

PRAY Compassionate God, make us great the way you are great with love for all. Help us find ways to use our many gifts to serve people in need. Bless our energy and enthusiasm for making humankind one family. Amen.

October 20, 2024 • Vol. 37, No. 3



29th Sunday in Ordinary Time

SPiRIT

By Joan Mitchell, CSJ

One family has helped keep the Empty Bowls project going at their Catholic high school. Junior Daniel Goldenstein has inherited the job of co-chairing the project from his two older sisters.

“I’ve heard from both students and faculty that Empty Bowls is their favorite day of the year,” says cochair Laura Modl. “Recently we hosted several high schools for a Youth Justice Summit. Several of those students named Empty Bowls as the highlight of the Summit day.”

Abby Nachtsheim discovered the Empty Bowls Project when she went with her parents to a benefit at a local arts center. The potters at the center had made hundreds of simple, beautiful bowls. The money from the sale of the bowls went to a local food shelf.



Empty Bowls describes itself online as a movement to end hunger. It keeps an online calendar of Empty Bowl fundraising events around the U.S. and world. Funds are for “Helping Feed People in Need.”

When Abby received a religion class assignment to do a service project and put Catholic social teaching into practice, Empty Bowls seemed perfect. Abby described the project to her classmates who voted to do it in their school—Cretin Derham Hall High School. They decided to combine selling bowls and serving a soup lunch and dinner.

Abby and Jenny led the project for four years. Then Abby’s brother Andy and Jenny’s cousin Rachel Goldenstein carried on. Rebecca Goldenstein followed Rachel, and now Daniel is the

EMPTY



BOWLS

latest family member taking his turn co-chairing the event.

Laura remembers two girls speaking to her values class about Empty Bowls. “I helped clean tables, fill water pitchers, and re-stock the tables my first year,” says Laura. “At the end of my first year Amanda Graff and Becca Goldenstein asked me to be part of the coordinating team.”

Laura has helped make Empty Bowls happen ever since. As co-chair her work extends before and after the event. “In the months prior to the fundraiser I help make phone calls, sit at tables promoting the events, send letters to donors, go personally to businesses to ask for donations, and help pick up soup and bread. Afterward we send out certificates and thank yous,” says Laura.

Empty Bowls has grown over the ten years. “We are working on making the event bigger and bigger but its original goals are still there. It’s still a simple meal to end hunger,” says Laura. “I love seeing how generous people are with their time and their money; it’s like Empty Bowls brings out the best in people.

“This year especially I was very impressed with the volunteers. It’s so satisfying at the end of the day to accomplish this big thing and make

someone’s life better. It’s one of the best feelings.”

The co-chairs organize student volunteers to set up and clean up, to take money, dish soup, and sell bowls. Students change lunches every 22 minutes.

This is a student-led project, though they rely on faculty and staff for help. “I support them by doing the chump stuff,” reports campus minister Peter Gleich. “I get the roasters from the school kitchen to keep the soup hot. I have tables delivered to the gym so the kids can set them up.”

The cafeteria staff heats the soup. The ceramics teacher has all her classes make bowls.

“Getting the bowls is not really a problem,” Daniel explains. “We



Daniel Goldenstein



have the total cooperation of the art department. So our students make bowls in class, and so do kids at Nativity Grade School nearby—every year.”

On the day of the event Daniel rumbles down the hall from kitchen to gym with a huge roaster of soup hot on a cart. Laura walks the floor of the gym between the many tables ready for lunch, making sure tables have water. Students walk along a table with the ceramic bowls and choose one for their soup. Or, they take a paper bowl, and choose one of the soups.

“I definitely have an appreciation for the amount of work and organizing that can go into a one-day event,” says Laura. “But I think just the fact that this whole event, that has lasted for ten years, was started by two freshman girls who had this brilliant



Laura Modi

SUNDAY GOSPEL

29th Sunday in Ordinary Time

To be great is to serve all.

NARRATOR: James and John, the sons of Zebedee, came to Jesus.

JAMES AND JOHN: Teacher, we want you to do for us whatever we ask of you.

JESUS: What is it you want me to do for you?

JAMES AND JOHN: Grant us to sit, one at your right hand and one at your left, in your glory.

JESUS: You don’t know what you are asking for. Can you drink the cup that I drink? Can you be baptized with the baptism I will be baptized with?

JAMES AND JOHN: We can.

JESUS: You will indeed drink the cup I will drink and be baptized with the baptism with which I will be baptized. But I do not have the right

to choose who will sit at my right and my left. God will give these places to those for whom God has prepared them.

NARRATOR: When the other ten disciples heard this, they became angry with James and John. So Jesus called them all together.

JESUS: You know that those who have authority among the Gentiles lord it over their people; their great ones make their importance felt. It cannot be this way among you. Whoever among you wants to be great must serve the rest. Whoever among you wants to be first must serve the needs of all. The Son of Man did not come to be served but to serve—to give his life to redeem all people.

Mark 10.35-45

idea, is inspiring. It gives you the feeling that you can do anything as long as you're willing to work hard."

From the beginning the Empty Bowls project has raised money for Heifer International, an organization that began after World War II when Europe needed to rebuild. A man named Dan West helped provide milk, but when he experienced how fast cups of milk went, he asked himself, "Why not a cow rather than a cup?"

West began raising money and sending heifers to Europe. Heifers are young cows just ready to calf and give milk. Families that receive animals commit to pass on their gift by giving another family the first offspring from the animal.

