

PILGRIMS OF HOPE

MISSION 2025



DEOISE CHIARRAÍ

Mission Programme

Each day, you are invited to join in

- Daily Prayer in the Mission booklet
- Mass in your parish
- Prayer Petition online
- Mission Talk @ 8.00 p.m. online
- Daily Reflection online
- Family Time in the Mission booklet
- Just a Thought on Radio Kerry

Speakers include

Brother Richard Hendrick, *Franciscan, poet and mindfulness teacher*

Caoimhe de Barra, *Trócaire CEO, passion for development and global justice*

David Wells, *author, international speaker, teacher*

Martina Lehane Sheehan, *author, spiritual guide, psychotherapist*

To register for the Diocesan Mission, go to

www.dioceseofkerry.ie

By registering, you will receive an email each day of the Mission with the links for that day.





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A MESSAGE

from Bishop Ray



Pilgrims of Hope

"May your love be upon us,

O Lord, as we place all our hope in you." Ps 32

We hold our diocesan mission in the first month of 2025, a Jubilee Year in the Church worldwide.

In the Bible, the Book of Leviticus, a Jubilee Year was celebrated every 50 years as: 'a year dedicated to making a special effort to be reconciled with God, seeking his mercy and forgiveness, that He might bestow on all the graces and blessings the world needs at this time'.

Pope Francis writes regarding the theme of Christian Hope: *"May the Jubilee Year 2025 be a Holy Year marked by the hope that does not fade, our hope in God. May it help us to recover the confident trust that we require, in the Church and in society, in our interpersonal relationships, in international relations, and in our task of promoting the dignity of all persons and respect for God's gift of creation."*

The Jubilee Year invites us all to firmly root our hope in our Saviour Jesus Christ. I thank the team at the diocesan pastoral centre, and all involved in our diocesan mission, especially the guest speakers.

+ Ray Browne
Diocese of Kerry
January 2025



Prayer: sitting awhile with Jesus

Take a few moments just before you begin your time of prayer, to let go of all the other things that are calling for your attention. If it helps, you could put your phone on silent and set an alarm so that you can relax fully into this gift, this time alone with Jesus.

Find a comfortable position for your body. As you light a candle, let the warm light invite you to be still, to rest. Jesus, our friend and brother is here before us.

Let your body become still.... pause....

Listen to your heartbeat.... breathe....

Open yourself to Jesus' presence with you.... breathe....

Pray the daily prayer slowly.... breathe....

Notice what it says to you.... breathe....

Pay attention to your life as you go about your day.



SUNDAY

God favours us

Jesus said, "even the very hairs of your head are all numbered. So don't be afraid." Matt 10:30-1

Invitation *Cuireadh*

"Do not be afraid" is Jesus' constant refrain to us. He knows that we get paralysed by fear. We spend time comparing ourselves with others and coming off worst. Jesus invites us to claim our individuality – we are precious to God, not just one in a crowd. So too is everyone else – we are each unique!

Reflect *Machnamh*

We are steeped in God, but it takes so long to realize that the God we make in our own image is too small a God on which to waste our lives. God is the energy of the universe, the light in every soul, the eternal kaleidoscope of possibility that surrounds us in nature. The face of God is imprinted on the face of everyone we see. God is no one of them, and God is more than all of them, but without them, we miss all the tiny glimpses of God we're being given on the way.

"How easy it is to forget and disregard the divine beauty and light within ourselves and in the other," Deborah Chu-Lan Lee wrote. It's a simple insight, but the very ground of the spiritual life, I think. I have seen God's mercy and justice, felt God's love, and heard God's voice—but always in the other. And all of them have grown me beyond myself.

I'm not so sure that it's "easy to forget" the Divine in the other. I think, given our formation in the potential pitfalls and essential weakness of matter, that it is more likely to be impossible to see it at all. But once we do, once we realize that we are surrounded by fragments of the Divine, life becomes luminous.

