

FOURTEENTH SUNDAY IN ORDINARY TIME

JULY 9, 2023

“Come to me, all you who labor and are burdened, and I will give you rest.”

— *Matthew 11:28*

SHARE THE BURDEN

“Come to me, all you who labor and are burdened, and I will give you rest” (Matthew 11:28). These words of our Savior seem to be in stark contrast to the previous chapter from the same Gospel, when we were told that if we do not take up our crosses, we are not worthy of Christ. Connecting these two messages might help us on our faith journeys. Being a follower of Christ surely means that we must embrace the cross, in its mystery of both suffering and triumph. This is something that we need not do alone, for the burden is often too heavy for us to carry by ourselves. Who, then, do we turn to? We can turn to the Body of Christ—the community of disciples gathered for worship. When we find the burden too heavy, let us remember that we can share that burden with our Christian sisters and brothers, who can help bring us rest.

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TODAY’S READINGS

First Reading — Rejoice heartily, O Jerusalem! For see, your savior comes (Zechariah 9:9-10).

Psalm — I will praise your name for ever, my king and my God (Psalm 145).

Second Reading — The one who raised Christ from death will give life to your mortal bodies also (Romans 8:9, 11-13).

Gospel — Come, all you who labor and are burdened, and I will give you rest (Matthew 11:25-30).

SAINTS AND SPECIAL OBSERVANCES

Tuesday: St. Benedict
Thursday: St. Henry
Friday: St. Kateri Tekawitha
Saturday: St. Bonaventure

A BITTER TRUTH

An old man took his phone to a repair shop.

Technician: Nothing is wrong with this phone.

The old man said with tears in his eyes said:

“THEN WHY DON’T MY CHILDREN EVER CALL ME.”

~~~~~PRAYER CORNER~~~~~

PRAYER FOR A JOURNEY

Almighty and merciful God, You have commissioned Your angels to guide and protect us. Command them to be our careful companions, from our setting out until our return; to clothe us with their invisible protection; to keep us from all danger of collision, of fire, of explosion, of falls and bruises; and finally having preserved us from all evil, and especially from sin, to guide us to our heavenly home. Through Jesus Christ our Lord. Amen.

REFLECTION

“I am meek and humble of hearts” (Matthew 11:29). This is the focus of our readings today. All of us are invited to meditate on what humility might mean in our lives. It is surely not about a lack of self-esteem, because that is a psychological defect, not a virtue! Instead these readings can invite us to reflect on how we relate to others again, and especially on how we present on our own beliefs as Catholics, as Christians, to others.

Jesus is, we believe, truly God as well as truly human. Jesus humbles Himself to become human so as to redeem us. Jesus, by becoming a human, is able to be seen and touched and understood by us.

So, the challenge is for us to become like others in such a way that others can be heard by us, be touched by us and be und—for the sake of proclaiming the Gospel. We hear this kind of thinking echoed in the writings of St. Paul in various part of his letters. He is willing to become the slave of all in order that Jesus Christ may be proclaimed.

We must hear God today asking us: what are you willing to do in your life to proclaim the message of Jesus to others? But in order for us to do this, we must ourselves personally come to know Jesus as meek and humble of heart, we must hear His voice speaking to us, we must know His divine province in our lives, living, and loving. Once we know the divine presence so personally, it is practically impossible to remain silent about the Gospel. We find ourselves speaking about what God has done for us—each in his or her own way, but nevertheless proclaiming the Good News of Jesus Christ, who redeems us.

The first reading, from the prophet Zechariah, is really speaking about the reality of how salvation is announced: your king will come riding to you on an ass! We need to watch for the presence of God in the most unexpected places in the people and the situations where we would not want to find salvation.

The second reading, from the letter to the Romans, tells us the way for us to purify our hearts and our beings so that we might see better, and that is by living according to the spirit of God. The Gospel brings us back to Christ’s invitation to trust Him and to find in Him the way to the Father.

Let us pray this Sunday that we may know Jesus Christ personally and that His love and message may be effective in us by our willingness to do all that is necessary for the sake of the Kingdom, for the sake of the love of Jesus Christ.

