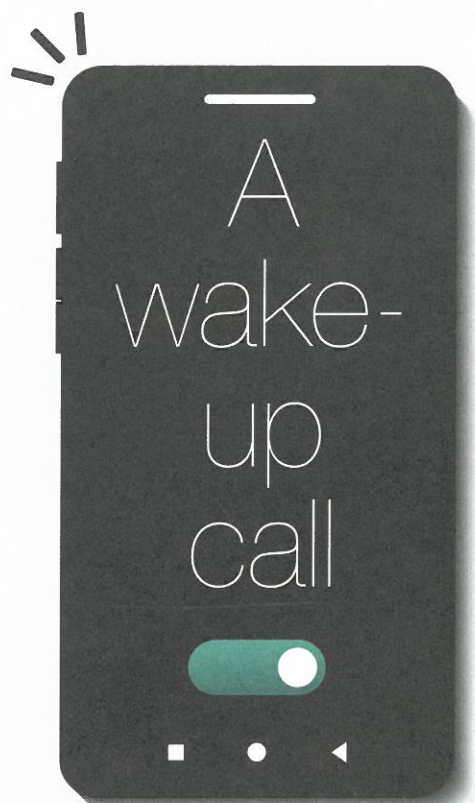


SUNDAY PLUS

Fully awake



By Mary Bell

When something extraordinary happens, something outside our daily experience, we are startled and wonder if we can be awake or if we are dreaming. Even for us, in these times of virtual images, it is possible to question the reality of what we are seeing. But pity the poor apostles, witnessing Jesus's transformation in front of their eyes. No wonder Peter, in his usual rather impulsive fashion, blurts out the clumsy suggestion about setting up the tents!

Images can have a profound effect. Think how the pictures of starving children in Ethiopia led to the Live Aid concert of the 1980s. They were a wake-up call to the world to help those suffering the effects of famine. Consider the television news reports which bring us pictures of people trapped by earthquakes or volcanic eruptions or warfare – far more effective than mere verbal descriptions of these events in far-off lands where suffering can be alleviated if enough people are aware.

The i-cloud had not come to Galilee in their time but God's message was projected into the ether for the apostles to understand that this Jesus was his Son, the Chosen One who must be listened to. The experience was surely a great shock but unforgettable for Peter, James and John. And so, for us, the Gospel narrative of the Transfiguration is a wake-up call to acknowledge the true nature of Jesus; the reality of who he is: the evangelist's equivalent of a modern documentary disclosing the truth about the Son of God.

Following many years in the classroom, retired teacher and head of RE, Mary Bell now has time to enjoy the beauties of the natural world around her.

I am invited to listen to Jesus, and Jesus manifests himself, and by his transfiguration he invites us to gaze at him. And looking at Jesus purifies our eyes and prepares them for eternal life, for the vision of heaven.

Pope Francis

Prayer for transformation

Lord, in you I am transformed

And transformed still again.

When the discouraged cry for hope, make me hope.

When the hungry cry for bread, make me bread.

When the thirsty cry for water, make me water.


When the suffering cry for help, make me help.

When the sick cry for healing, make me healing.

When the bound cry for freedom, make me freedom.

When the outcasts cry for love, make me love.

Catholic Relief Services

Loving Lord, let me see you everywhere and in everyone I meet. Most of all, let me see you deep inside me so that I know you are always with me, wherever I am and whatever I'm doing.  Amen.



Jubilee 2025: Pilgrims of Hope Jubilee and justice

Let us open our eyes to our neighbour, especially to our brothers and sisters who are forgotten and excluded, to the "Lazarus" at our door. That is where the Church's magnifying glass is pointed. May the Lord free us from turning it towards ourselves. May he turn us away from the trappings that distract us, from interests and privileges, from attachment to power and glory, from being seduced by the spirit of the world... it is our responsibility to care for the true riches which are the poor... We are reminded of this by an ancient tradition according to which the Roman martyr Lawrence, before suffering a cruel martyrdom for the love of the Lord, distributed the goods of the community to the poor, whom he described as the true treasure of the Church. May the Lord grant that we may look without fear to what truly matters and turn our hearts to our true treasure.

Pope Francis

Today:
Genesis 15:5-12. 17-18
Philippians 3:17 - 4:1
Luke 9:28b-36

Monday:
Daniel 9:4b-10
Luke 6:36-38

Tuesday:
Isaiah 1:10. 16-20
Matthew 23:1-12

Wednesday:
2 Samuel 7:4-5a. 12-14a. 16
Romans 4:13. 16-18. 22
Matthew 1:16. 18-21. 24a

Thursday:
Jeremiah 17:5-10
Luke 16:19-31

Friday:
Genesis 37:3-4. 12-13a. 17b-28a
Matthew 21:33-43. 45-46

Saturday:
Micah 7:14-15. 18-20
Luke 15:1-3. 11-32

Next Sunday:
Exodus 3:1-8a. 13-15
1 Corinthians 10:1-6. 10-12
Luke 13:1-9