

# **CELEBRATE SABBATH**

## **Seventeenth Sunday in Ordinary Time**

**Lord, teach me forbearance when things go wrong as sometimes they will  
so that I may remain unruffled when others grow uptight.**

### **2 Kings 4:42-44**

In this Scripture passage, we read the fourth miracle story of Elisha, the Prophet. There are ten such stories of his miracles in Chapters four to eight in the second book of Kings. Through this story God revealed his concern for the poor, the suffering and the helpless among his people. Through the generosity of a poor man from Baal-Shalisha, who brought the first fruits of his harvest to Elisha, God calls us to generosity and self-sacrifice. Despite his own personal needs, the man honored God and remained confident and trusting in God as his sole benefactor.

**This experience challenges us to be gracious, generous, self-sacrificing and trusting in God and overcome our undue desires for wealth and material prosperity and nurture our hunger for God and God's ways.**

### **Psalm 145**

This is a psalm composed for public worship. It is an acrostic (alphabetic) poem, the verses of which begin with the successive letters of the Hebrew alphabet. The Psalm focuses primarily on God's compassion, especially for the underprivileged and depressed. It carries a daily reminder of praising the unfathomable greatness of God, which goes beyond all our theologies, philosophies and doctrines. Verse 4 invites us to meditate on the wondrous acts of God and to pass on this memory to the future generations. Verses 8-9 express the most basic faith of the O.T. about the very nature of God: "steadfast love", "compassion", all embracing love, abundant love. The whole Psalm proclaims God's name: "Steadfast love"

**Let all your works give you thanks, O Lord,  
And let your faithful ones bless you.  
Let them discourse of the glory of your kingdom  
And speak of your might.**

### **Ephesians 4:1-6**

This Scripture passage reminds us that we have a noble calling and that we should be faithful to that calling. We are called to live noble lives, lives of virtue, honor, mutual love, compassion for one another, peace, and harmony. Then we will be "one body, one spirit" and we will share "one Baptism, one faith, one hope, one Lord, one God and Father".

## **John 6:1-15**

This is a story of compassion, of simplicity, of abundance, of generosity, of sharing, of giving, of trusting.....a story that carries much for us. Jesus, who continued to feed those who followed him with God's truth, became aware of their physical hunger and he attended to that need as well. He showed that it was important to recognize and meet those urgent needs. Jesus cared for the whole person and called his disciples to do the same. The physical hunger became a channel of recognizing the deeper hunger for God, for truth, for justice, for love....and much more.

Jesus called the disciples to feed the hungry with whatever was available and showed that there is always abundance in giving and sharing. Five loaves and two fishes go a long way in meeting urgent needs. There was not only enough for all, but there was enough left over to fill twelve wicker baskets....there was an overflowing, "my cup is overflowing", an abundance, simple abundance, God's abundance...

**Those who are fed are charged to feed others...those who are full are called to fill others!**

**All of the above readings call and challenge us to:**

- **be gracious, generous, self-sacrificing, and trusting in God and overcome our undue desires for wealth and material prosperity and nurture our hunger for God and God's ways.**
- **live noble lives... lives of virtue, honor, mutual love, compassion for one another, peace, and harmony.**
- **be mindful of those who are less fortunate than we are, when we are served over-sized, biggie-sized, and super-sized portions in restaurants...portions that we are unable to handle.....**
- **be grateful and joyful and generous with the abundance that is available to us and not be discontent and looking for more and better.....**
- **rethink our needs, downsize our appetites, share with the hungry and the needy.....**
- **recognize the hunger of people and nourish them in word and sacrament.**
- **share from the abundance we have received, food for the body as well as food for the spirit.**

## **Saint of the Day, July 28 - St. Alphonsa of India and 14 other saints are remembered his day**

St Alphonsa was born as Anna Muttathupadathu in a Syro-Malabar Catholic family in Kudamalloor, near Kottayam in India on August 19, 1910. Her parents nicknamed her Annakutty (little Anna). She had a difficult childhood and experienced loss and suffering early on in life. Anna's mother died when she was young, so her maternal aunt raised her.

Anna sacrificed her material fortune and wanted to dedicate her life to Jesus Christ. In 1923, Anna's feet were burnt when she fell into a pit of burning chaff. This accident left her partially disabled for the rest of her life. When it became possible, Anna joined the Franciscan Clarist Congregation, a religious congregation of the Third Order of St. Francis, and through them, completed her schooling. On May 19, 1930 Alphonsa entered the novitiate of the congregation at Bharananganam. On August 11, 1931 she completed the novitiate and took her first vows. And became a religious in the catholic church.

Sr. Alphonsa took her permanent vows on August 12, 1936. Two days later she returned to Bharananganam and taught high school at St. Alphonsa Girl's High School but was often sick and unable to teach. For most of her years as a Clarist Sister she endured serious illness.

On June 14, 1939 she was struck by a severe attack of pneumonia which left her weakened. On October 18, 1940, a thief entered her room in the middle of the night. This traumatic event caused her to suffer amnesia and weakened her again. Her health continued to deteriorate over a period of months. In July 1945, she developed gastroenteritis and liver problems that caused violent convulsions and vomiting. After a series of serious health problems, she died on July 28, 1946, at a young age of 35. On Sunday, October 12, 2008, Pope Benedict XVI canonized her.

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