Reading I: Amos 7: 12-15

The prophet Amos is called by God to leave Judah, the Southern Kingdom, to be a prophet to the Northern Kingdom of Israel. Although Amos had been making his living as a shepherd and dresser of sycamores, God called him to the vocation of being a prophet. When Amos goes to Israel to deal with some of the abuses that are occurring there, he comes into conflict with Amaziah, the king. Amaziah is less than happy that this prophet from the south has come into his territory, and he orders Amos to leave. In the face of this conflict, Amos remains steadfast in his call from God and exclaims to the king and to the people that it was Lord God who instructed him to Go, prophesy to my people Israel.

Reading 2: Ephesians 1: 3-14

Scholars who study the scriptures think that this letter is addressed not only to the Church at Ephesus but to the entire Christian community. Throughout the letter, Saint Paul speaks of Jesus as the one responding to God’s call to form a holy people throughout all of the Earth. Jesus’ call made it known that all men and women are the sons and daughters of God. This is a universal call so that all people will recognize that they are members of the family of God. The call of the Church is to bring all things into oneness in Christ. Our vocation is to be the recreated People of God in Christ Jesus.

Gospel: Mark 6: 7-13

This passage takes place after the great disappointment Jesus experienced in his hometown when the people were resistant to him and lacking in faith. Here, Jesus is calling his twelve disciples to go out and to minister to the people. He assures them that they will have power over unclean spirits, but he instructs them to be supportive of one another. In fact, he intentionally sends them out in pairs so that this support will occur. Jesus tells them not to be concerned about anything, but to focus on their faith and trust in him. This is the call and vocation of each follower of Christ: to place total trust in God as we commit ourselves to doing God’s will.
How Full is Your Bucket? For Kids

The vocation or call for every human being is to love as best as we can. In this story, the reader meets a young boy named Felix. Felix finds that offering kindness to others not only helps them, but also helps him! As Felix goes about his day, he interacts with different people: his sister, his grandfather, and other family members and friends. Some people are happy while others are grumpy or sad. Using the metaphor of a bucket and a dipper, Felix’s grandfather explains why the happy people make Felix feel good, while others can leave him feeling bad. It becomes an opportunity for Felix to learn how he can affect others, whether he means to or not. The story ultimately helps teach children and adults that the way we interact with others can have a profound effect on every aspect of our lives.

Activity: How to Fill the Heart’s Bucket

Step One: After reading the book to the class, invite the students to enter into a discussion and to brainstorm all the things that they might do to fill a bucket full of happiness and goodness. To facilitate the discussion, you might ask questions such as:

1. What is something you could do for a friend that would fill their bucket?
2. What situations might you encounter where you can use a kind word or comment to fill someone’s bucket?
3. How can you be helpful at school and at home?
4. How might you show kindness to your siblings or pets?

Step Two: Make a large bucket out of construction paper and place it on the bulletin board. After the students have done an act of kindness, have them write the kindness on a slip of paper and have them place the paper onto the bucket. Or you might use a real bucket and have the students tape their act of kindness onto the outside of it. Once the bucket is completely covered, you may wish to keep it as part of the prayer corner in your classroom.
What could you do today?

It is important for all who listen to and follow God’s call to know that the call is the same for everyone, and that this call is to love. No matter what path we choose in life or what career we feel God is calling us to, we must live it out in love. Right now, you must look at your roles in your life: you are someone’s child, possibly someone’s sibling, and are a friend to many people. So you have to ask yourself how you can, through your actions and words, fill these people’s buckets with loving words and actions. Those things might be different for each person, but they will still be loving acts of kindness that fill their buckets.

Make a list of all the people in your life. Across from those names, come up with ways you can fill that person’s bucket. Try to do these acts as often as you can.

Look Feel Know Act

Look around at everything that surrounds you and see it as the bucket that has been given to you from God. When you start to pay attention to everything that is part of your life, you can begin to sense the immensity of God’s love for you and for all of creation. Once you take time to appreciate these gifts, you may wish to enhance all those beautiful things given to you by caring for them. Caring for and loving others is our call. Living out this call is a primary way to express love for God. Recall how wonderful it felt when someone offered you a real kindness when you needed it most. Commit yourself to do that for others and recognize that every time you do a kindness for others, God smiles.
How Full is Your Bucket? For Kids is a great tool for beginning a discussion about the idea of vocation or a call from God. It is a prime opportunity to speak about the roles given to each person at their baptism: the roles of priest, prophet, and king. Remember that a priest is a person committed to prayer and communion with God, a prophet is a person who lives honestly and does what is right, and a king is someone who serves others as Christ did.

Pray always to know God’s path for you in life so that you may use all of the gifts and talents God has given you to serve and love God and others.

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