

# SUNDAY PLUS

Wake up to love!

## Life continues

By Sr Janet Fearn FMDM

**L**ife continues. Yet to board the Circumvesuviana means a train journey which rarely loses sight of Vesuvius, a sleeping volcano, which, one day, will erupt again. Indeed, volcanic activity has formed most of the landscape and coastline of the Bay of Naples.

The AD 79 eruption which destroyed the cities of Pompeii and Herculaneum also preserved them for future generations. In fact, although the archaeological excavations appear huge, they are only a small fraction of the treasures which are still to be revealed.

Centuries of repeated hardship, conflict and the ever-present threat of volcanic eruption have moulded the vibrant, dynamic personality of the people of Naples, who live for the present, constantly remember the past, and walk towards the future. Volcanic soils uniquely flavour food and wines. Countless shops sell statues representing the souls in purgatory,



reminding people to pray for those who have gone before them. Naples and Neapolitans are alive and active – but they know from whence they have come and keep an eye on the future.

Today, the first Sunday of Advent, Jesus reminds us that, one day, the world will end. Yet between then and now, life continues and what is important is to make the most of our time. We face many unknowns, but Jesus is our sure companion and so, with him, we walk in faith and trust, following the path that he lays out for us. We can't change the past. The future is full of uncertainties, but the present moment is God's gift – if we are prepared to accept the challenge.

*Sr Janet Fearn is a Franciscan Missionary of the Divine Motherhood.*

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## Beginning again

By Natasha Pritchard

We have been in ordinary time for a while and perhaps during that time we haven't given ourselves the nudge we need to come out of our ordinary ways. Today, as we enter an extraordinary time, we have an opportunity to begin again and to ask ourselves, how will we make this Advent different?

In today's readings, we are reminded that we are called to love each other and to grow in holiness. We're reminded to stay vigilant and avoid falling into complacency. As St Paul puts it, we are called to lead the kind of life that God wants for us.

The day is approaching when the Lord will come and fulfil his promises. What are the promises you want to make to God today? What is one small way you might grow in holiness this special season?

*Natasha Pritchard has worked in Catholic hospital chaplaincy, youth ministry and is now Area Support Chaplain at Methodist Homes.*



### Jubilee 2025: Pilgrims of Hope

#### The Jubilee app

The official mobile app for the 2025 Jubilee Year, "Iubilaeum25", is available for free download. The app, which will make registration for Jubilee events easier, can be downloaded from the App Store for iOS and from the Android Play Store.

The app, available in six languages, will allow access to all the latest news on the Jubilee, and allow the user to register as a pilgrim for the Holy Year and obtain the Pilgrim Card for free. Once registered on the portal, users will also be able to sign up for Jubilee events and pilgrimages to the Holy Door.

By navigating the simple and intuitive menu, users will also be able to "save" the events they are interested in, access their personalized area more quickly and obtain the unique QR code needed for access to the Holy Door.

*Diocastery for Evangelisation*

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.

The Jubilee Prayer

**Today:**  
Jeremiah 33:14-16  
1 Thessalonians 3:12 – 4:2  
Luke 21:25-28,34-36

**Monday:**  
Isaiah 2:1-5  
Matthew 8:5-11

**Tuesday:**  
Isaiah 11:1-10  
Luke 10:21-24

**Wednesday:**  
Isaiah 25:6-10  
Matthew 15:29-37

**Thursday:**  
Isaiah 26:1-6  
Matthew 7:21, 24-27

**Friday:**  
Isaiah 29:17-24  
Matthew 9:27-31

**Saturday:**  
Isaiah 30:19-21, 23-26  
Matthew 9:35 – 10:1, 6-8

**Next Sunday:**  
Baruch 5:1-9  
Philippians 1:4-6, 8-11  
Luke 3:1-6