*from Called To Question: A Spiritual Memoir, by Joan Chittister
(Sheed & Ward)*

Pray *Guígh*

*God of all,
you enfold us in your love,
each of us precious in your dream for our world.*

*Jesus, my brother,
open our eyes to see as we are seen,
with compassion, understanding
and everlasting acceptance.*

*Spirit of God,
guide our steps
in gentleness, kindness, justice, courage
this day.*

Act *Gníomhaigh*

I give thanks today for my life....I take time to list all the small things and big things that make my day.



MONDAY

Give hope to others

Jesus said, "Give them something to eat yourselves."

Mark 6:37

Invitation *Cuireadh*

In the Bible, a jubilee year is a year of God's favour, particularly for those who have been unjustly treated or marginalised. It is a time for rebalancing - debts were forgiven, the indentured were freed and lands returned to original owners.

What would this be like for us? How would it be if we were to let go of old hurts? What would it be like if the goods of the earth were shared fairly between us all? We are invited into this celebration of restoration, freedom, and healing. Jubilee weaves together that extraordinary love of God and our living out of that love.

Reflect *Machnamh*

God not only walks with his people, but also within them, in the sense that he identifies himself with men and women on their journey through history, particularly with the least, the poor and the marginalized. In this we see an extension of the mystery of the Incarnation.

For this reason, the encounter with the migrant, as with every brother and sister in need, "is also an encounter with Christ. He

himself said so. It is he who knocks on our door, hungry, thirsty, an outsider, naked, sick and imprisoned, asking to be met and assisted". The final judgment in Matthew 25 leaves no doubt: "I was a stranger and you welcomed me" (v. 35); and again "truly, I say to you, as you did it to one of the least of these brothers and sisters of mine, you did it to me" (v. 40).

Every encounter along the way represents an opportunity to meet the Lord; it is an occasion charged with salvation, because Jesus is present in the sister or brother in need of our help. In this sense, the poor save us, because they enable us to encounter the face of the Lord.

*Message of Pope Francis for the 110th World Day
for Migrants and Refugees Sept 29 2024*

Pray *Guígh*

*Unsettle me, Lord
unsettle my preconceived ideas and notions
and disrupt my presumptions and assumptions.*

*Unsettle me, Lord
that I might hear your Good News afresh,
and respond with love and care for others,
hungry, thirsty, outsider, naked, sick and imprisoned.*

Act *Gníomhaigh*

Today I welcome others as sisters and brothers.



TUESDAY

People of Joy

Jesus said, "I have told you this so that my joy may be in you and that your joy may be complete". John 15:11

Invitation *Cuireadh*

What gives Jesus joy? We get a hint from how he spends his time - being with others, especially those who are struggling, healing, offering new ways to see old challenges, aware of being a child of God. Jesus invites us to find what gives us real joy, not just a fleeting moment of pleasure.

Reflect *Machnamh*

Happiness is our human vocation, a goal to which all aspire. But what is happiness? What is the happiness that we await and desire? Not some fleeting pleasure, a momentary satisfaction that, once experienced, keeps us longing for more, in a desperate quest that leaves our hearts unsated and increasingly empty. We aspire to a happiness that is definitively found in the one thing that can bring us fulfilment, which is love. Thus, we will be able to say even now: I am loved, therefore I exist; and I will live forever in the love that does not disappoint, the love from which nothing can ever separate me.

Let us listen once more to the words of the Apostle: "I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor

depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord" (Rom 8:38-39).

*Pope Francis - Hope does not disappoint §21
Message for the Jubilee Year 2025*

Pray *Guígh*

Shepherd me, O God

*Shepherd me,
beyond my limited horizons,
beyond my petty concerns,
beyond my desire to control.*

*Shepherd me,
beyond my regrets of the past,
beyond my fears for the future,
beyond all that holds us captive.*

*Shepherd me, O God,
that I may be your disciple,
alert to the promptings of your voice.*

Act *Gníomhaigh*

Today I walk through my day, aware that I have been created in love by God. Is there a fear or regret I can let go of today? I let God shepherd me.



