

SUNDAY PLUS

Life's meaning

By Lucy Russell

Today's Gospel message is straightforward for those who have more than they need: there is no advantage to storing up your wealth for yourself, share what you can't use. But what about those who aren't sitting on savings and possessions? What are you rich in? Time? Creativity? Energy? Sensitivity? How can you use what you have in abundance to be rich towards God?

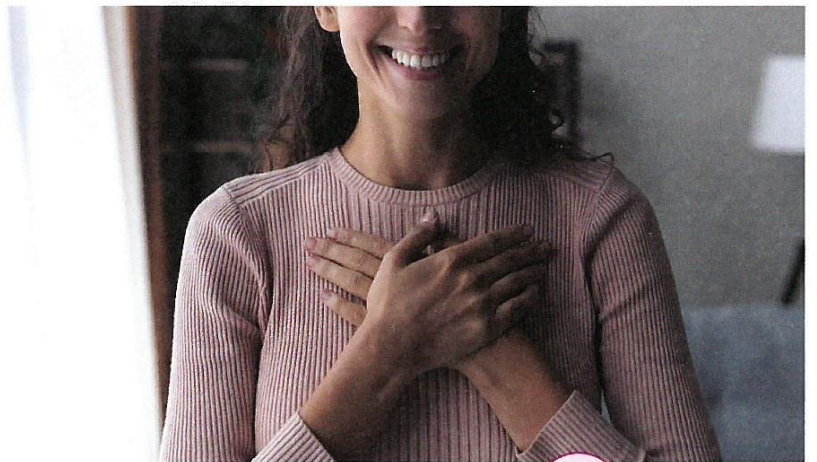
Each of us has something we can afford to give away. Aristotle said: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." You could swap the word "excellence" for "kindness". Kindness is like a muscle, and when we use it repeatedly, it gets stronger. More than that, it sets off a chain reaction.

When someone is kind to you, you are likely to pass that on and be kind to someone else. It is a biological response. It's not possible to be too kind, and it doesn't matter what is the motivation for your kindness.

We all have holes within ourselves that we want to fill. I think of those holes as space for God and sometimes I invite God to fill that space with the success and good things that happen to other people. We can take joy and satisfaction from noticing or helping someone else and putting a smile on their face. How we live our lives as individuals and in relationship to others matters to God. Life is about relationships and sharing what we have been given.

Dr Lucy Russell is the author of Who Do You Say You Are?, available from Redemptorist Publications, www.rpbooks.co.uk

Life is about relationships



Loving Lord, transform my life. May I reflect you and your love in everything that I say, think and do.  Amen.

Life's true riches

By Brian Fahy

The tragic story of Lord Lucan is the tale of a titled man who thought himself entitled to anything and everything. Born into a wealthy family, he grew up wanting for nothing. Grown up and inheriting the title from his father, he was at first a banker, but gave that up to become – wait for it – a professional gambler. He won a lot and lost much more.

When his marriage broke down, he felt entitled, as an earl and as a male, to have the major "right" to his children. It came as a shock to him that the law took a different view. In his own narrow and entitled world he could persuade himself that his way of seeing things was the right way. "Building bigger barns" for himself was his only occupation.

We can all play Lord Lucan's game. Lord, keep us from self-delusion.

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

Feast of the week
Saturday 6 August

The Transfiguration of the Lord

Peter, James and John accompanied Jesus up the mountainside and then saw him as they had never imagined possible. They knew that their friend could say and do some extraordinary things but had never expected to see him chat to two hugely important – and long dead – historical figures. Moreover, Moses and Elijah treated Jesus with deference, as someone greater than themselves. The apostles suddenly saw

Jesus in a completely new light and understood him differently.

Transfiguration is also an everyday experience! How often has something happened which has completely changed our knowledge and understanding of someone we had previously thought we knew well? It might only be a momentary glimpse before everything returns to "normal" but occasionally we witness a bigger, deeper loveliness than we had ever previously encountered. Our understanding has changed – and forever – because we've touched utter goodness, utter greatness. We've seen God in someone else.

"Today it will do us good to think about how my faith is, how my Christian life is: is it a Christian life of cosmetics, of appearance, or is it a Christian life with a faith which is active in charity?"

Pope Francis

Today: Ecclesiastes 1:2, 2:21-23
Colossians 3:1-5, 9-11
Luke 12:13-21

Monday: Jeremiah 28:1-17
Matthew 14:13-21

Tuesday: Jeremiah 30:1-2, 12-15, 18-22
Matthew 14:22-36

Wednesday: Jeremiah 31:1-7
Matthew 15:21-28

Thursday: Jeremiah 31:31-34
Matthew 16:13-23

Friday: Nahum 2:1, 3; 3:1-3, 6-7
Matthew 16:24-28

Saturday: Daniel 7:9-10, 13-14
2 Peter 1:16-19
Luke 9:28-36

Next Sunday: Wisdom 18:6-9
Hebrews 11:1-2, 8-19
Luke 12:32-48