



Sixteenth Sunday in Ordinary Time,

'A place to rest and pray'

In last week's Gospel, Jesus sent his apostles out on their mission to preach, cast out evil spirits and cure the sick. Their mission was a great success, but now after their return they are weary. Jesus is aware of their needs and insists they have a quiet place to rest. Perhaps this Gospel calls us to evaluate the balance in our lives between work and the need to take a break from the demands of life. Where does prayer fit into the pattern of our day?

GOSPEL - Mark 6: 30-34

After the apostles returned to Jesus, they told him everything they had done and taught. But so many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said: "Let's go to a place where we

can be alone and get some rest.” They left in a boat for a place where they could be alone. But many people saw them leave and figured out where they were going. So people from every town ran on ahead and got there first. When Jesus got out of the boat, he saw the large crowd that was like sheep without a shepherd. He felt sorry for the people and started teaching them many things.

I WONDER?

I wonder how Jesus felt when everywhere He went people came running to Him for help?

I wonder how the disciples felt when they wanted to tell Jesus about their mission trip but people kept interrupting, asking Jesus for help?

Last week we heard about Jesus sending his friends out on a mission trip. A couple of weeks later, they came back with all kinds of stories.

“Jesus, you won’t believe this” said Peter “this one time in this one village, I taught about the kingdom of God for like two hours! And you know what?.....

But just then somebody came and tugged on Jesus’s sleeve. “Excuse me but I need help”.

So Jesus had to excuse himself for a minute. “Hold on Peter! I really want to hear your story, but I need to help these women. I’ll be right back.”

Well Jesus helped the women but then someone else needed help, then someone else and then someone else. Then he saw a huge crowd waiting for him to help them.

“Just a minute, guys,” said Jesus “Why don’t you get in the boat and I’ll join you soon”

So his friends got in the boat and Jesus took care of the people. Then all of a sudden Jesus Jumped on the boat and said “Quick! Push off! Lets sail to somewhere quiet where we can get a little rest.”

But back on shore, back where Jesus had just helped people, there were people still arriving. Someone said “hey where did Jesus go? We want him to heal us.”

“Look!” someone said “They’re sailing over to that cove down past town. Let’s go!”

And so the whole crowd took off. The healthy ones ran. Some walked. Some were on stretchers had to be carried. When Jesus and his friends got off the boat they had a big surprise, the whole crowd was waiting for them, but Jesus helped them even if he was tired and hungry. After He helped all the people Jesus said “Quick! Get back in the boat and don’t forget our dinner basket!”

LITURGICAL ACTION – Ko te Ritenga Karakia

Pray a night time prayer

Praised be to you, O Lord God, Father of all for giving us the sweet rest of night.

In peace do I lay down to sleep, and may it be your will that I wake in peace.

I am in your care Dear Lord when I wake or sleep.

In your help I trust, O Lord.



When I sleep or when I wake I trust in You, Lord.