

## 16<sup>th</sup> Sunday In Ordinary Time July 21, 2024

### Readings:

Jeremiah23:1-6

Ephesians2:13-18

Mark 6:30-34

In today's Gospel, Jesus affirms the importance of rest and renewal. Jesus invites to come away with him and to rest. This is what we seek and find in our life of prayer. Life is full of changes and challenges. As soon as we get finished with one, there is another one in our path. Thus a great temptation to make ourselves with so much work and not finding time to rest. But there is a saying – "A person who wants to sing always find a song; likewise, a person who wants to pray always find the time." When was the last time you spend quality time to pray? Prayer is not a waste of time. When we pray we learn, we experience healing. How we pray reveals a lot about our soul, just like how we spend money says so much about what we value. Jesus, therefore, is like telling us in today's Gospel the need for us to rest not only for physical renewal but also for spiritual refreshment through reflection. When I say rest, I do not mean only to pray but also to reconnect with the inner self. To find time to stop and smell the flowers. To find time to appreciate the beauty of nature. To find quality time to bond with the people around most especially with your family.

The last part of the Gospel reveals Jesus' compassion. "As Jesus went ashore, he saw a great crowd, and he had compassion for them, for they were like sheep without a shepherd." Jesus was hoping to spend quality time with his disciples but something comes up unexpectedly and so Jesus set aside his own personal needs. We can practically relate to the experience of Jesus. For example, a doctor, in the middle of the night and sleep got an emergency call of duty. A good doctor will comply at once. Similarly, a good priest responds quickly and joyfully to an emergency call to administer to the sick. There are times when we feel that we have already given so much and yet we are asked to give even more. That is compassion. Compassion literally means "to suffer with another." In our most trying moments, remember that we have a compassionate Lord. We only have to trust in his great love who invites us to "come to him, all you that labour and are heavy laden and I will give you rest."

***Fr. Terry***

## MASS INTENTIONS

## July 23rd – July 28th

Tuesday July 23rd

- 7pm – Available

Wednesday July 24th

- 9:15am – Joseph Sunny Nguyen ☐

Thursday July 25th

- 7:00pm – Madalena Soares ☐

Friday July 26th

- 8:00am – Available

Saturday July 27th

- 9:15am – Gabriela Cabral ☐
- 5:00pm – Pantaleone Romano ☐
- Don De Caire ☐

Sunday July 28th

- 9:30am – For the People (Pro Populo)
- 11:30am – Eduardo De Sousa ☐ &
- Anthony Cosentino ☐

