

St. Mary of the Angels, Geelong

Daily Reflections



MONDAY 17 JANUARY 2022—PATRICIA LIVINGSTON

Saint Anthony

1 Samuel 15:16-23 Psalm 49:8-9, 16-17, 21, 23 Mark 2:18-22

The New Wine in My Life

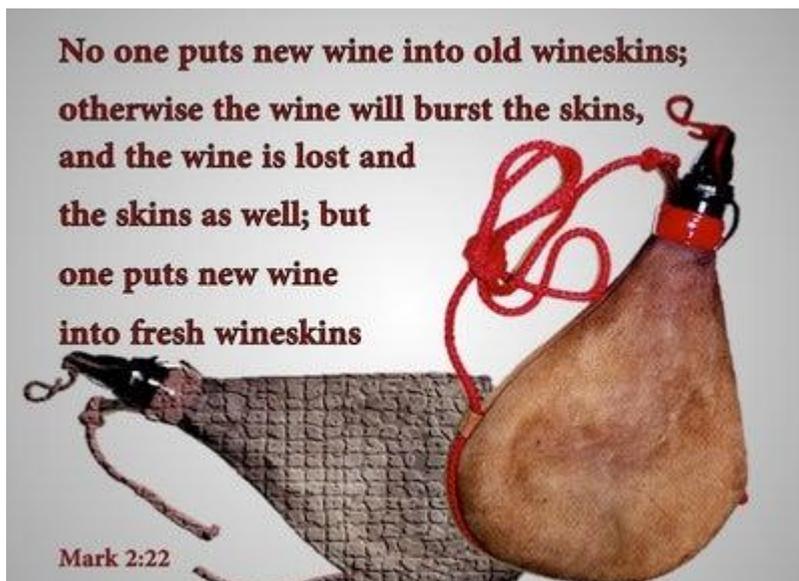
Likewise, no one pours new wine into old wineskin.

Otherwise, the wine will burst the skins, and both the wine and the skins are ruined. Rather, new wine is poured into fresh wineskins.

Jesus' metaphor encourages me that I am now doing something worthwhile in my spiritual life. Some things have changed significantly (even permanently) for me since the pandemic began. Perhaps because of that, some of my usual ways of praying began to seem a little like obligatory routines. I felt led to more contemplative prayer, pauses during the day to slow my breathing and open my heart. I have spent longer quiet prayer in the evening, looking out a window.

Opening myself to God's presence, I am touched to find this new wineskin is holding the new wine of my life with a freshness that strengthens my trust.

Beloved God, I am so grateful that you help us all find ways to know you hold our lives in Love.



TUESDAY 18 JANUARY 2022—SR. JULIA WALSH, F.S.P.A.

Tuesday of the 2nd Week in Ordinary Time

1 Samuel 16:1-13 Psalm 88:20-22, 27-28 Mark 2:23-28

Surrendering to God's Designs

The Lord looks into the heart. 1 Samuel 16:17

Recently, a friend stopped by the house to tell me that her brother had suffered a severe heart attack and that he came close to death. We each expressed gratitude that he survived and then grappled with the way that such events awaken us to the reality that any of us could die any day. I promised her prayers, to hold her and her family in my heart, and I returned to the duties of my day. As I did, I continued to muse about how, when we are shocked out of our comfort zones, we are invited into deeper relationship with God. Little by little, I am seeing it: As we surrender ourselves to the mystery and beauty of God's designs, we gain freedom to look deeper than the surface and into the heart of every matter and moment.



WEDNESDAY 19 JANUARY 2022—TERENCE HEGARTY

Wednesday of the 2nd Week in Ordinary Time

1 Samuel 17:32-33, 37, 40-51 Psalm 143:1-2, 9-10 Mark 3:1-6

Slingshots and Memories

The Lord, who delivered me from the claws of the lion and the bear, will also keep me safe from the clutches of this Philistine.

1 Samuel 17:37

As a young teenager, I had a very powerful slingshot.

This wasn't an item available in the local department store. It was essentially, a dangerous weapon. Now, I certainly never slew a giant with it. In fact, I never pointed it at anyone. Nor did I target squirrels or birds. To be honest I can't recall what I used it for. As we age, we tend to forget things that were once very important to us.

David had great faith as youth, but the allure of power and the desire for a married woman allowed him to either forget or disregard God's ways. He sinned greatly. Ultimately, he reconciled with God and is honoured as a great king of Israel.

While we don't have to be strong enough to fight great warriors, we can pray that we don't forget to keep God at the centre of our life, growing stronger in our faith each day.



