

BEC Reflection

HOPE BELIEVE, LIVE and GIVE

TOGETHERNESS in Good Times and Bad

EVENT: **International Day of Families**

SOCIAL MEDIA TREND: **#theyaintheavy**

INTRODUCTION:

The United Nations General Assembly declared 15 May as "International Family Day" in 1993. This special day was first celebrated on 15 May 1994. It is observed to honor the importance of families. Families are the foundation of society. Our most formative years are spent with our families who are likely to be the most important people in our lives. Therefore, they should be celebrated. Let us spend time this month to find ways to protect and celebrate the family unit in our society by starting at home with our own.

(From: United Nations Message for Day of Families – May 15 2012)



CLOSING PRAYER:

Invite another BEC member to say the concluding the prayer.

We pray today for all families which feel overburdened; those who are not able to cope with the pressures and demands of daily life, those who are troubled and who feel there is no hope. Lord, be with them, comfort and soothe their minds, hearts and spirits. Give them hope, peace and rest. Help them to remain faithful as a family. Amen

CLOSING HYMN:

Hail, Holy Queen Enthroned Above

Hail, holy Queen enthroned above, O Maria.
Hail, Queen of mercy and of love, O Maria.
Triumph, all ye cherubim,
Sing with us, ye seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve, Regina!

The cause of joy to us below, O Maria.
The spring through which all graces flow, O Maria.
Angels, all your praises bring,
Earth and heaven, with us sing,
All creation echoing:
Salve, salve, salve, Regina!

OPENING PRAYER

Invite a BEC member to lead in prayer.

Heavenly Father, as we remember the “International Family Day”, grant that all families may become for each other a true source of life and love. Grant that Your grace may guide the thoughts and actions of those who are called to married life and parenthood, so that they may work for the good of their families and all families in the world.

OPENING HYMN:

In God's Family

We are happy Christians all united in the Lord.
We belong to one Family.
Jesus Christ has chosen us to carry on His life,
over every land and sea.
From the north and from the south,
and from the east and west,
He has called us all together.

Chorus:

***And we are delighted, that we united,
into God's own family.***

***And we are delighted, that we united,
into God's own family.***

Now as Christians
we must try to live the Gospel life.
Living in simplicity.
We will share the goods
we have with everyone in need,
such is Christ-like charity.
We are grateful that God called us
to this way of life.
In the footsteps of our Saviour. **(C)**

DIALOGUE

Thomas and Eli, who have been married for over eight decades are presently living in Kerala, India. They got married in 1932, making them perhaps the longest married couple in India after 83 years of marriage. According to them, there are two words to a successful married life - love and tolerance. Parents to eight children, the couple, also have 18 grandchildren and 14 great grandchildren. They celebrated their 83rd wedding anniversary on 31 January, 2015 in their hometown, Thodupuzha, in Idukki district.

Born into a family which lived in a small rural village where agriculture was the source of income, Thomas according to the custom of those days married at the age of 18. Eli, who was also born in the same district, was only 15 years old at the time of the wedding. During their first meeting, that is, their engagement ceremony, when Thomas laid eyes on his wife Eli, it was one of the happiest moments in his life. Their marriage ceremony was a simple function. The first photograph that they have of themselves is after they had become parents to four children.

Not all was easy for the couple. Every marriage has its ups and downs, and so it was for them too. The couple in their married life have suffered as much as they have celebrated. Not only did they lose their first child, but their poor financial situation made life even more difficult. It was a real struggle but they braved it together. “We both were hard working and now we are happy”, Thomas says. But when asked if he was ever bored at any point in the relationship, he was surprised. ‘How do you get bored? Never at any point in time I did feel so’. One of their sons, James, also agrees that the couple are a perfect match and are also great parents.



(Source: The News Minute, January 26, 2015)

Share your thoughts with your BEC members.

- What do you think of the secret to a happy and successful married life?
- What are some of the major challenges that families face today?
- What are ways families can remain united in good and bad times?

DISCERNMENT

Gal 6: 2–5

Source: Jerusalem Bible

Carry each other's burdens and so fulfill the law of Christ. If anyone thinks he is something, when in fact he is nothing, he deceives himself. Let each one examine his own conduct and he shall not boast before others, but will be zealous for his own progress. Everyone will answer for his own deeds.

REFLECTION:

- READ the text aloud and LISTEN with openness.
- READ it silently by yourself until a word or phrase touches or strikes you.
- What is the Holy Spirit saying to you through the word or phrase?
- What do you say to the Lord in response to his Word?
- Share in small groups (3-4 persons) the verse that has touched you.

DEEDS:

Our task for this month will be to:

- For married couples: Write a letter to your spouse, thanking him/ her for his/her love, patience and understanding for you in good and bad times.
- For parents: Write a short letter to each child, thanking him/ her for being part of the family and for being there for each other in good and bad times.
- For children: Write a letter to your parent/s, thanking them for their love and sacrifice, and for their guidance in good and bad times.

Liturgy of the Hours

INTRODUCTION

V - O God, come to our aid
R - O Lord, make haste to help us
Glory be...

PENTECOST SUNDAY EVENING PRAYER

INTERCESSIONS:

We know that the Father is with us because of the Spirit he has given us. With this confidence we turn to you in prayer:

R: Father, send your Spirit into the Church!

- Father, you want to unite all men by baptism in the Spirit; draw all believers together in mind and heart. **R**
- You sent the Spirit to fill the earth with your love; let men build the human city in justice and peace. **R**
- Lord God, Father of all men, bring to your scattered children unity of faith: make the world alive with the power of your Spirit. **R**
- By the work of the Spirit you create all minds afresh: heal the sick, comfort the afflicted, and bring all men to salvation. **R**
- Through the Holy Spirit you raised your Son from the dead: Raise us by the power of your Spirit when we come to your kingdom. **R**



OUR FATHER

Our Father,
Who art in heaven,
hallowed be Thy name;
Thy kingdom come;
Thy will be done on earth
as it is in heaven.
Give us this day
our daily bread;
and forgive us
our trespasses
as we forgive those
who trespass against us;
and lead us not
into temptation,
but deliver us from evil.

