

Journey of Bread

Reflection by Bev McDonald 2017



Start your meeting with Prayer.

Someone read: A reading from Proverbs 30:7-9

Two things I ask of you O Lord; do not refuse me before I die. Make me absolutely honest and don't let me be too poor or too rich, but give me only my daily bread. Otherwise I may have too much and disown you, saying "Who is the Lord?" Or I may become poor and steal and so disgrace your name.

Listen to the CD or read the Script

The music is *The Cup of Life Outpoured* by Marilla Ness, from the album *The Holy Eucharist*.



Simply use these questions as a help to guide your sharing.

Slowly re-read the Scripture silently and share what stands out for you.

Can you think of a time when Mary and Joseph might have felt built up and then knocked down? How did they respond?

The journey from seed to bread takes many twists and turns. What connections can you see with being a Mother?

What action can you take to allow this Scripture and reflection to impact your daily life this month?



Pope Francis'
MONTHLY
PRAYER
INTENTIONS

National Leaders

That national leaders may firmly commit themselves to ending the arms trade, which victimizes so many innocent people.

Pray for each other and your intentions and conclude with this prayer together.

Dear Lord,
INTO YOUR HANDS,
I place my worries,
cares, and troubles.
INTO YOUR WISDOM,
I place my path,
direction, and my goal.
Into Your Love,
I place my life.

No. 5 From Our Charter

For your reflection this month

When a mother co-operates with God and His loving plan for herself and her family, she is nurtured by the Holy Spirit. She becomes holy; is a blessing, and a grace for her family and others.

"The Spirit of God has made His home in you." Romans 8:9