WEDNESDAY

Travelling Lightly

Jesus said, "Take nothing with you for the journey."

Luke 9:3

Invitation *Cuireadh*

Packing for a trip might give us an inkling of how lightly we like to travel! Jesus invites us to take nothing with us for the journey of life. Madness or a trust in life, in God? Jesus' way invites us to focus on what is really important to us, and what can distract us from the important.

Reflect *Machnamh*

I believe that faith might be precisely that ability to trust the Big River of God's providential love, which is to trust the visible embodiment (the Son), the flow (the Holy Spirit), and the source itself (the Father). This is a divine process that we don't have to change, coerce, or improve. We just need to allow it and enjoy it. That takes immense confidence, especially when we're hurting...the Big River is already flowing through me and I am only one small part of it.

Ask yourself regularly, "What am I afraid of? Does it matter? Will it matter at the end or in the great scheme of things? Is it worth holding on to?" Grace will lead you into such fears and emptiness, and grace alone can fill them up, if we are willing to stay in the void. It is a kind of "negative capability" that God

seems to make constant use of. We all want to manufacture an answer to take away our anxiety and settle the dust. To stay in God's hands, to trust, means that we usually have to let go of our attachments to feelings - which are going to pass away anyway (which is the irony of it all). People of deep faith develop a high tolerance for ambiguity and come to recognize that it is only the small self that needs certitude or perfect order all the time. The Godself is perfectly at home in the River of Mystery.

Richard-Rohr-s-Meditation--Trust-the-River

Pray *Guígh*

*From the torrent of noise,
within and without
deliver me, Jesus,
into your quiet presence
and bring me home to you.
Draw me ever deeper
into the well of your love and truth.*

Act *Gníomhaigh*

Today I notice what draws me away from peace and contentment. I ask Jesus to bring me back to trust, that I am being held in the Great River of God.



FAMILY TIME

Making the Mission together

1. Create a picture of joy

Jesus says that he wants us to have joy. Use photos, drawings, words to illustrate what brings your family joy. Do one of the activities that brings your family joy today.

2. Learn about other countries

Jesus tells us that we are all sisters and brothers, and God is our father. Ask your classmates or neighbours who come from other countries to tell them about their Spring customs. See if you could do one of these things together.

3. Make a pilgrimage

Jesus spent his life journeying from village to village to tell people about God's love. Plan a walk to a holy well or a church in your neighbourhood to thank God for loving you.

4. Try on someone else's shoes

Jesus helps people to understand who God is and doesn't judge people. Try on your sibling or parent's shoes and see what it's like. Ask them what it is like to be them.

5. Plant bulbs

Nature reflects God's beauty. Plant bulbs in a pot to remind you of God's presence with us, even when we can't see it. Wait and watch them grow and flower!

Morning Prayer *Paidir na Maidine*

Father in heaven, you love me,
you're with me night and day.
I want to love you always in all I do and say.
I'll try to please you, Father.
bless me through the day. Amen.

*A Dhia, tá grá agat dom.
Bíonn tu liom de lá is d'óiche.
Ba mhaith liom grá a thabhairt duit
gach noiméad den lá.
Ba mhaith liom tú a shásamh.
A Athair, cabhraigh liom. Áiméan*

Night Prayer *Paidir na hOíche*

God, our Father, I come to say
thank you for your love today.
Thank you for my family,
and all the friends you give to me.
Guard me in the dark of night,
and in the morning send your light. Amen.

*A aingil uasail, a aingil Dé,
cabhraigh liom ar feadh an lae.
Bí lem' ais go síoraí dlúth,
'S ná lig domsa dul amú.*

*Prayers taken from Grow in Love/I nGrá Dé by Veritas and
www.masterit.ie/paidreacha/paidir_don_aingeal_chomhdeachta.html*

THE JUBILEE PRAYER

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.

May those seeds transform
from within both humanity and the whole cosmos
in the sure expectation of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever. Amen

Pope Francis

