

# SUNDAY PLUS

## Hungry for what?



By Krista Nelson

**W**e hear today that Jesus "was hungry". But only for food. He was "full of the Holy Spirit" – in contrast to us most of the time. We are fortunate to live in a time and place where food is readily available (for most) – too available perhaps. We can fill the slightest craving 24/7.

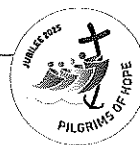
We are so used to being full that even the thought of giving up snacking fills us with dread. We throw around phrases like "I'm starving" when it's only been three hours since breakfast – when perhaps it's been three months since we last spent some time in prayer. We are often too full (from food, entertainment, shopping, social media) to recognise the emptiness we might have in our spiritual lives.

Of course, Lent is a time for us to think about people who are actually "starving" – whether from food, peace, or knowledge of God. But if we aren't full of the Holy Spirit, we can't give and attend to their needs in the same way.

Lent is a time for us to "fill up" any voids in our spiritual life – something I strive to do every year. But then Easter comes and it's "Wait. What? But I meant to..."

Perhaps, like me, you need this little reminder to make the most of Lent and fill up on all the Church has to offer. But don't just "get full" – overindulge! Go "pig out," so come Easter Sunday, you're ready to rejoice with a full, bursting-at-the-seams heart.

*Krista Nelson is a mum of four, catechist and editor.*




Jubilee 2025:  
Pilgrims of Hope

## The volunteer

Volunteer work. It is one of the most beautiful things because each person, with his or her own freedom, chooses to make this journey, which is an outward-bound journey, going out with an outstretched hand, a journey outwards to be concerned about others. Action has to be taken. I could stay at home, seated, calm, watching television or doing other things... No, I make this effort to go out. Volunteer work is the effort of going out to help others. It is like this. There is no desk volunteering and there is no television volunteer work. No. Volunteer work is always outward-bound, an open heart, an outstretched hand, the legs ready to go. Going out to encounter and going out to give... And it is an investment of your time that makes the lives of other people fruitful. Continue along this path of volunteering.

*Pope Francis*

Lord Jesus, so many people today are hungry for love and are thirsting for peace and security. Make me a messenger of your love and help me to build peace wherever it is in short supply.  Amen.

## Beyond the material

By Paul Higginson

In the wilderness Jesus is tempted in the same ways that we are. He gets hungry and is tempted to turn stones into loaves. Like all temptations, this appears at first glance to be rather beneficial (we rarely consider doing something which appears harmful to us!). This bread, however, represents not just fine food and wine but money, houses, cars – material possessions that we believe will satisfy our

inner hunger. But Jesus recognises these are false gods, saying, "You must worship the Lord your God and serve him alone." So often we profess to serve God whilst pursuing material success. As Thomas Merton said: "People may spend their whole lives climbing the ladder of success only to find, once they reach the top, that the ladder is leaning against the wrong wall." Jesus shows us how it's done, choosing the narrow path and a "success" that the world (with all its riches and kingdoms) can never give...

*Paul Higginson is a retired teacher and author of Doing Christianity: how religion is about what you do, not what you believe.*

We produce enough food for all people, but many go without their daily bread. This constitutes a real scandal, a crime that violates basic human rights.

*Pope Francis*

Today:  
Deuteronomy 26:4-10  
Romans 10:8-13  
Luke 4:1-13

Monday:  
Leviticus 19:1-2, 11-18  
Matthew 25:31-46

Tuesday:  
Isaiah 55:10-11  
Matthew 6:7-15

Wednesday:  
Jonah 3:1-10  
Luke 11:29-32

Thursday:  
Esther 4:17m, 17o-17q, 17x-17z  
Matthew 7:7-12

Friday:  
Ezekiel 18:21-28  
Matthew 5:20-26

Saturday:  
Deuteronomy 26:16-19  
Matthew 5:43-48

Next Sunday:  
Genesis 15:5-12, 17-18  
Philippians 3:17-4:1  
Luke 9:28b-36

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