

Readings for the week of July 9, 2023

Sunday:

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14
(see 1)/Rom 8:9, 11-13/Mt 11:25-30

Monday:

Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab/Mt
9:18-26

Tuesday:

Gn 32:23-33/ Ps 17:1b, 2-3, 6-7ab, and 15/
Mt 9:32-38

Wednesday:

Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3,
10-11, 18-19/Mt 10:1-7

Thursday:

Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-17,
18-19, 20-21/Mt 10:7-15

Friday:

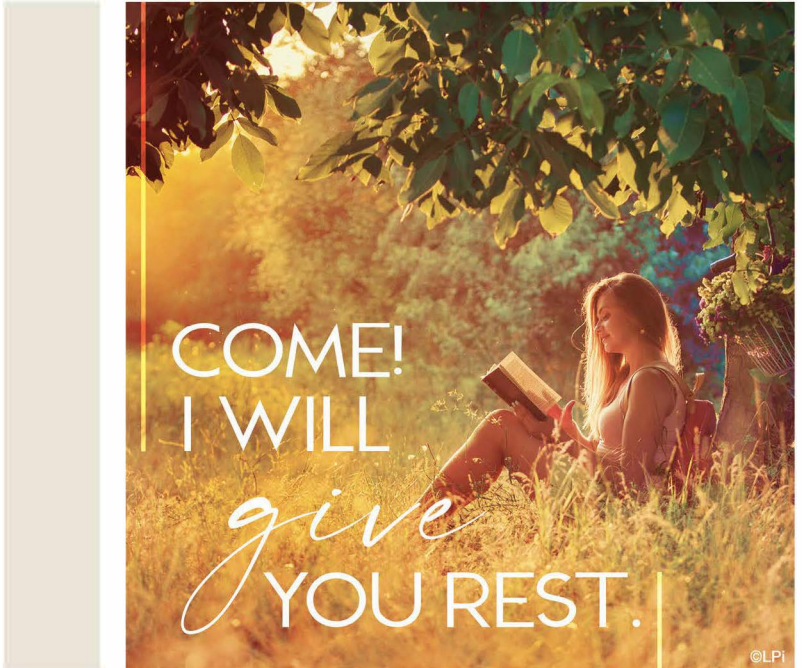
Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28,
39-40/Mt 10:16-23

Saturday:

Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4,
6-7/Mt 10:24-33

Next Sunday:

Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/
Rom 8:18-23/Mt 13:1-23 or 13:1-9



Gospel Meditation

Encourage Deeper Understanding of Scripture

Do you ever feel restless? I certainly do. Daily tasks and challenges, but also the more basic demand of simply existing — sooner or later, this can all feel crushing and tire us out.

Which is why Jesus' words are such stunningly good news: "Come to me all you who labor and are burdened and I will give you rest" (Matthew 11:28). How vastly weird that this man speaks as though he is capable of giving us the deep repose we desire. Is his claim the height of absurd grandiosity? No, because next he immediately proclaims that he is "meek and humble of heart." We here touch a mystery: Jesus is capable of giving us rest because he is the one who forever reposes in the heart of God the Father. He is "yoked" to the Father in his divinity. But he is humbly "yoked" to us, sharing in our humanity.

The good news, my fellow tired-out friends: we don't have to despair in our burdens and exhaustion, no matter how heavy they feel. This week, join me in opening our hearts to hear him say to us, "Come! I will give you rest." We come to him in the Church, Eucharist, the Scriptures, prayer, in the poor. There he will give us rest.

— *Father John Muir*



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(PRACTICING) CATHOLIC

A Ballad of Flesh and Spirit

“My yoke is easy and my burden is light,” says the man hanging from a cross. And if we only went on what we see with our eyes — flesh driven through by nails and sword, swollen from beating and inches from expiration — it would seem like a joke.

I’ll tell you something we all know: this life on earth is hard. It’s either too long or it’s too short. It’s frequently painful. It’s riddled with problems that seem to make no sense. It is, as Dickens wrote, “made of ever so many partings welded together.”

But it’s also shockingly, senselessly beautiful. It is full of physical experiences of love, joy, and peace that are so powerful they leave you breathless.

It is both these things — good and bad, hard and wonderful, just as we are both body and soul, spirit and flesh.

No one knows the Father except the Son, who entered into our bodily existence to free us from enslavement to it. No one knows the Son except the Father, and the means by which they know one another — the love passing between them, the Third Person himself — has been shared with us, has made its dwelling within us through baptism.

“Brothers and sisters, we are not debtors to the flesh, to live according to the flesh.”
— Romans 8:12

Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

I have been away from the Church for a few years and really want to get active again, not so much for me, but for my children. Is this a bad reason to come back to Church?

Answer:

If you are on your way to the supermarket, and you are forced to detour from your usual route because of road work, does the food you buy taste different? Is the meal less filling? Are the vegetables less tasty? Of course not. In our faith journey, there are many detours called sin. Some are greater than others, some are even a bit longer. But God’s grace comes to us in ways we understand and recognize and need. Your children leading you back to the Church is not as important as the fact that you are back. This is an opportunity for you to renew, strengthen, and deepen your faith. Regardless of how we get to Church, or what draws us closer to God, the fact is we are there. Do what you need to do to get right with God and the Church. Go to confession, begin good family religious practices, and be involved in the ministries your parish offers. Be more than a lukewarm parishioner. Be the kind of Catholic you want your children to be.