

At the end of the meeting, the leader closes with the following prayer:

Good and Gracious God,
your love for us surpasses all understanding.
As we leave here today,
be with us in all our comings and goings,
and in all that we say and do.
We pray this in the name of Christ Jesus who is our Light.
Amen.