



## FROM THE PASTOR'S DESK

### 31<sup>st</sup> Sunday in Ordinary Time: OCTOBER 30, 2022

Dear Parishioners,

This Sunday I offer you a little reflection on the Sunday Liturgy. Sunday can be a wonderful break from the “rat race” of daily life!

Liturgy is “the participation of the People of God” in “the work of God.” It is the “exercise of the priestly office of Jesus,” in which God is worshiped and adored and people are made holy. God begins the work of sanctifying people in time and space and brings that work to completion. Those who respond to God in worship and service are given the privilege of becoming co-workers in the divine plan. (We are co-workers in God’s plan!)

Each Sunday, the baptized are challenged to rest from their daily labors, to contemplate the goodness of God, to make present the victory and triumph of Christ’s death, to enter the joy of the Risen Lord, to receive the life-giving breath of the Spirit, and to commit themselves to serve those in need.

**Come to me, all who labor  
and are heavy laden, and I  
will give you rest. Matthew 11:28**

I offer this to encourage everyone to take a “time out.” I mean that in a good way! Psychologists say that taking time for the family dinner each night is perhaps one of the best things you could do for your family. The meal and the conversation... sitting down, has a life-long benefit!

Furthermore, having a regular rhythm for each week allows the body and mind to slow down and recover. The Sunday Mass can become family time where you take an hour to reflect on the past week, prepare for the next week and offer to God all your joys, sorrows and blessings!

We are generally good people who are too busy! We need to rest and reflect on God’s presence in our life. Perhaps if we took that time to rest and reflect, we would not be so stressed out.

All Saints and All Souls Day on November 1<sup>st</sup> and 2<sup>nd</sup> invite us to reflect on the dead and our own mortality. A family visit to the family grave is a way to honor and celebrate our loved ones’ gift of LIFE and LOVE.

*Sincerely,*

*Father Mike Meany*



**Sunday: Day of the Lord**