Today Heifer provides training and animals for families in developing nations and poor sections of the U.S. For \$5,000 a school can buy an ark, two each of all the animals Heifer provides. The organization buys animals in the country where they will be raised. Plaques stretch above the lockers in the main hallway, honoring the school for the many arks it has funded.

"I have a lot of faith in Heifer International," says Laura. "They fit the solution to the problem. Every village is different. They offer the recipients of the animals a say in their futures. They help the people help themselves, so in a way Heifer not only works to end poverty but also empowers people to become self-sufficient and pass on the gift to someone else.

"I love the way that they're working towards a sustainable difference and helping the recipients of their animals help others in the community. It's

kind of like a domino effect that changes the lives of millions of families.

"Many students have already learned about Heifer International, and I think they really appreciate the program. They love the soup."



QUESTIONS

- 1 What motivates the students who keep Empty Bowls going?
- 2 What do the students value about Heifer International?
- 3 What have you learned from joining in a service project?
- 4 In what activities have you become a leader after participating in them?
- 5 What ideas for service and justice projects does this story give you?
- 6 How does Jesus define greatness?
- 7 What kind of community does Jesus want among his followers?

The Empty Bowls benefit raised enough money to buy an ark of animals. An ark is like a parade:

2 flocks of chicks



2 sheep

2 trios of rabbits



2 beehives

2 guinea pigs



2 llamas

2 goats



2 donkeys

2 trios of ducks



2 pigs

2 trios of geese



2 camels

2 oxen



2 water buffalo

2 cows



Heifer International provides training and support for the people who get the animals. These families eventually pass on their gift by giving some of their animals' offspring to another family. Learn about Heifer International at www.heifer.org.

IMAGINE THE WORLD HAS 100 PEOPLE

50 female	50 male		
75 adults	25 children		
69 non-Christian	31 Christian		
60 Asians	14 from the Americas	16 Africans	10 Europeans
77 have some supply of food & shelter	23 have no food or shelter		
86 are able to read and write	14 not able to read & write	7 college educated	
40 internet connection	11 undernourished	22 overweight	1 dying of starvation
www.100people.org			

Vatican II: Jesus is always with us.

The Second Vatican Council made liturgy, the Church's public worship, its first topic to discuss. Liturgy includes Eucharist and the other sacraments, the liturgical year and its plans for scripture readings, daily prayers of the hours, sacred art, and music.

The Eucharist is the summit and source of Catholic worship. When we gather to celebrate Jesus' gift of himself in his death and resurrection, we Christians see ourselves as a community, as the Body of Christ in the world. Eucharist is the summit of our activity and shows us who we are.

Eucharist also builds up the Christian community. We receive the Body of Christ to become the Body of Christ. We do as James and John pledge to do—drink the cup Jesus' drinks.

Sunday's gospel helps us understand what the cup of wine we share at Eucharist means. At his last supper with his friends, Jesus pledges his love and service, even unto death. The cup of wine becomes a promise he will pour out his lifeblood for all, a promise Jesus keeps the next day.

Moses and the people swear in blood their covenant to live the ten commandments (Exodus 24). They promise with their lives. Jesus makes a new covenant in his lifeblood. In the blood and water that flow from Jesus' side on the cross we see his love poured out for us. Every time at Eucharist we drink the cup that is the Blood of Christ, we pledge to pour out ourselves in service as Jesus did.



The Second Vatican Council made many changes to foster full, active, conscious participation in worship. The reforms turned the altar to face the people. Priest and people faced each other and gathered around the altar table as they prayed together. We began to pray and read in the languages people spoke rather than Latin, which had become a dead language.

Lay people became lectors who read the first two scripture passages at Mass. Others became Eucharistic ministers. The council restored Prayers of the Faithful as part of Eucharist as they had been earlier in the Church. Catholics exchanged a sign of peace.

The Council called for a new plan for reading the bible at worship. Before Vatican II the liturgical year had one cycle of scripture readings. Catholics heard the same gospels each year, mainly from Matthew's gospel. Vatican II called for a three-year cycle of scripture readings that included all four gospels and more Old Testament readings. One of the ways Vatican II urged Catholics to participate more fully in Eucharist is to study scripture.

The Second Vatican Council reminds us that Jesus Christ is always with us—in the person of the priest, in the Eucharistic species, in the sacraments. It is Christ who speaks in the gospels. He is present when the Church prays and sings, whenever two or three gather in his name (Sacred Liturgy, #7)



Bible Study



- ◆ Find in Mark 14.24 what the cup of wine signifies at Jesus' last supper. To what does drinking from this cup commit James and John?
- ◆ Find in Mark 14.32-42 what the cup represents to Jesus.
- ◆ Find in Mark 14.50 what James and John do when Jesus is arrested.
- ◆ Find in Acts 12.1-2 how James keeps his commitment.
- ◆ Find in Acts 3, 4, and 8.14-25 how John continues Jesus' work.
- ◆ Find in Revelations 1.9 John's last action recorded in the New Testament.



FAITH in ACTION

- 1 What do you pledge when you receive the Blood of Christ, the cup Jesus drank?
- 2 Talk with your grandparents or older parishioners about what Mass was like before Vatican II.
- 3 What reforms from Vatican II help you participate in Mass fully, actively, consciously?
- 4 Which of the ways Jesus Christ is present make you most conscious of his presence in your life?