

# Parish Newsletter

**M**ake us know the shortness of our life that we may gain wisdom of heart.'

That prayer comes to my mind many a time when things are not going as I would wish, either because of my own limitations or because of obstacles I encounter outside. It is so easy to set our hearts on something so that it becomes almost an obsession. It could be an object we would like to have, or progress in our job, or developing some skill or sorting out relationships in our family.

There is a great feeling of relief when things work out as we wish, but such an outcome is dependent on many factors outside of our control. When our mentality is 'I will not be happy until ...' then we are open to disappointment. The readings today alert us to some of the dangers of rigid or misplaced expectations.

It is important to have purpose in life, to have dreams for the future and a goal that we seek to achieve.

## Reflection

Think of people you know who seem to be very happy and contented. What do you think is the secret of their happiness?

## Lesson

Draw strength from God who is with us at all times, no matter what our difficulties

## Prayer

'Make us know the shortness of our life that we may gain wisdom of heart.'

# THE TREASURE OF THE PRESENT MOMENT

On the other hand, it is dangerous if our expectations are too rigid because even in a single day, we can find that what happens is not exactly what we had expected. Life is a bit of a mystery tour. Our happiness will require some degree of flexibility so that we can cope with unexpected twists and turns.

In the gospel, Jesus warns us, 'Be on your guard against all kinds of greed.' Perhaps you have seen how greed can lead to trouble in public life, in family life and in the personal life of individuals. It

can damage trust between people and destroy relationships. It can also lead to disappointment for the individual when the added riches or acquisitions do not bring peace but whet the appetite for more.

The gospel also reminds us of the transient nature of material things. It also reminds us that we cannot guarantee how much time we will have in the future nor what our health will be like. The only thing we can be sure of is this present moment. Is it possible that the key to a happy life is to live the present moment to the full? It may help if we:

- Are grateful for the gift of each day
- Draw strength from God who is with us at all times, no matter what our difficulties
- Think of some way in which we can give another person a lift today (by a call, a visit, a helping hand, a smile, etc).

- John Byrne

## This Week (1-7 August)

- 1 **M** St Alphonsus Liguori, bishop and doctor
- 2 **T** St Eusebius of Vercelli, bishop
- 3 **W** St Germanus of Auxerre, bishop
- 4 **T** St John Mary Vianney, priest
- 5 **F** The Dedic. of the Basilica of St Mary Major
- 6 **S** THE TRANSFIGURATION OF THE LORD
- 7 **S** 19th SUNDAY IN ORDINARY TIME