



FAMILY PRAYER SHEET

16th Sunday of the year



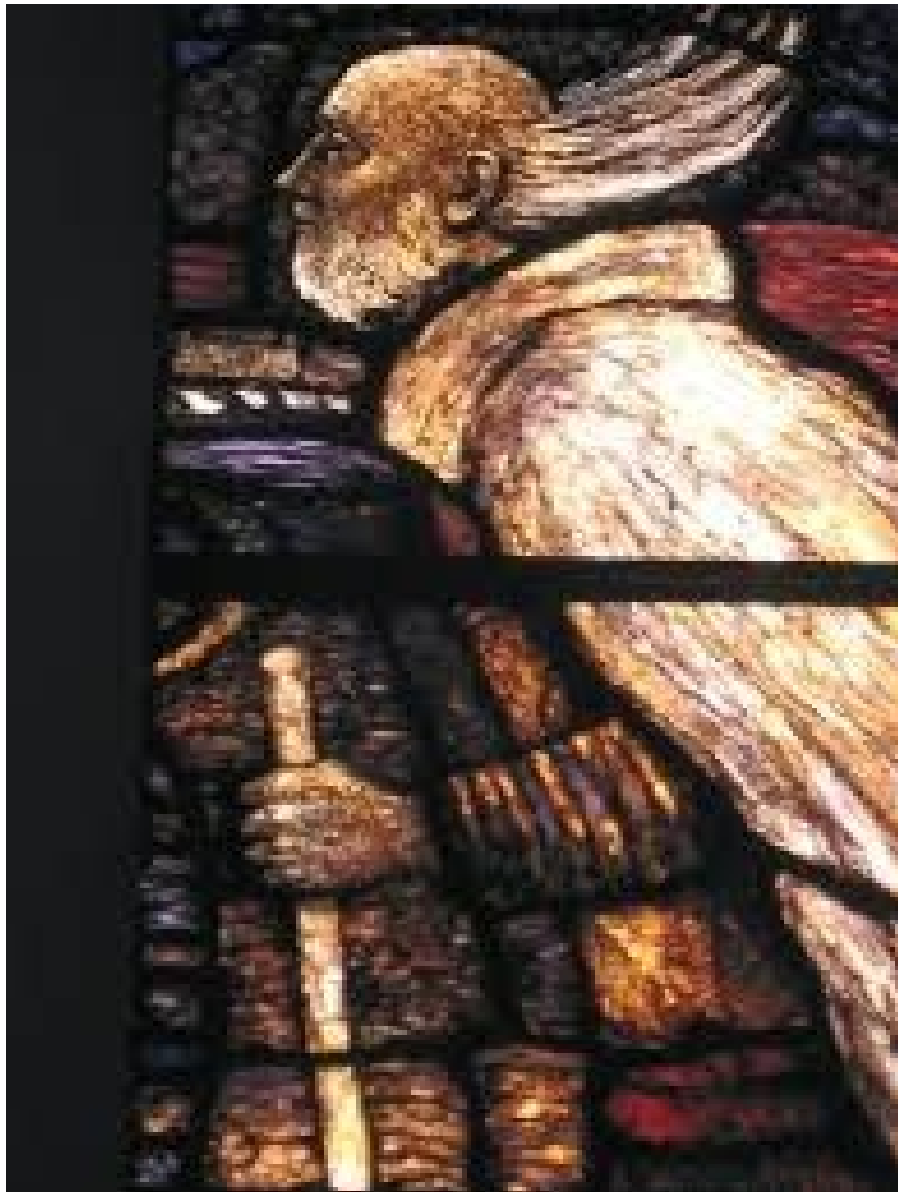
Forming lives ready to face the future

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to Matthew 13:24-43

Jesus put another parable before the crowds: 'The kingdom of heaven may be compared to a man who sowed good seed in his field. While everybody was asleep his enemy came, sowed darnel all among the wheat, and made off. When the new wheat sprouted and ripened, the darnel appeared as well. The owner's servants went to him and said, "Sir, was it not good seed that you sowed in your field? If so, where does the darnel come from?" "Some enemy has done this" he answered. And the servants said, "Do you want us to go and weed it out?" But he said, "No, because when you weed out the darnel you might pull up the wheat with it. Let them both grow till the harvest; and at harvest time I shall say to the reapers: First collect the darnel and tie it in bundles to be burnt, then gather the wheat into my barn.'"

