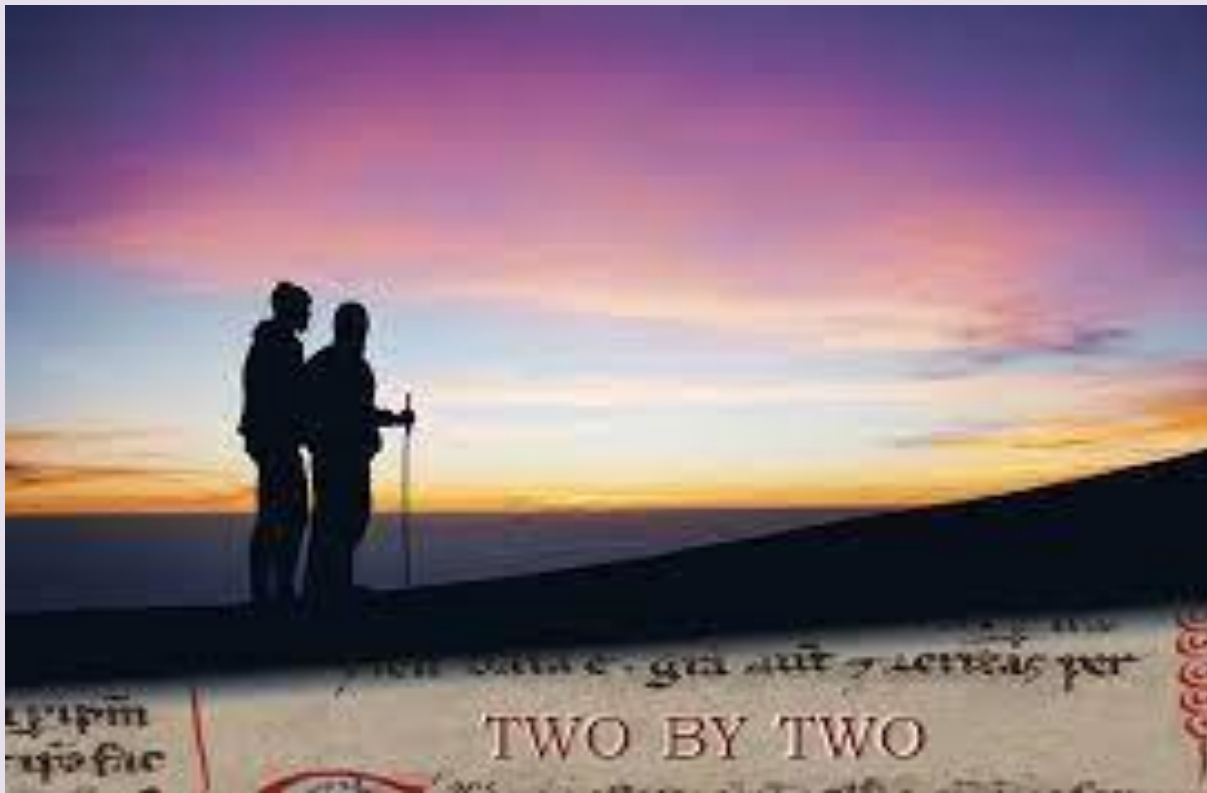


The 15th Sunday of Ordinary Time

Mark 6:7-13 Year B

'Take nothing with you.'



<https://www.youtube.com/watch?v=-ak0OoFBw3c>

A Reading from the Holy Gospel According to Mark

Jesus made a tour round the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff - no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, 'Do not take a spare tunic.' And he said to them, 'If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.' So, they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

Mark 6:7-13

Reflection

The Gospel this week tells us that Jesus instructs his disciples and sends them out to preach repentance and banish demons. Up until this moment the disciples have been his followers, watching him and learning from him, but now Jesus is handing over to them, instructing them to teach in his name.

When he sent them out in pairs, Jesus gave them very specific instructions along with spiritual authority, making it clear that they should only depend on God and the presence of one another. The directions Jesus gave them were straightforward, but they would need faith. They depended on people in the villages making them welcome and offering them hospitality.



