

More Than Enough-18th Sunday (Year A)

Matthew 14:13-21

The miraculous multiplication of the loaves and fish teaches us that in giving we can multiply, not divide, the good things that God has given us. When we live with an open heart and generous spirit we find that there is always more than enough for everyone. Unfortunately, we know that many of our sisters and brothers around the world still do not have nearly enough of the basic things they need to survive. This liturgy will look at how Loko Abduba is following Jesus' example of helping others by working in a community soap making co-operative in Ethiopia.

Sharing Scripture

For this activity, you will need:

- + Paper
- + Scissors

Start the lesson by showing the children a blank piece of paper. Comment on how large it is, how much room you have to draw and write things. A fresh piece of paper has so many possibilities!

Folding the paper in half, ask the children to count the corners. Ask them how many there will be if you cut one corner off to share with a friend?

Cut off one of the corners and hand the cutting to a child or fellow liturgist. Ask the children to count the corners again. While some may say that there are now only 3 corners, show the children that there are actually now 4.

Repeat another time with a different corner to demonstrate the point.

With each corner that is cut off to share with a friend, another corner appears. In giving, we can actually multiply, not divide, the good things we have. In fact, we often find that we have plenty to share with everyone.

Jesus shows us this very miracle of multiplication in today's Gospel reading (Matthew 14:13-21). In the Gospel, Jesus multiplied five loaves and two fish in order to feed 5,000 hungry people. There were even enough leftovers to fill twelve baskets!

Jesus shows us that when we share what God has given us, our lives are transformed and His goodness is multiplied.

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God feeds us both spiritually (in the Eucharist) and physically (with food from creation). Spiritual nourishment is as important as physical nourishment. Jesus preformed a miracle in order to ensure that all had enough to eat. However, we know that many still go hungry in the world today.

While we may not be able to perform a miraculous feeding of the 5,000 like Jesus, we can still do our best to model his example and find sustainable and empowering ways to

feed those who continue to go without. When we trust in the Lord, we find that there is always more than enough for all of us.

Depending on the resources available, either use the 'Loko Abduba' PowerPoint and notes or the 'Loko Abduba' pdf to share Loko's story of multiplying help throughout her community.

Respond

Encourage the children to reflect on ways that they too can multiply the good things they have and share with others. Suggest things like sharing toys, taking turns or helping others. Finish by sharing this prayer with the children.

Dear Lord,

We pray that you multiply your love in our hearts and in our communities.

**Jesus teaches us that when we share what we have been given,
there is more than enough for everyone.**

**Create in us the same generous spirit
that Loko Abduba is sharing throughout her community in Ethiopia.**

**Help us to always remember to reach out with love,
compassion and generosity to our sisters and brothers around the world.**

Amen