



FAMILY PRAYER SHEET

15th Sunday of the year

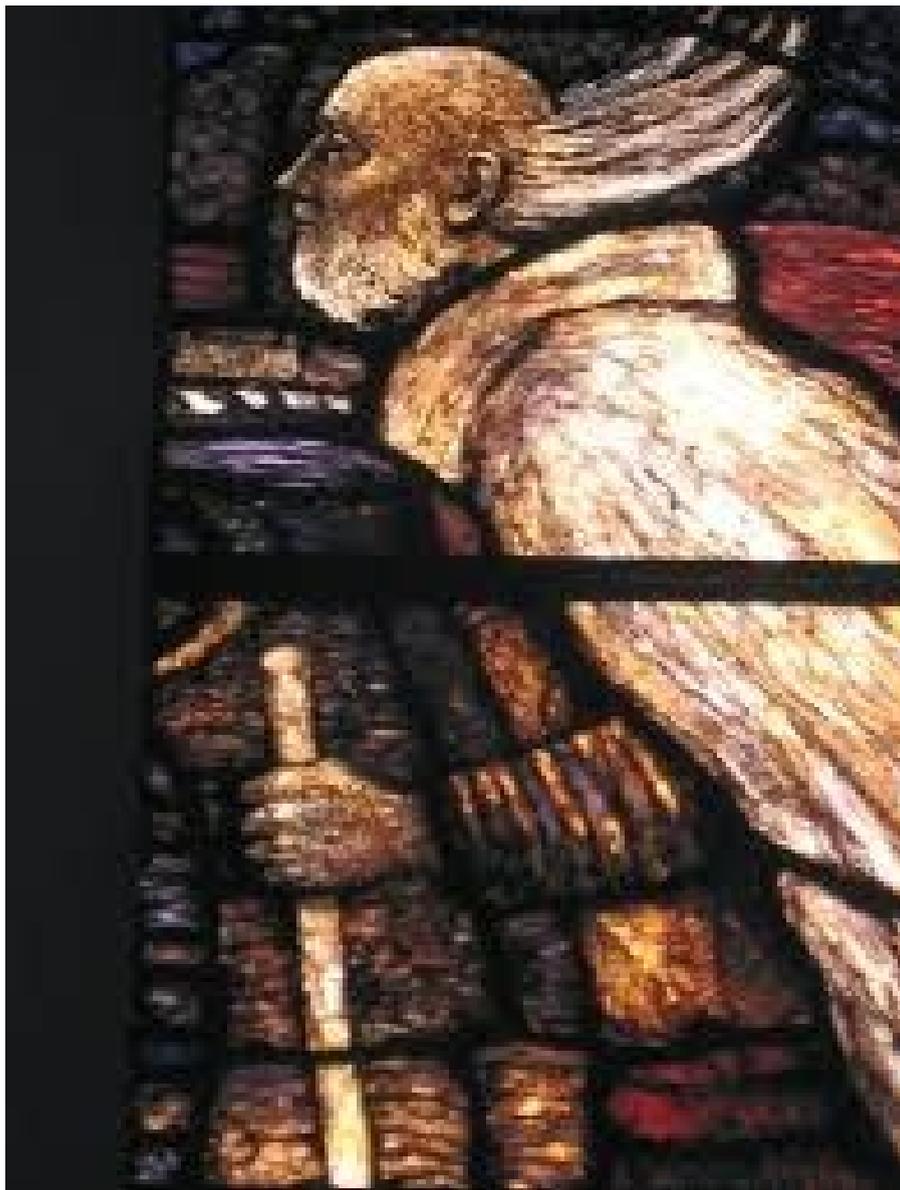


Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. 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 13:1-23

Jesus left the house and sat by the lakeside, but such large crowds gathered round him that he got into a boat and sat there. The people all stood on the beach, and he told them many things in parables.

