

OUR COMPLICATED LIVES

We live in an age and a society that has never been more educated or had a higher standard of living, yet never have we carried as much debt. Many are living beyond their means. We have so many resources and time-saving devices at our hands, yet our lives are more complex than ever. While many people may not engage in extreme manual labor we rarely escape our jobs. Many are connected through phones and constantly receive calls, texts, and emails. Others spend hours in traffic on their daily commutes or pack on the frequent flyer miles.

We spend hours binge-watching our favorite shows. Many children are accustomed to being in front of a screen all the time and no longer know how to play creatively. The statistics for those who continue to leave the Church and all forms of organized religion also continue to rise.

While there is no such thing as a “good old days” to return to, there was something to be said for sleeping soundly after putting in a good day’s work, and for a family gathering around the table for a shared meal. For many, this model for eucharist rarely exists. Jesus knows and feels our pains, and calls out, “Come to me, all you who labor and are burdened, and I will give you rest.”

So how do we declutter? Downsize? Devote ourselves again to Christ and live out our gospel calling? Sign up for a liturgical ministry, or volunteer to help with a religion program. Join a small faith group. Volunteer at a food pantry or Habitat for Humanity. Become involved as an individual, or a family. Meanwhile, back at the house, make a commitment to go through one drawer a day, and take things to your local St. Vinnie’s or secondhand store. Remember meal and bedtime prayers. Find a minute to read the daily scriptures. Take many baby steps. It’s not rocket science. It is a continual commitment to bring ourselves as we are, and to respond to Jesus’ call to “Come.”

Today’s Readings: Zec 9:9–10; Ps 145:1–2, 8–9, 10–11, 13–14; Rom 8:9, 11–13; Mt 11:25–30