CONCLUDING PRAYER:

Lord God, you sanctify your Church in every race and nation by the mystery we celebrate on this day. Pour out the gifts of the Holy Spirit on all mankind and fulfill now in the hearts of your faithful what you accomplished when the Gospel was first preached on earth

We make our prayer through our Lord Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, God forever and ever. Amen.

Go in the peace of Christ, Alleluia, Alleluia.

R: Thanks be to God, Alleluia, Alleluia

The Lord bless us, keep us from all evil and bring us to everlasting life. AMEN.

Spirit of God



1. Spirit of God in the clear running water
Blowing to greatness the trees on the hill.
Spirit of God in the finger of morning
fill the earth, bring it to birth
and blow where You will.

Chorus:

**Blow, blow, blow till I be
But breath of the Spirit blowing in me.**

2. Down in the meadow the willow are moaning,
Sheep in the pasture land cannot lie still
Spirit of God, creation is groaning,
fill the earth bring it to birth
and blow where You will.
3. Spirit of God, ev'ry man's heart is lonely,
Watching and waiting and hungry until,
Spirit of God, man longs that You only
fulfill the earth bring it to birth
and blow where You will.

Ant. 1: The Spirit of the Lord has filled the whole world, Alleluia.

PSALM 109 (110)

The Lord's revelation to my Master:
"Sit on my right:
your foes I will put beneath your feet."

The Lord will wield from Sion
your sceptre of power:
rule in the midst of all your foes.

A prince from the day of your birth
on the holy mountains,
from the womb before the dawn
I begot you.

The Lord has sworn an oath
he will not change.
'You are a priest for ever,
a priest like Melchizedek of old.

The Master standing on your right hand
Will shatter kings in the day
of his wrath.

He shall drink from the stream
by the wayside
And therefore he shall lift up his head.

Glory be to the Father...

Ant.: The Spirit of the Lord has filled the whole world, Alleluia.

Ant. 2: Send forth your power, Lord, from your holy temple in Jerusalem, and bring to perfection your work among us, Alleluia.

PSALM 113A (114)

When Israel came forth from Egypt,
Jacob's sons from an alien people,
Judah became the Lord's temple,
Israel became his kingdom.

The sea fled at the sight:
The Jordan turned back on its course,
The mountains leapt like rams
And the hills like yearling sheep.

Why was it, sea, that you fled,
That you turned back, Jordan,
on your course?

The mountains leapt like rams,
hills, like yearling sheep?

Tremble, O earth, before the Lord,
In the presence of the God of Jacob,
Who turns the rock into a pool
and flint into a spring of water.

Glory be to the Father...

Ant.: Send forth your power, Lord, from your holy temple in Jerusalem, and bring to perfection your work among us, Alleluia.

Ant. 3: They were all filled with the Holy Spirit and began to speak, Alleluia.

CANTICLE – REV 19: 1,2,5-7

Alleluia.
Salvation and glory and power belong to our God, (R: Alleluia)
His judgements are true and just.
R: Alleluia (Alleluia).

Alleluia.
Praise our God, all you his servants,
(R: Alleluia)
You who fear him, small and great.
R: Alleluia (Alleluia).

Alleluia.
The Lord our God, the Almighty, reigns,
(R: Alleluia)
Let us rejoice and exult and give him the glory.
R: Alleluia (Alleluia).

Alleluia.
The marriage of the Lamb has come,
(R: Alleluia)
And his bride has made herself ready.
R: Alleluia (Alleluia).

Glory be to the Father...

Ant.: They were all filled with the Holy Spirit and began to speak, Alleluia.

SCRIPTURE READING: Eph 4:3-6

Do your best to preserve the unity which the Spirit gives, by the peace that binds you together. There is one Body and one Spirit, just as there is one hope to which God has called you. There is one Lord, one faith, one baptism; there is one God and Father of all men, who is Lord of all, works through all, and is in all.

SHORT RESPONSORY

R: The Spirit of the Lord has filled the whole world, Alleluia, Alleluia.

V: The Spirit of the Lord has filled the whole world, Alleluia, Alleluia.

R: It is he who holds all things in being and understands every word that is spoken.

V: The Spirit of the Lord has filled the whole world, Alleluia, Alleluia.

R: Glory Be ...

V: The Spirit of the Lord has filled the whole world, Alleluia, Alleluia.

MAGNIFICAT

Ant: *This is the day of Pentecost, Alleluia; today the Holy Spirit appeared to the disciples in the form of fire and gave to them his special gifts; he sent them into the world to proclaim that whoever believes and is baptized will be saved, Alleluia.*

My soul glorifies the Lord,
my spirit rejoices in God,
my Saviour.
He looks on His servant
in her lowliness; Henceforth all ages
will call me blessed.

The Almighty works marvels for me.
Holy His name!
His mercy is from age to age,
on those who fear him.

He puts forth His arm in strength
and scatters the proud-hearted.
He casts the mighty from
their thrones and raises the lowly.

He fills the starving with good things,
sends the rich away empty.
He protects Israel His servant,
remembering His mercy,
the mercy promised to our fathers,
to Abraham and his sons forever.

Glory Be to the Father...

Ant: *This is the day of Pentecost, Alleluia; today the Holy Spirit appeared to the disciples in the form of fire and gave to them his special gifts; he sent them into the world to proclaim that whoever believes and is baptized will be saved, Alleluia.*