He said, 'Imagine a sower going out to sow. As he sowed, some seeds fell on the edge of the path, and the birds came and ate them up. Others fell on patches of rock where they found little soil and sprang up straight away, because there was no depth of earth; but as soon as the sun came up they were scorched and, not having any roots, they withered away. Others fell among thorns, and the thorns grew up and choked them. Others fell on rich soil and produced their crop, some a hundredfold, some sixty, some thirty. Listen, anyone who has ears!'

Then the disciples went up to him and asked, 'Why do you talk to them in parables?' 'Because' he replied, 'the mysteries of the kingdom of heaven are revealed to you, but they are not revealed to them. For anyone who has will be given more, and he will have more than enough; but from anyone who has not, even what he has will be taken away. The reason I talk to them in parables is that they look without seeing and listen without hearing or understanding. So in their case this prophecy of Isaiah is being fulfilled:

You will listen and listen again, but not understand,
see and see again, but not perceive.
For the heart of this nation has grown coarse,
their ears are dull of hearing, and they have shut their eyes,
for fear they should see with their eyes,
hear with their ears,
understand with their heart,
and be converted
and be healed by me.

'But happy are your eyes because they see, your ears because they hear! I tell you solemnly, many prophets and holy men longed to see what you see, and never saw it; to hear what you hear, and never heard it.

'You, therefore, are to hear the parable of the sower. When anyone hears the word of the kingdom without understanding, the evil one comes and carries off what was sown in his heart: this is the man who received the seed on the edge of the path. The one who received it on patches of rock is the man who hears the word and welcomes it at once with joy. But he has no root in him, he does not last; let some trial come, or some persecution on account of the word, and he falls away at once. The one who received the seed in thorns is the man who hears the word, but the worries of this world and the lure of riches choke the word and so he produces nothing. And the one who received the seed in rich soil is the man who hears the word and understands it; he is the one who yields a harvest and produces now a hundredfold, now sixty, now thirty.'

Alternatives for Younger Children

A short retelling: <https://www.youtube.com/watch?v=ZSS8huDbriM>

In song: "Seed Sower" <https://youtu.be/8PB9XVEKTEI>

Reflection

This is a story that paints a picture for us of how the word of God can grow or die in each of us. The seed is the word of God, the path, the birds and thorns are the things that stop that seed from growing. For each of us these will be different but they are the things that get in the way of us being the person God intends us to be. The seed that grows represents us growing by following God's teachings and becoming the person we are intended to be. We make choices that follow what the word of God teaches us that we should do.

Discussion Points

- Jesus speaks of those who *look but do not see and hear but do not listen or understand*. What does this mean?
- What does it mean to truly listen to God's word?
- How did Jesus describe the difference between the lives of those who truly listen to God's word and those who do not?
- What are some examples of how God's word living inside someone bears abundant yield?
- What causes people to not listen or accept God's word?
- Who are some people that show through their actions that God's word has taken hold of their hearts?
- What benefit might be found in keeping company with those who listen carefully to God's word?
- How can a person strengthen his or her ability to truly hear and understand God's word?

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 Riggsby and Steve Mason.

Activities

Plant seeds

You will need: seeds either pot and soil or cotton wool for cress seeds



Plant the seeds and watch them grow! You can use cotton wool instead of soil for cress seeds. Remember to keep the seeds moist so that they can grow.

Seed Mosaic

You will need: seeds of different colours, paper and glue

Draw the outline of a bird or flower. Cover this with glue and then stick the seeds onto it to fill in the outline. If you're making a bird use a googly eye for the bird.

Activity taken from <https://ministryark.com/lesson/parable-of-the-sower-childrens-lesson/>

What can you do for others?

- Give someone a compliment each day.
- Pick up litter when you're out and about. Remember to wear gloves when doing this and always be careful if you see broken glass or other sharp objects.

Prayers

God of all, guide us as we listen to you, so that we may grow in faith and love. May we share that love with all people throughout the world. Amen.

Taken from: <https://cafod.org.uk/Education/Children-s-liturgy>

Jesus, help us to listen to and understand your message, so that our hearts and lives will be filled with God's love. 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

