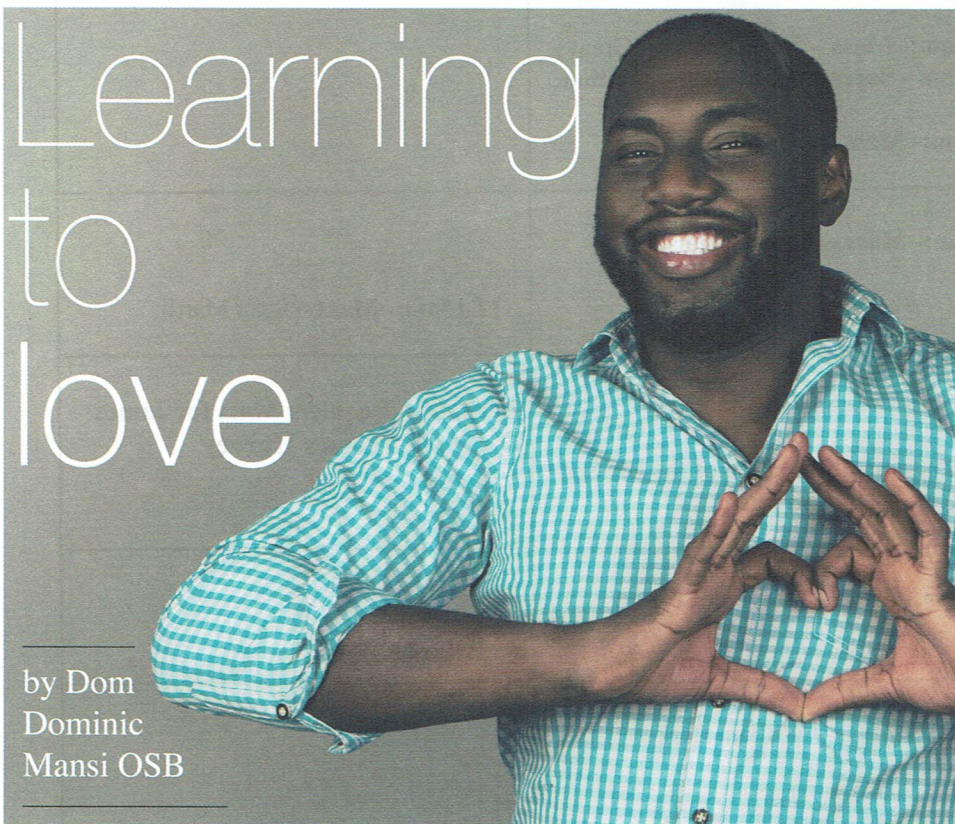


SUNDAY PLUS

With all your heart



by Dom
Dominic
Mansi OSB

Let me start with the following: “Love is like a butterfly. The more you chase it, the more it eludes you, but, if you stand still, it will gently rest on your shoulder.”

We have to let go, stand still and find a peaceful centre. In answer to the question, “Which is the greatest commandment?” Jesus answers, “love the Lord your God with all your heart, with all your soul and with all your mind and with all your strength... love your neighbour as yourself... and this is much more important than all whole burnt offerings and sacrifices”.

Jesus is telling people of his time not to occupy themselves with making burnt offerings and sacrifices. He is telling us to drop all our worries, anxieties, desires, resentments and hurts which go on in our heads.

Let me tell you what I have started to do to combat all that buzzing in my head. I imagine my head is a computer and that I can use the delete button to eliminate anything which produces a negative reaction. To my amazement it seems to work, I feel more at peace with myself.

I recommend looking for the poem called “Love” by George Herbert (1593-1633). The first line begins, “Love bade me welcome”. It takes my opening piece about love to a very deep, still, and compassionate depth. When we encounter that depth we can begin to love God and our neighbour with our whole heart.

Dom Dominic Mansi is a monk of Downside Abbey.

Love changes everything

by Mary Bell

Oliver, aged four, had been told that his great-grandmother had died. He walked quietly along thinking.

“Is Great Gran in heaven?” he asked.

“Yes,” replied his mother wondering what was coming next.

“I hope she’s happy in heaven,” he said. “I hope it’s got a good manager.” And he skipped away.

Great Gran had herself been a very good manager whose love for her family had manifested itself in a thousand homely ways: delicious Sunday roasts, crisply ironed shirts and beautifully knitted pullovers to name only a few. She was always available to babysit and in later life enjoyed nothing better than the company of her grandchildren and great-grandchildren. In this way she

devoted herself lovingly to making life comfortable for everybody else.

Pope Francis speaks of God as an ordinary kind of God, always present, who is seen in everyday interactions between human beings; creating, through love, a foretaste of heaven.

Mary Bell is a grandmother and a retired teacher who continues to use her skills in the University of the Third Age.

Lord of life, give eternal life to all those whom I love and who have died. Sometimes my heart aches to see them again. Bring us together in your love and your peace. Amen.

Love actually

by Daniel Kearney

I read a story about a woman who, after an operation to alleviate a medical condition, lost all sense of fear. I tried to imagine what it might be like to live in a world where things we might take for granted like fear, feelings and happiness were suddenly taken away from us. Imagine living in a world where the capacity to show and to receive love was removed from our lives. Of course, immediately, I could think of some benefits, especially when someone breaks our heart or a loved one is taken from us. Not having to go through such pain and suffering is appealing but the flip side would be missing out on the positive and life-enhancing aspects of being in love and being loved. As St Paul reminds us, without love, “I am a noisy

gong or a cymbal clanging.” In short, I am an empty vessel.

Daniel Kearney’s books on adult and childhood bullying are available from Redemptorist Publications: www.rpbooks.co.uk

“**Let us return home today with this twofold remembrance: remembrance of the past, of our loved ones who have passed on; and remembrance of the future, of the journey that we will make.**

Pope Francis

Today:
Deuteronomy 6:2-6
Hebrews 7:23-28
Mark 12:28-34

Monday:
Philippians 2:1-4
Luke 14:12-14

Tuesday:
Philippians 2:5-11
Luke 14:15-24

Wednesday:
Philippians 2:12-18
Luke 14:25-33

Thursday:
Philippians 3:3-8
Luke 15:1-10

Thursday (W):
Wales: All
Saints of
Wales (Feast)

Friday:
Ezekiel 47:1-2, 8-9, 12
1 Corinthians 3:9-11, 16-17
John 2:13-22

Saturday:
Philippians 4:10-19
Luke 16:9-15

Next Sunday:
1 Kings 17:10-16
Hebrews 9:24-28
Mark 12:38-44