He put another parable before them: 'The kingdom of heaven is like a mustard seed which a man took and sowed in his field. It is the smallest of all the seeds, but when it has grown it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.'

He told them another parable: 'The kingdom of heaven is like the yeast a woman took and mixed in with three measures of flour till it was leavened all through.'

In all this Jesus spoke to the crowds in parables; indeed, he would never speak to them except in parables. This was to fulfil the prophecy:

I will speak to you in parables

and expound things hidden since the foundation of the world.

Then, leaving the crowds, he went to the house; and his disciples came to him and said, 'Explain the parable about the darnel in the field to us.' He said in reply, 'The sower of the good seed is the Son of Man. The field is the world; the good seed is the subjects of the kingdom; the darnel, the subjects of the evil one; the enemy who sowed them, the devil; the harvest is the end of the world; the reapers are the angels. Well then, just as the darnel is gathered up and burnt in the fire, so it will be at the end of time. The Son of Man will send his angels and they will gather out of his kingdom all things that provoke offences and all who do evil, and throw them into the blazing furnace, where there will be weeping and grinding of teeth. Then the virtuous will shine like the sun in the kingdom of their Father. Listen, anyone who has ears!'

Alternatives for Younger Children

A short retelling: <https://youtu.be/6Ti9BtBrqc8>

In song: "Seed Sower" <https://youtu.be/9F-spTjlGBO>

Reflection

In the first of these parables we get the picture of the good seed and the weeds being sown in amongst it. As the young wheat grows it is indistinguishable from the darnel so the farmer waits until harvest time to separate the two. This could be taken to mean that you cannot always tell who is seeking God and who isn't so it is unwise to dismiss or judge people. Matthew warns us that the harvest or judgment will come at the end.

The mustard seed is a small seed that over a few months grows into a big plant. So too does a little bit of yeast help a loaf of bread to rise. Faith can do great things from small beginnings.

Discussion Points

- What does the parable of the wheat and weeds reveal about God?
- How would you describe the reward that awaits the faithful in this passage?
- What can a person do to become more like wheat and less like a weed?
- In the second parable Jesus speaks of the mustard seed growing into an enormous plant. How would you interpret this parable?
- Three measures of wheat was a very large amount, enough to feed a hundred people. How would you explain this parable?
- What are some ways people can help expand the kingdom of God today?
- Why do you suppose Jesus spoke to the crowds in parables and explained the parables to his disciples later?
- What efforts can people make to know God more deeply and personally today?

*Reflection based on "The Sunday Word: a commentary on the Sunday readings" by Henry Wansbrough OSB.
Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby
and Steve Mason.*

Activities

Weeds art

You will need: paper, glue, weeds

Go out into the garden and pull out weeds. Then glue these onto the paper to create a piece of art. Talk to the children about how God doesn't want us to be weeds he wants us to be works of art.



Activity taken from https://sermons4kids.com/weeds_in_the_garden_group_activities.htm

Help weed the garden

You will need: gardening tools, gloves

Help to look after the garden and get rid of the weeds that stop the garden being lovely.

What can you do for others?

- Help in the garden, maybe water the plants for someone one day.
- Draw a picture to send to someone or make them a card to say hello.

Prayers

The Kingdom of heaven is like this ... Seeds, good seeds everywhere! Uh-oh bad seeds, everywhere! Dig out the weeds! No! Leave the weeds to grow with the wheat. At harvest time, separate them. Only God can judge the good and the bad.

Taken from: <https://www.aucklandcatholic.org.nz/wp-content/uploads/2020/05/Ordinary-Time-16th-Sunday-Year-A.pdf>

Jesus, show us the way to eternal life. Walk beside us on our journey, until your angels lead us to share your everlasting happiness. Amen

Taken from: "The Complete Children's Liturgy Book" by Katie Thompson

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now

receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us