Jesus continues to send us into the world as his disciples, to share in his mission. This was not an easy mission for the twelve, nor is it easy for us. However, he teaches us that God's love is present in welcoming strangers and neighbours.

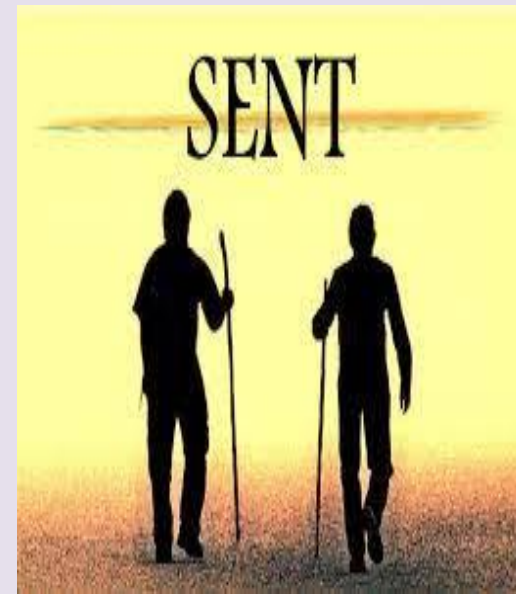
He sends us out to serve others, and like the first disciples, we are not sent out alone. Jesus has given us the gift of the Holy Spirit to give us the strength and courage to live this mission. He teaches that when we show our love for those we meet each day this, more than anything else, heals people and sets them free from the demons that make their life difficult or make them feel insignificant or bad about themselves.

Post-it Challenge:

"...shake off the dust from under your feet as a sign..."

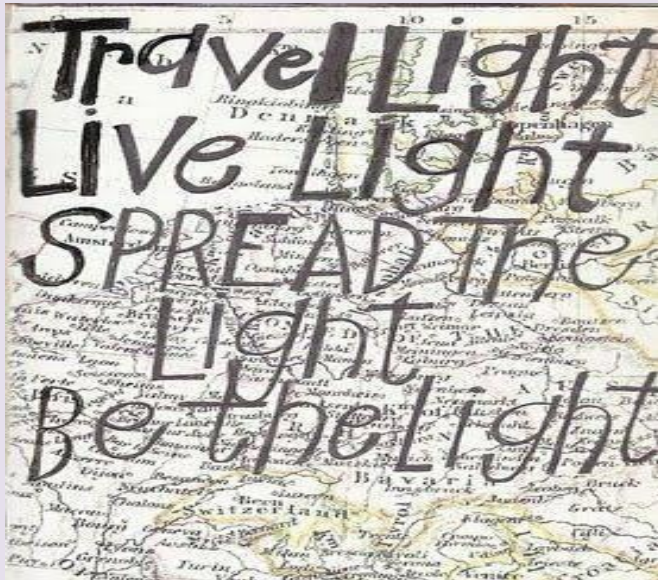
Jesus told the disciples to shake the dust off their feet, they were not to be held back by those who are unreceptive or unwelcoming.

- What are the negatives in your life right now?
- Close your eyes and ask God to help you not to let negative 'dust' cling to you and slow you down.



The best portion of a good person's life "is his little, nameless, unremembered acts of kindness and of love" (William Wordsworth).

- Can you remember the last act of kindness you did for someone...was it today? Was it yesterday? What did you do?
- Be still, close your eyes and appreciate how life-giving your "little, nameless, unremembered acts of kindness and of love" can be for those who need you.



"Thousands of candles can be lighted
from a single candle,

and the life of the candle
will not be shortened.

Happiness never
decreases by
being shared."

(Buddha)



Let us pray:

Lord I pray that strengthened by the power of the Holy Spirit, I may radiate the light of your love to those I encounter in my daily life. Help me to have a deeper understanding of the needs of others and give me the courage to witness to the joy of my faith.

Open my eyes to see your love at work in this world, and guide me to go out and do likewise, here in this community each and every day. Amen