

John 6

⁵When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" ⁶He asked this only to test him, for he already had in mind what he was going to do.

⁷Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!"

⁸Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

¹⁰Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

¹²When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." ¹³So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

¹⁶When evening came, his disciples went down to the lake, ¹⁷where they got into a boat and set off across the lake for Capernaum. By now it was dark, and Jesus had not yet joined them. ¹⁸A strong wind was blowing and the waters grew rough. ¹⁹When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. ²⁰But he said to them, "It is I; don't be afraid." ²¹Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

Difficult/Unpleasant Feelings

angry	depressed	confused	helpless
irritated	lousy	upset	incapable
enraged	disappointed	doubtful	alone
hostile	discouraged	uncertain	paralyzed
insulting	ashamed	indecisive	fatigued
sore	powerless	perplexed	useless
annoyed	diminished	embarrassed	inferior
upset	guilty	hesitant	vulnerable
hateful	dissatisfied	shy	empty
unpleasant	miserable	stupefied	forced
offensive	detestable	disillusioned	hesitant
bitter	repugnant	unbelieving	despair
aggressive	despicable	skeptical	frustrated
resentful	disgusting	distrustful	distressed
inflamed	abominable	misgiving	woeful
provoked	terrible	lost	pathetic
incensed	in despair	unsure	tragic
infuriated	sulky	uneasy	in a stew
cross	bad	pessimistic	dominated
worked up	a sense of loss	tense	boiling
indifferent	afraid	hurt	sad
insensitive	fearful	crushed	tearful
dull	terrified	tormented	sorrowful
nonchalant	suspicious	deprived	pained
neutral	anxious	pained	grief

How Do Your Feelings Manifest?

What Do They Need?

(adapted from @onbeinginyourbody)

Choose a feeling from the SECOND section of the feelings list that seem current in you.

Locate where that feeling manifests in your body. What colour is it? What shape would you give it?

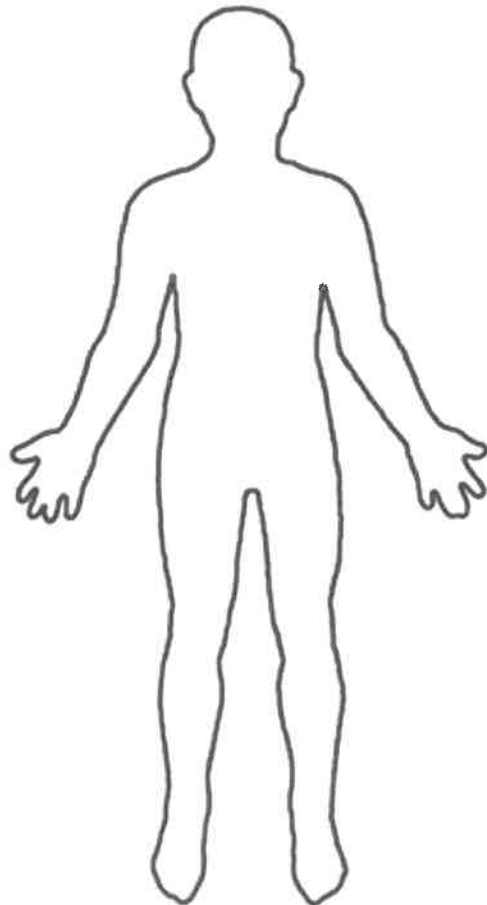
Take some time to sit with that emotion, locating it, feeling its presence in your body. What is it saying to you? What is its tone of voice? How do you feel as you hear its message? Ask it what it needs from you.

1: Feeling:

Location:

Message:

Need:



Pleasant Feelings

open	happy	alive	good
understanding	great	playful	calm
confident	jubilant	courageous	peaceful
reliable	joyous	energetic	at ease
easy	lucky	liberated	comfortable
amazed	fortunate	optimistic	pleased
free	delighted	provocative	encouraged
sympathetic	overjoyed	impulsive	clever
interested	gleeful	free	surprised
satisfied	thankful	frisky	content
receptive	important	animated	quiet
accepting	festive	spirited	certain
kind	ecstatic	thrilled	relaxed
reassured	satisfied	wonderful	serene
blessed	glad	sunny	free and easy
elated	cheerful	merry	bright
loving	concerned	eager	impulsive
considerate	affected	keen	free
affectionate	fascinated	earnest	sure
sensitive	intrigued	intent	certain
tender	absorbed	anxious	rebellious
devoted	inquisitive	inspired	unique
attracted	nosy	determined	dynamic
passionate	snoopy	excited	tenacious
admiration	engrossed	enthusiastic	hardy

How Do Your Feelings Manifest?

What Do They Need?

(adapted from @onbeinginyourbody)

Choose a feeling from the FIRST section of the feelings list that seem current in you.

Locate where that feeling manifests in your body. What colour is it? What shape would you give it?

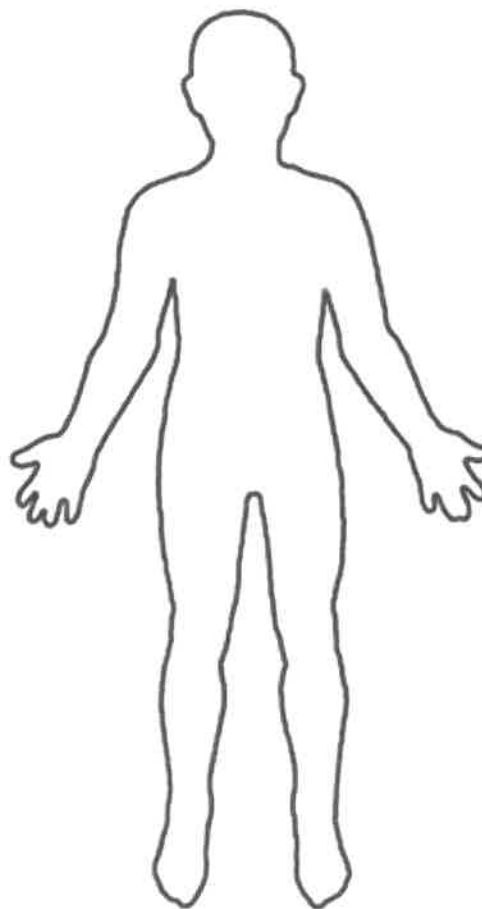
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1: Feeling:

Location:

Message:

Need:



Staring Match

I stare at the icon,
the sacrament,
and the sacred story.

I stare at the window,
the bread, and the
words.

I stare at the bruises too.
I repeat the questions
that infuriate me:

What was all this for? and:
What will all this bring? and:
What should I do now?

And then
there's that great silence
that greets me.

And I greet it,
with a liturgy of the morning,
a little vitamin of hate and

hope that opening the day with
rhythm might calm the
selves I ignore;

might help a life be lived
with generosity; might help the eye
worm inside the icon;

might help the story sound;
might help the bread be found;
by the some of me that's hungry.

Padraig Ó Tuama