

Readings for October 27, 2024

Mark 6:31-44

Jesus said, “Come off by yourselves; let’s take a break and get a little rest.” For there was constant coming and going. They didn’t even have time to eat. So they got in the boat and went off to a remote place by themselves. Someone saw them going and the word got around. From the surrounding towns people went out on foot, running, and got there ahead of them. When Jesus arrived, he saw this huge crowd. At the sight of them, his heart broke—like sheep with no shepherd they were. He went right to work teaching them.

When his disciples thought this had gone on long enough—it was now quite late in the day—they interrupted: “We are a long way out in the country, and it’s very late. Pronounce a benediction and send these folks off so they can get some supper.” Jesus said, “You do it. Fix supper for them.”

They replied, “Are you serious? You want us to go spend a fortune on food for their supper?” But he was quite serious. “How many loaves of bread do you have? Take an inventory.” That didn’t take long. “Five,” they said, “plus two fish.”

Jesus got them all to sit down in groups of fifty or a hundred—they looked like a patchwork quilt of wildflowers spread out on the green grass! He took the five loaves and two fish, lifted his face to heaven in prayer, blessed, broke, and gave the bread to the disciples, and the disciples in turn gave it to the people. He did the same with the fish. They all ate their fill. The disciples gathered twelve baskets of leftovers. More than five thousand were at the supper.

Another Sacred Text

from *Sacred Self-Care*, pg. 187 (adapted words)

God of resurrections, we confess that as moths drawn to flame, we have been drawn to habits of living that will destroy us all. Forgive us. Liberate us from our constant striving and from unjust burdens. Help us to see ourselves and all of humanity as endowed with sacred worth that does not come from our hustle but from our whole-ness. May our sacred self-care bring freedom to All.