

# Sunday Connection



## Sixteenth Sunday of Ordinary Time, Cycle B

Sunday, July 18, 2021

### First Reading

*Jeremiah 23:1-6*

The Lord promises to shepherd his people Israel.

### Responsorial Psalm

*Psalm 23:1-3,3-4,5,6*

The Lord is our shepherd.

### Second Reading

*Ephesians 2:13-18*

Christ has reconciled us with God and united us in peace.

### Gospel Reading

*Mark 6:30-34*

Jesus invites his disciples to rest after their ministry, and Jesus is moved with pity for the crowds who pursue them.

### Family Connection

Family demands can make us feel like Jesus and the twelve apostles. We wish for times of relaxation and renewal, but there are errands to do, household chores to keep up with, volunteer commitments to keep. These are all good things, but we can be left feeling drained and tired as we try to keep up. Perhaps we might take the opportunity this week to give ourselves permission to find the rest and relaxation that Jesus seeks for his disciples in today's Gospel. One of the gifts we can give to one another in our family life is assistance in finding the time and space to renew ourselves through prayer.

When you gather together as a family this week, bring your family calendar. Together review your family calendar and spend some time reflecting on your family activities. In particular, ask if your family has an appropriate amount of time for rest and relaxation. If not, discuss ways in which this time for renewal might be included in the week ahead. Read together today's Gospel, Mark 6:30-34. Notice how Jesus tried to find time and space for his disciples to rest and relax after they returned from their mission. Conclude in prayer together, asking God to help us find time to renew ourselves so that we might be better disciples of Jesus. Pray together the Lord's Prayer.