

SUNDAY PLUS

A good heart

Accepting the real

By Fr Denis McBride C.Ss.R.

The scene was market day in the city of Athens. Everyone was busy trying to find that elusive commodity called a bargain, and they were not averse to using their tongues and elbows to aid them in the task. In one corner of the market, however, there was a strange quiet: someone whom most people admired and respected walked among the crowd. He was a famous man, who had condescended to patronise the marketplace. People moved aside to let him have his walkabout. He wasn't a film or television star – the time was still BC. He was an orator renowned for his eloquence and patronage of lost causes.


There was something very odd about his appearance. Despite being a rich man, he wore tattered clothes; he dressed in rags with diligence and care. He was clearly pleased at the theatrical impression he was making on the onlookers, until a voice in the crowd hailed him: "Antisthenes, Antisthenes, I can see your pride through the holes in your cloak." For once, the great orator had nothing to say.

If hypocrisy tries to make a profession out of deceit, humility is a matter of honouring the truth about ourselves. Humility is an acceptance of



reality, an unfussy recognition of what is true. In today's Gospel Jesus names as hypocrites those who notice faults in others but who are blind to their own shortcomings. In his teaching Jesus touches on an important subject in all personal relationships: how self-criticism is an essential part of genuine relations with other people.

Fr Denis McBride's many books, CDs and DVDs are available from Redemptorist Publications, www.rpbooks.co.uk

Remind me, Lord, that you are the door to peace and hope.
Remind me that you are near. Open my eyes to the hope that
you place in the people and the world around me. Let me
channel hope to others.  Amen.

Good attracts good

By Natalie Claveria

I always say to my children, good attracts good. We cannot help being drawn to those people who raise us up, listen to our woes, share our achievements and also our sadnesses. I try to encourage them to see the good in all people. Yes, of course, there are those we do not always gel with, or perhaps we do not agree with their values. However, when dealing with tricky characters, we can still stay true to the good in us. Sometimes being "good" to someone who we find particularly challenging

or difficult can be a test of our patience and resolve, but, in my experience, when we present goodness in its purest form it is very hard for it not to be reflected back to us. I remember a passage from a song in the musical *Bugsy Malone*, "You give a little love, and it all comes back to you. You know you are going to be remembered for the things you say and do!"

In addition to being a busy mum and active in her parish, Natalie Claveria is also the Head of Sales, Distribution & Customer Experience for Redemptorist Publications.

All it takes is one good
person to restore hope.

Pope Francis

Jubilee 2025: Pilgrims of Hope The Papal Bull



We all know the saying "signed, sealed and delivered". It means that a document is official, finished and has been sent to its intended recipients. The expression effectively dates back at least 2,800 years.

When monarchs signed a super-important document demanding the immediate obedience of their subjects, the wax imprint of their unique, personal seal guaranteed its authenticity. Monarchs and popes went to enormous lengths – and still do – to safeguard their "Great Seal" because a text written "under the Great Seal" is never issued lightly and is an official instruction which comes from them personally as monarch or pope.

The Church uses the word "Bull" for such documents, the word "Bull" coming from the Latin word "bulla" (seal) – hence "Papal Bull".

A Papal Bull announces a Jubilee Year on the feast of the Ascension the previous year. It includes the Jubilee's starting and finishing dates, but also many practical details to be organised and implemented.

Today:
Sirach 27:4-7
1 Corinthians 15:54-58
Luke 6:39-45

Monday:
Sirach 17:20-29
Mark 10:17-27

Tuesday:
Sirach 35:1-15
Mark 10:28-31

Wednesday:
Joel 2:12-18
2 Corinthians 5:20 – 6:2
Matthew 6:1-6, 16-18

Thursday:
Deuteronomy 30:15-20
Luke 9:22-25

Friday:
Isaiah 58:1-9a
Matthew 9:14-15

Saturday:
Isaiah 58:9b-14
Luke 5:27-32

Next Sunday:
Deuteronomy 26:4-10
Romans 10:8-13
Luke 4:1-13