

**I WILL PRAISE YOUR NAME FOREVER,  
MY KING AND MY GOD!  
YOUR YOKE IS EASY AND  
YOUR BURDEN LIGHT.**

*Fourteenth Sunday  
of Ordinary Time*



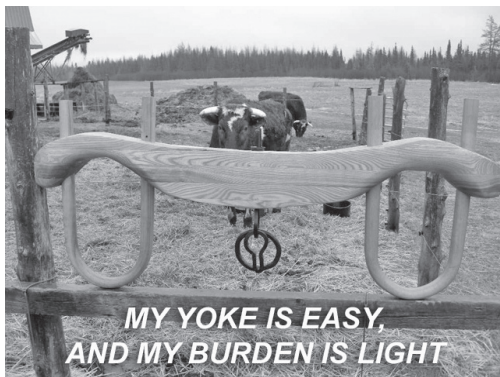
*San Ignacio de Loyola Parish*

*July 9, 2017 a*

## REFLECTION ON THE WORD

**W**e are a busy people. Resting is a luxury. Doctors lament that few of us get enough sleep or follow consistent sleep habits. Today's Gospel is an invitation by Jesus to change this.

What is our greatest labor and burden? Getting to know the Father through the Son. On our own, we labor under a chafing and unwieldy yoke. However, when we come to Jesus, he shoulders our labor by teaching us, revealing his Father to us, and sharing our burden. How do we come to Jesus? By being filled with the same meekness and humility of heart



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he has, emptying ourselves of ourselves to be filled with him. Then our yoke becomes easy and our burden light.

Being yoked to Jesus involves a process of deepening relationship with him that leads to a deepening relationship with his Father. Knowing Jesus is knowing the Father. Jesus promises that his burden is easy and light. This is so because Jesus shares the burden of carrying it with us who are yoked to him (what a happy thought!). We do not shoulder the yoke or carry the burden alone. All we need to do is come to Jesus to grow in our knowledge of him, and through him grow in our knowledge of his Father.

**Words to reflect upon: emptying ourselves of ourselves**

Dear God, may the gap which separates earth from Heaven close.

I surrender my focus on my brother's guilt,  
my focus on his errors,  
my instinct to condemn.

Dear God, please teach me forgiveness. Amen.

## *The Greatness and Goodness of God*

*-Psalm 145*

I will extol you, O my God and King and I will bless your name forever and ever.

Every day will I bless you, and I will praise your name forever and ever.

The Lord is gracious and merciful, slow to anger and of great kindness.

Let all your works give you thanks, O Lord, and let your faithful ones bless you.

Let them discourse of the glory of your kingdom and speak of your might.

The Lord is faithful in all his words and holy in all his works.

The Lord lifts up all who are falling and raises up all who are bowed down. **ALLELUIA!**

**By means of all created things,**

**without exception,**

**The Divine assails us,**

**penetrates us, and molds us.**

**We imagine it as distant and inaccessible.**

**In fact, we live steeped in the burning layers.**

*-Teilhard de Chardin*

## *Pray without Ceasing!*

**Let us lift our hearts in prayer to God as we pray for:**

**The Sick:** Fr. Vega and family, Rudy & Sonia Méndez, and Don Maziarz.

**The Leaders of the World:** that they continue to meet in an effort to design policies that unite our humanity and bring harmony to our global society.

Let us also give thanks to the Lord together in one voice this week **FOR ALL THE BLESSINGS** he has bestowed on each one of us as well as on our community just this past week. Praise Him and tell your children about his love, his forgiveness, his great goodness!



## LITURGY II

### MORE ON THE MEANING OF LITURGY

The Liturgy is verbal communication of many different kinds.

How many can you recognize without referring to a missal?

**Liturgy is the public work and public prayer of the whole community.** Liturgy is not private prayer of isolated individuals. Every liturgical rite (that is, ceremony or celebration) is by its very nature communal — it involves the entire Church.



**Liturgy is the Church's spirituality.** The liturgy is a primary source of spiritual nourishment, a time and a space for contemplation. We are invited to reflect upon what God had done and is doing in this world, and what this means for how we live. We are invited to reflect on God's daily call to us to live more deeply a life of holiness. We are asked to become more aware of others, attentive to the needs of others, and respond to those needs with compassion and courage. The liturgy helps to give meaning to the mission of the Church and to the faith journeys of the baptized. Because liturgy is a communal event, it also reminds us that Christian spirituality is community-oriented and not self-focused.

**Liturgy is rehearsal for the Kingdom to come and rehearsal for daily living.** In our liturgical celebrations, we proclaim and celebrate what God has done and is doing in Jesus Christ and through the power of the Holy Spirit, but we also anticipate the Kingdom that has not been fully realized on earth. Further, liturgy rehearses us for our participation in the Kingdom here and now, that is, for living what we believe as Christians. We are rehearsed in what it means to live the Christian life. We are tutored in seeing the extraordinary in the ordinary. The liturgy mediates God's presence, which stretches us, remakes and renews us, and sends us into the world so that the world too might be remade, renewed and transformed.

*Anne Koester, author. "Reprinted with permission of EnVisionChurch.org., Georgetown University.*

Just in the last few weeks, your editor has been assailed by so many things: a Pentecost liturgy with a large assembly filled with the Spirit, all singing and praying together with "gusto", a grandson's love for his Granny, a sunset over the Pacific, the tops of the Rocky Mountains from 26,000 feet, TV "talking heads" speaking truth to power, the deep joy of coming home — and so many many others one loses count! Why not try making your own list.....and joining me in glorifying our God, Giver of all Gifts!

## — The Liturgical Corner

Each one of us contributes to our worship experience, whether we are aware of it or not.

One of the principal ways we pray together at Mass is in song. Music is not an interruption of our prayer, it is an integral part of our liturgy and the most important style of common prayer. We do not just have "music at liturgy", but we have a "music liturgy". It is therefore important that all of us pray the song-prayers that are chosen. Even those who cannot sing or who don't feel that they sing well are encouraged to pick up the hymnal and pray the words with the rest of the assembly.



Song at liturgy is not there for individual devotion, or self-enjoyment, not even for individual inspiration—it is a common prayer that is worship. Our song is always meant to be prayer and we need **to pray our songs**. Our prayer should empower us to go forth to build God's kingdom, not out of a sense of duty, but with a song in our hearts.

CHOOSE SOMETHING TO LOVE  
in those against whom you have a grievance.

—  
"Dismiss all anger and look into yourself a little. Remember that he of whom you are speaking is your brother, and as he is in the way of salvation, God can make him a saint, in spite of his present weakness."

— St. Thomas of Villanova

**Everyone you meet is fighting some kind of battle.**

Be kinder than necessary!  
Clothe yourself with mercy, kindness, humility,  
gentleness and patience.

Bless always & everywhere.

**GOD BLESS YOU! ¡DIOS TE BENDIGA!**

**Courage** is what speaks the truth whether others are willing to engage in the discussion or not.

**Fearlessness** in the public arena is not folly, it is commitment on behalf of human unity, human development, human rights.

So now, whoever you are, **Go On**. There is so much to be done: feed the starving, demand justice for the laborers who make the money the wealthy have to spend, embrace differences, abolish racism, sustain the refugee.