THURSDAY 20 JANUARY 2022—MARY MARROCCO

Thursday of the 3rd Week in Ordinary Time

1 Samuel 18:6-9; 19:1-7 Psalm 55:2-3, 9-14 Mark 3:7-12

Facing Risks of Violence

Saul heeded Jonathan's plea and swore, "As the Lord lives, he shall not be killed."

Sometimes we are confronted by the unfair or threatening actions of others. When the danger is not to ourselves but to someone else—and nobody would know if we didn't intervene—it can be tempting to look away and carry on. Yet, how much harm has been done in this world because good people did nothing?

Where do we find the wisdom to understand whether we need to act? The courage to take the risk, despite the possibility that the attack will turn on us? The love to respond in truth and without violence?

In today's first reading, young Jonathan finds such wisdom, courage and love. And so the life of David is spared, to become king of Israel and ancestor of Joseph, husband of Mary the mother of our Lord.

In you I trust, my God. Teach me your way.



FRIDAY 21 JANUARY 2022—DEBORAH A. MEISTER

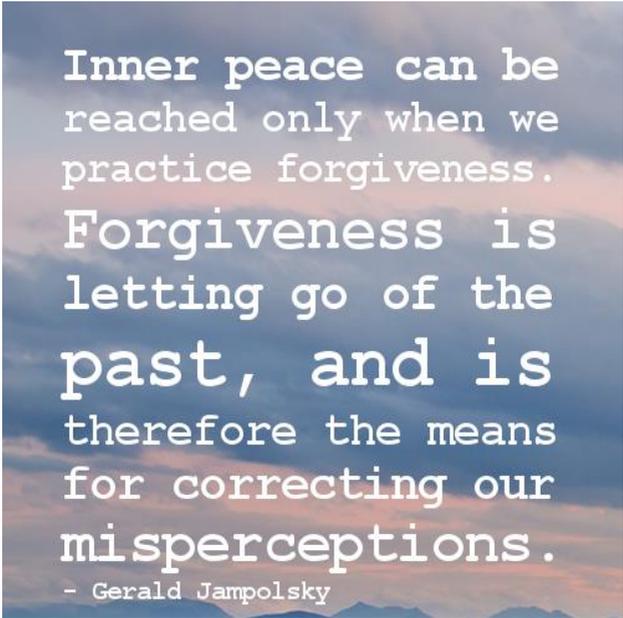
Saint Agnes

1 Samuel 24:3-21 Psalm 56:2-4, 6, 11 Mark 3:13-19

Seeking Peace

Saul then said to David: “You are in the right rather than I; you have treated me generously, while I have done you harm.” 1 Samuel 24:18

In the heat of battle, Saul admits his guilt and apologizes to David. Either one of them could have struck a deadly blow, but both chose actions of mercy over pride. David’s act of nonviolence begins the movement toward peace. Saul is moved by humility to respond in gratitude, asking forgiveness. The courage of these heroes comes from God, who called them to lead the Chosen People of Israel. And through human action, guided by grace, the two enemies are united. Forgiveness brings peace. We are called to be leaders and heroes, like the twelve apostles in today’s Gospel, to lead one another to a deeper relationship with God. United as the Body of Christ, we are the presence of Christ in the world. When we pray for peace today, what actions may we take to forgive and to lead others to peace?



Inner peace can be
reached only when we
practice forgiveness.
Forgiveness is
letting go of the
past, and is
therefore the means
for correcting our
misperceptions.

- Gerald Jampolsky

SATURDAY 22 JANUARY 2022— KRISTIN ARMSTRONG

Saturday of the 2nd Week in Ordinary Time

2 Samuel 1:1-4, 11-12, 17, 19, 23-27 Psalm 79:2-3, 5-7 Mark 3:20-21

Friends Most Dear to Us

I grieve for you, Jonathan my brother!

Most dear you have been to me; more precious have I held love for you than love for women 2 Samuel 1:26

Friendships can be just as powerful, sometimes even more so, than romantic relationships. The close friendship of David and Jonathan is beautiful example. Men of God need each other to become the men God created them to be. How important it is to have small groups, fellowship, and to study and pray together.

Friends are fellow sojourners on our spiritual path. A friend divides burdens and multiplies joys: We have a witness for our pain, an accountability partner for our integrity, an advocate for our growth and a spectator for our victories. If you are blessed with a dear friend, take time to remind them of your love and appreciation. If you long for deep friendship, ask God to open your heart and expand your opportunities for connection. On this special day of prayer, may we honour all our relationships with a keen reverence for life.



**The bonds of friendship are
much stronger than kinship,
for we choose our
friends ourselves**

"There are only two emotions: love and fear. All positive emotions come from love, all negative emotions from fear."
-Elisabeth Kubler-Ross