

First Reading

~ *Matthew 15: 21-31 NASB Translation*

²¹ Then Jesus left Galilee and went north to the region of Tyre and Sidon. ²² A Cannanite Woman who lived there came to him, pleading, “Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely.” ²³ But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. “Tell her to go away,” they said. “She is bothering us with all her begging.”

²⁴ Then Jesus said to the woman, “I was sent only to help God’s lost sheep—the people of Israel.” ²⁵ But she came and worshiped him, pleading again, “Lord, help me!” ²⁶ He replied, “It is not right to take the children’s bread and toss it to their dogs.” ²⁷ “Yes, Lord,” she said, “but even the dogs eat the crumbs that fall from their master’s table.”

28 Then Jesus answered, “Woman, you have great faith! Your request is granted.” And her daughter was healed from that very hour.

²⁹ Jesus returned to the Sea of Galilee and climbed a hill and sat down. ³⁰ A vast crowd brought to him people who were lame, blind, crippled, those who couldn’t speak, and many others. They laid them before Jesus, and he healed them all. ³¹ The crowd was amazed! Those who hadn’t been able to speak were talking, the crippled were made well, the lame were walking, and the blind could see again! And they praised the God of Israel.

Second Reading

~ *The Desiderata by Max Erhmann*

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others, even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others, you may become vain and bitter; for always there
will be greater and lesser persons than yourself. Enjoy your achievements as well as
your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time
Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.
Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself
with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive God to be,
and whatever your labors and aspirations,
in the noisy confusion of life
keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.

Be cheerful.
Strive to be happy.