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The words of Jesus remind us not to be afraid. When fear grips us we tend to lose focus on what we have been called for and fail to deliver what we've been called to do. What stops us? It is fear. What are the fears that impede me in my discipleship that stunts my Christian growth?

Fear is probably the most troubling and devastating of emotions that we experience. It has the ability to stop us in our tracks, leaving us riddled with indecision. It has the ability to remove choices and blessings from our lives, to weaken our faith, and puts our relationship with God in jeopardy and questions it.

Not only does fear cause illness, it robs us of our energy. Fear and anxiety is like a rocking chair – it gives us something to do, but it doesn't get us anywhere. Actually, fear can take our life backwards, because it steals the energy that we need, to carry out our daily duties. Our bodies were not designed to live in a state of fear, but to live in faith, trusting in our Creator.

As we celebrate and live the call, of loving neighbour and self, let us not be afraid of doing the right thing that we're called to do. Don't let fear stop you from doing what is right and noble. We need to move out from fear to faith, so that we're capable of loving our neighbour and to appreciate the person that we are.

The CCC no 1808 reminds us that: Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. ✦

Newtbec

24 & 25 JUNE 2023

NEW WAY OF BEING CHURCH

12th Ordinary Sunday

SALT OF THE EARTH AND LIGHT OF THE WORLD:

COMMUNION (INCLUSIVE), PARTICIPATION (CREATIVE) & MISSION (BRIDGE BUILDING)

MONTHLY FOCUS:
FAMILY – LOVING
NEIGHBOUR AND SELF

FOCUS EVENT:
SACRED HEART AND
THE IMMACULATE
HEART OF MARY



Have you ever been to a restaurant that serves peanuts at the table, or sometimes even in the waiting area? When you see that, you don't want to eat too many peanuts. Don't fill up on the peanuts because you have the dishes coming! Don't get so focused on what is in front of you, that you forget about the more important things ahead.

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INTERNAL CIRCULATION ONLY

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