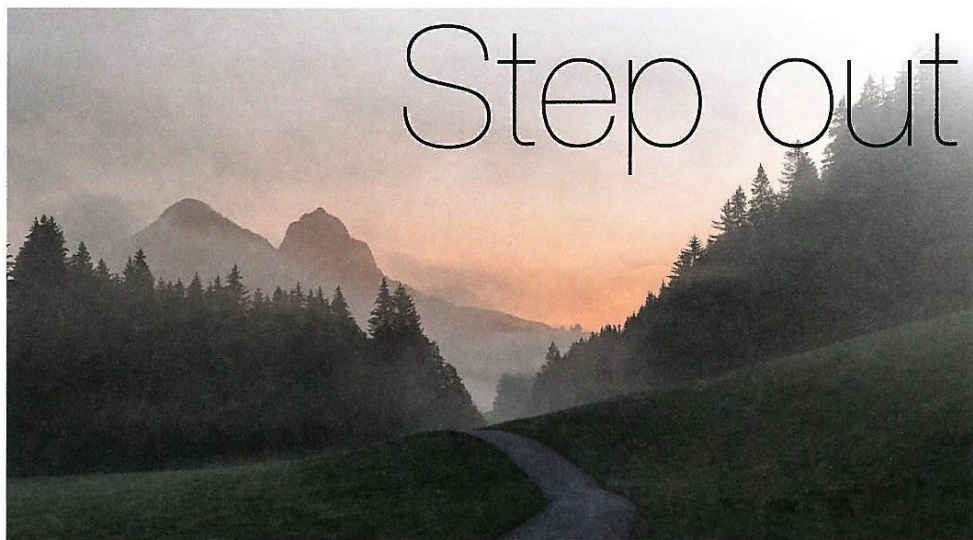


SUNDAY PLUS

Travel lightly



Step out in faith

in the “image and likeness of God”, designed for a life of love, helping those around us – we are called to mission. But often we cling to our baggage and it holds us back, our selfish ego tells us we need all our “things”, it tells us to stay home, to risk nothing, to protect “my stuff, my bread, my money”.

We are often weighed down with burdens that we have either chosen to carry, or that have been placed on us by others (which we continue to hold on to). Jesus says “Come to me... Yes, my yoke is easy and my burden light”. By emptying ourselves we leave a space for God to fill. Jesus tells us today that he is all we need for the journey ahead – he asks us to leave the past behind and step out in faith, not knowing where we are going, but ready for the adventure.

After many years in the classroom, Paul Higginson's retirement offers him new possibilities for contributing to parish life.

By Paul Higginson

If you are going on a summer holiday this year it is highly likely that you will end up packing far more than you need. In today's Gospel Jesus tells the disciples to travel lightly, to carry

“no purse, no haversack”. In our journey through life Jesus wants us to lay down all the useless baggage that we carry around: the weariness, the memories and disappointments of the past that weigh us down, the guilt and frustration, the obsession with possessions, the fear of the future. We have been made for something better – made

War and Peace


By Brian Fahy

“Not everyone is as nice as you are, son,” the old man said.

The old man had been a coal miner and a soldier, had fought a war and gone back down the pit again. He was very familiar with the rough side of life. His son, a priest, had led a more sheltered existence. If Jesus sends his disciples out as lambs among wolves, the old man knew a great deal about the wolves.

Yet the old man never used bad language. He did not swear and he was the most peaceful of men. He had seen the worst that this world has to offer but came home from war knowing that life is good and that we should live it peacefully. He was never angry with his children: firm but never angry. He ranks among the seventy-two disciples and his name is written in heaven.

Brian Fahy describes himself as an “apprentice poet”. His website is to be found at www.errispoetry.com.

Lord, let me travel towards you with my hands and my heart free of clutter.  Amen.

“In his compassion, Christ drew near to the sick in body and spirit and brought them healing; he pardoned sinners and gave them new life. Jesus is the Good Shepherd who cares for his sheep. He is the Good Samaritan who stoops to help the injured man, binds his wounds and cares for him.”

Pope Francis

Feast of the week

Saturday 9 July

Our Lady of Aberdeen

During the Reformation, families willingly risked their lives, homes and everything they possessed in order to hide and protect religious items from discovery and destruction. This possibly happened with the statue of Our Lady of Walsingham, now kept in the Victoria and Albert Museum as the Langham Madonna.

It certainly happened with the 15th-century statue of Our Lady of Aberdeen, successfully hidden

for 65 years by the Gordon family of Strathbogie.

Did the death of James, the son of Mary Queen of Scots and the coronation of Charles I in 1625 have anything to do with the family smuggling the statue to the Low Countries?

A century later, having been saved from the Reformation, she was hidden and protected during the French Revolution before, in 1814, being enshrined in the church of Our Lady of Finisterre in Brussels.

Today, in St Mary's Cathedral, Aberdeen, a copy of the original statue of Our Lady of Aberdeen continues the devotion so precious to Scotland.

Today:
Isaiah 66:10-14
Galatians 6:14-18
Luke 10:1-12, 17-20

Monday:
Hosea 2:16-18, 21-22
Matthew 9:18-26

Tuesday:
Hosea 8:4-7, 11-13
Matthew 9:32-38

Wednesday:
Hosea 10:1-3, 7-8, 12
Matthew 10:1-7

Thursday:
Hosea 11:1-4, 8-9
Matthew 10:7-15

Friday:
Hosea 14:2-10
Matthew 10:16-23

Saturday:
Isaiah 6:1-8
Matthew 10:24-33
(S) Our Lady of Aberdeen (Feast)

Next Sunday:
Deuteronomy 30:10-14
Colossians 1:15-20
Luke 10:25-37