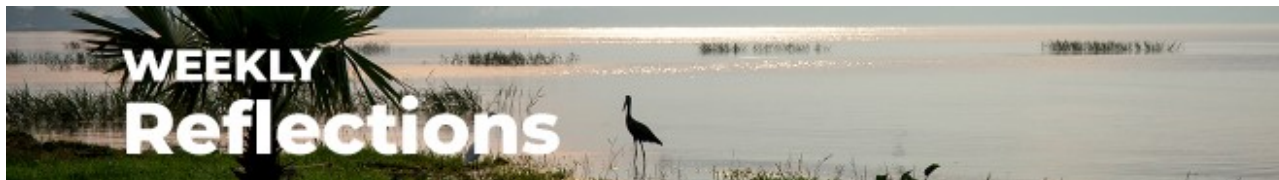


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Based on the gospel for 13 June, Eleventh Sunday in Ordinary Time: Mark 4:26-34

“Yet once it is sown it grows into the biggest shrub of them all.”

Try to recall your greatest successes in life: can you exactly remember all the steps and factors that led to this? Try also to think of a time when you exerted a lot of effort and had little to show for it.

There is perhaps a part of the human condition that tells us that our successes come purely from our own efforts, and that our failures, likewise, are the result of our own hand; it can be troubling when we apply this logic to other people. And if we keep on with this line of thinking, we inevitably risk burnout, one of the great afflictions in our society.

This is not to say that we should not put in effort. St Thérèse of Lisieux teaches in her *little way* that we should perform each of our actions, even, or especially, the smallest ones, with great love. In doing this, we draw closer to union with God and help to make the kingdom of God more visible on earth.

If each of our actions is a seed that we plant, what type of garden is our life cultivating?

God, Divine Sower,
Help me to plant seeds of love wherever I walk.
Even if I never see the fruits
I trust that you will bring the crops to harvest when the time is right.
Grant that I may never be disheartened.
Amen.



Volunteers' Month 2021

This month we are celebrating our wonderful volunteers with a series of online events.

[Celebrate with us](#)



Parliament in your parish

Tell your MP why we need to reclaim our common home in 2021

[Find out more](#)



Prayer resources

Join us in prayer for a fairer world where all people may live free from poverty.

[Pray with us](#)

This reflection and prayer were written by Sophia White, who works in our Schools team.



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