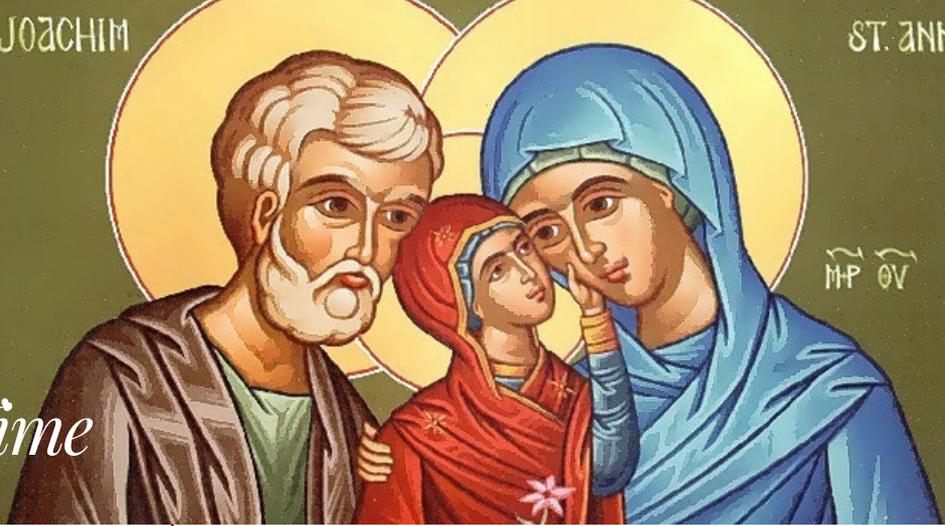


16th Week in Ordinary Time



BE STILL

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Lord today.

THIS WEEK

- Wednesday 25 July: St James, *apostle* (Memorial)
- Thursday 26 July: Sts Joachim and Anne (Memorial)

Gathering Prayer

Pray the entrance antiphon for the days in Ordinary time in this the 16th week:

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice you with a willing heart,
and praise your name, O Lord, for it is good.

Ps 54 (53):6, 8

THE GOSPEL

from the Feast of Sts Joachim and Anne,
parents of the Blessed Virgin Mary

A reading from the holy Gospel according to Matthew
(13:10-17):

The disciples went up to Jesus and asked, 'Why do you talk to the crowds in parables?' 'Because' he replied, 'the mysteries of the kingdom of heaven are revealed to you, but they are not revealed to them. For anyone who has will be given more, and he will have more than enough; but from anyone who has not, even what he has will be taken away. The reason I talk to them in parables is that they look without seeing and listen without hearing or understanding. So in their case the prophecy of Isaiah is being fulfilled:

*You will listen and listen again, but not understand,
see and see again, but not perceive.*

*For the heart of this nation has grown coarse,
their ears are dull of hearing and they have shut their eyes
for fear they shall see with their eyes,
hear with their ears,
understand with their heart,
and be converted
and be healed by me.*

'But happy are your eyes because they see, your ears because they hear! I tell you solemnly, many prophets and holy men longed to see what you see, and never saw it; to hear what you hear, and never heard it.'

The Gospel of the Lord.

Ponder

Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text, it is good to practice *Lectio Divina* – the reading of God's word in prayer asking that it 'enlighten and renew' us. The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

Reflect

Perhaps this week we can think about how we can open our eyes and hearts to God. The words of Meister Eckhart may help with this:

"The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love."

(from *Sermons of Meister Eckhart*)

PRAY

Loving God

Open my eyes so that I may see the blessings of my life
Open my ears that I may hear your word in my life
Open my hands that in my work and through my life I may spread the Good News
Amen.