



Talktime with Sr. J

5th Sunday in Ordinary Time
Matthew 5:13-16

February 5, 2017

Dear Friend,

Most of us are aware that salt is used to preserve food. In the Gospel we are told that we are the salt of the earth, so it makes sense to say that we are called to keep and sustain what is good in our world. The salt does no good if it is set on the table and left unused; it needs to be sprinkled on food.

We are salt, and it is up to each one of us to be involved in work and effectively promote good values wherever we are. This is a challenge because we will encounter persons who do not want to have us around because our goodness and good example prick their conscience. We need to be strong in order to continue doing what God calls us to do.

We are called to get involved with our neighbors, our family, and even strangers who are in need of our kindness and service. We are called to be active in our church and to be strong leaders in doing good.

Today we hear another call to action, to be like Christ among the people of today. Let us not be afraid to reach out, to go beyond what is comfortable for us. Let us risk to a step into another person's world of suffering so that we in turn are strengthened to live with a greater spirit of joy and service in our day to day gatherings and conflicts. Let us also pray for those who have been unjustly suffering violence.

Peace,

Sr. J.



Talktime with Sr. J

6th Sunday in Ordinary Time
Matthew 5:17-37

February 12, 2017

Dear Friend,

Today's Gospel presents to us a series of commands. We may say to ourselves that there is no way we can follow these. Let us look beyond the "do's and do nots" to hear the bottom line of the message. Basically we are called to *be compassion*. We are being asked to make changes in our lives, to change how we react, to adjust our attitudes, to correct our tone of voice, to revise how we think, to see with eyes that go beyond the exterior and understand what is within the person.

"I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh." (Ez. 36:26)

If we decide to embrace this teaching to be compassionate then we need to make a choice. We need to allow the Holy Spirit to enter our lives and take control so that God's plan can be carried out in our lives through prayer, love, and service without excluding anyone.

We can experience a great deal of joy living life with this attitude and at the same time we will be walking to Calvary helping to carry the cross for the redemption of the world.

Peace,
Sr. J.



Talktime with Sr. J

7th Sunday in Ordinary Time
Matthew 5:38-48

February 19, 2017

Dear Friend,

Once again Jesus comes up with a request for his followers that leave us speechless. It is definitely much easier, yet not so loving, to just follow our own feelings regarding situations that come up. The bottom line is that Jesus is asking every one of us to love without any strings attached, unconditionally, and all of the time.

He is telling us to give up the controls, restrictions, and any restrains we dream up in order to forgive. He is also asking us to love our enemies, those who do not agree with us or who step on our toes so frequently. The Old Testament "eye for an eye," is gone forever. We cannot bring it back to life. We are no follower of Christ if we try to do so.

We are challenged to break away from the norm and stand out of the crowd. We are to choose to be totally honest in all that we do, be faithful in all our duties and to live by a very different set of rules; rules that invite us to give good example and serve others. Let us pray for the courage to love as Jesus did.

Peace,

Sr. J.



Talktime with Sr. J

8th Sunday in Ordinary Time

Matthew 6:24-34

February 26, 2017

Dear Friend,

“We cannot serve two masters.” Perhaps many of us immediately think that we do not have to worry about this command because we are not rich. Let us rethink what this can also mean.

Perhaps we are being challenged to check out what it is in our life that we obsess about and/or what habits we have in which we fail to be temperate and we over-indulge for comfort sake. It could also refer to hoarding things, whether it is clothes, trinkets, purses, shoes, and you name it.

Now, can we understand another direction of thought for serving two masters? Perhaps this reading comes to us today to set the tone for the Lenten season. Let us begin to clean up wherever it is needed and give to the poor what we really do not need.

What about worry? Some of us are magnificent worriers! Worrying is an indication that God does not have a rightful place in my heart or my home. Let us pray to learn to trust God, and let us pray for each other that we can stamp out the worry-wart that tries to take control.

Peace,

Sr. J.