

# **CELEBRATE SABBATH**

## **Fourteenth Sunday in Ordinary Time**

**Stillness is not an escape from a troubled world.  
It is a grace-filled moment that enables us to live in a troubled world.**

### **Zechariah 9:9-10**

In this excerpt, Zechariah, the prophet shares his vision of the messianic king who was to come. At this time, his country was being overrun by the mighty Greek king, Alexander the great. His vision was that the messianic king would defeat all foreign invaders and enter Jerusalem peacefully, not on a warrior's horse but riding on an Ass. He will bring harmony and unity to a broken nation and broken world. He will be a universal king.

**Be strong! Be agents and channels of peace and harmony in the world!**

### **Psalms 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. This Psalm focuses primarily on God's compassion, especially for the underprivileged and depressed. It offers us a daily reminder of praising the unfathomable greatness of God, which goes beyond all our doctrines, theologies and philosophies. Verse 4 invites us to meditate on the marvelous 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. Verses 9-10 – All God's works give thanks because of the "all-embracing love". The whole Psalm proclaims God's name as "Steadfast love"

**I will extol you, O my God and King,  
And I will bless your name forever and ever.  
Every day I will bless you,  
And I will praise your name forever and ever.**

### **Romans 8:9, 11-13**

This excerpt may be better understood if we read the whole chapter, especially 8:1-17. Paul speaks about how vulnerable and weak human nature is and how often we are dominated by this weakness. He says that there was a time when we were at the mercy of our sinful, weak human nature. Even the law has not helped us overcome our sinful nature. Now we are in the spirit.

We are filled with the spirit of Jesus and are under the influence of the spirit. Because of Jesus and his perfect obedience, we are filled with a power that is not our own and are offered a life not dominated by the flesh, but by the spirit of God.

Paul tells the Christians in Rome that they are sons of God and so they cannot live according to the flesh, but must live in the spirit. The spirit empowers us to call God, “Abba” (Father). We are children of God. New life, as children, has come to us in Jesus and we must live that new life. If we do not live in the spirit, we die. The spirit helps us to put to death evil desires and tendencies.

**We are sons of God, led by the spirit. Listen and learn to live in the spirit.**

### **Mathew 11:25-30**

Jesus thanked his Father for revealing himself to the simple and humble. The intellectuals had no time or use for him. The humble welcomed him. Intellectual pride blocks us from coming to know the truth as the truth unfolds for us.

**Be humble and simple and welcome the Lord into your heart.**

Jesus invited all who were searching for God and God’s ways to turn to him. He invited his listeners and invites us today to accept his “yoke”, his discipline, his way and his truth which is made to fit us well. He invites us to learn from him and his ways because he is humble of heart. The heart of Jesus is a refuge for all who are overcome by life’s struggles and troubles.

**The way of Jesus is the way the heart, the way of love. Make it your way.**

### **Saint of the Day, July 5 - St. Anthony Zaccaria and 12 other saints are remembered this day.**

Anthony Zaccaria was born into a noble family in the city of Cremona, Italy, in 1502. When he was two his father died. He studied philosophy at the University of Pavia, and, from 1520, medicine at the University of Padua. After completing studies in 1524, he practiced as a physician in Cremona for three years. In 1527, he started studying for the priesthood, and was ordained a priest in February 1529. Having explored his calling for two years, mainly working in hospitals and institutions for the poor, he became the spiritual advisor to Countess Ludovica Torelli of Guastalla in 1530, and followed her to Milan. In Milan he became a member of the Oratory of Eternal Wisdom.

In Vincenza, he popularized for the laity the Forty-hour devotion - solemn exposition of the Blessed Sacrament for the adoration of the faithful, accompanied by preaching. He also revived the custom of ringing church bells at 3 p.m. on Fridays, in remembrance of the Crucifixion.

While in Milan, he laid the foundations of three religious orders: one for men (the Clerics Regular of St Paul, commonly known as the Barnabites); a female branch of uncloistered nuns, the Angelic Sisters of St. Paul; and a lay congregation for married people, the Laity of St. Paul, originally called the Married of St. Paul, and sometimes referred to in North

America as the Oblates of St. Paul. The three foundations met regularly and engaged together in various forms of apostolic action. Their aim was the reform of the decadent society of their day, beginning with the clergy and religious.

While on a mission to Guastalla, Italy, in 1539, he caught a fever. Combined with the strict penances he performed, his health waned and he died on July 5, 1539, at the age of thirty-six.

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