



*What does the LORD require of you but to act justly, to love tenderly, and to walk humbly with your God. MICAH 6:8*

**NO MASSES—DUE TO COVID LOCKDOWN  
until further notice. Please stay up to date with Government advice.**

**A CALL TO PRAYER FOR ALL AT THIS TIME.**

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**EMU PLAINS  
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***Be still and know that I am God.***

Scripture assures us that if we are still we will come to know God, but arriving at stillness is easier said than done. Achieving stillness seems beyond us and this leaves us with a certain dilemma, we need stillness to find God, but we need God's help to find stillness. With this in mind, I offer a prayer for stillness.

- *Still in me the congenital fear that I'm unloved, that I'm unlovable, that love has to be earned, that I need to be more worthy. Silence in me the nagging suspicion that I'm forever missing out, that I'm odd, an outsider, that things are unfair, and that I'm not being respected and recognised for who I am. Give me the grace to know that I'm a beloved child of a God whose love need not be earned.*
- *Still my unforgiving thoughts, the grudges I nurse from my past, from the betrayals I've suffered, from the negativity and abuses I've been subject to. Quiet in me the guilt I carry from my own betrayals. Still in me all that's wounded, unresolved, bitter, and unforgiving. Give the quiet that comes from forgiveness.*
- *Still my heart so that I may know that you are God, that I may know that you create and sustain my every breath, that you breathe the whole universe into existence every second, that everyone, myself no less than everyone else, is your beloved, that you want our lives to flourish, that you desire our happiness, that nothing falls outside your love and care, and that everything and everybody is safe in your gentle, caring hands, in this world and the next.*
- *Still the fever I inhale from all the energy that surrounds me, that makes my life feel small. Let me know that my own life is enough, that I need not make an assertion of myself, even as the whole world beckons this of me from a million electronic screens. Give me the grace to sit at peace inside my own life.*

FROM CATHOLIC OUTLOOK ONLINE: <catholic@catholicoutlook.org>

Used with permission of the author, Oblate Father Ron Rolheiser. Currently, Father Rolheiser is serving as President of the Oblate School of Theology in San Antonio, Texas

***Please pray for all those who are sick in our community.***

*Grace Perry, Karen Gulliksen, Harry Beasley, Maddison Farrugia, Leone Kirton Vicki Wells, Mark Simmonds, Max Scott, Anita Glynn, Libby Lawson, Paul Dalton, Shirley Coburn, Michelle Gardam, Jacqui Walker, Mary Berkout, Patricia Knoke, Brian Payne, Mervin McCaster, Marie Mahoney, Jeffrey Ridley, Michael Mercieca, Carmen Smith, Beryl Page, Frances Payne, Gregory Clare, Judy Chesters, Emma Woods, Brian O'Hara, Bruce Gillett, Ray Dukes, Barbara Grant, Mavis Thompson, Laurie Doo-han, Nathalie Dhyon, Mike Sayer, Terry Simpkin, Nicole Unsal, Debra Gleeson, Paul Ziberras, Ken Ridley, Joseph Stipich, Joyce Dukes, Tyler Kennedy, Catalina Labra—Knox, Teresa & Larry Dunn, Graham and Christine Hall, Lorraine Lindsay, Maria Chircop, Nerida Fabri, Graeme Hardy, Lynette Hill, Frances Grove, Jennifer Stonehouse & Peter Graham.*

**16<sup>th</sup> Sunday of the ordinary time Reflection: Year B by Fr. Michael**

A story is told of the Second World War soldiers serving in France who wanted to bury a friend and fellow soldier who had been killed. Being in a foreign country they wanted to ensure their fallen comrade had a proper burial. They found a well-kept cemetery with a low stone wall around it, a picturesque little Catholic church, and a peaceful outlook. This was just the place to bury their friend, so they thought. But when they approached the priest, he answered that unless their friend was a baptised Catholic, he could not be buried in the cemetery. He was not. Sensing the soldier's disappointment, the priest showed them a spot outside the walls where they could bury their friend. Reluctantly they did so.

The next day the soldiers returned to pay their final respects to their fallen friend but could not find the grave. "Surely we can't be mistaken. It was right here!" they said. Confused, they approached the priest who took them to a spot inside the cemetery walls. "Last night I couldn't sleep," said the priest. "I was troubled that your friend had to be buried outside the cemetery walls, so I got up and moved the fence." *(Source: Unknown.)* The priest was moved by compassion to have done so. Compassion is love in action; someone defined Compassion "As your pain in my heart", it is an emotion that could rekindle the hearts of others and alleviate their pain. It gives assurance in the hearts of others that there is someone who cares for them and walks with them in their pain.

In today's Gospel reading, when Jesus looked at the crowds, He had Compassion on them because they were like sheep without a shepherd. Sheep without a shepherd are bewildered, and they wander about. They do not know where, when and how to go. They easily get lost and cannot find their way back to the fold. Without a shepherd the sheep are directionless. So, it is with people, during this lockdown we too feel lost, and directionless, the question is are we willing to be Christlike to others? Are we willing to have compassion on them? The world we are in is full of loud voices, trying to lure us and mislead us. These voices purport to give meaning and purpose to life, but they cannot. Only Christ can, He descended upon this earth to give us trustworthy meaning and purpose to lives.

Sheep without a shepherd go hungry. They do not have adequate nourishment, they are often unaware of the landscape, which provides good and rich nourishment. Because of these they are either hungry or undernourished. So it is with us. We all have needs, physical, social, emotional, and spiritual needs, the lockdown has even worsened these needs. Most of the time we do not go to the right source to satisfy our needs. Unless we realise that Jesus in His compassion is the only one who can satisfy us, we will not experience happiness. Jesus is the only one who can satisfy our inner longings for love, joy, peace, and kindness toward others. St Augustine of Hippo after searching for peace for so many years concluded: "O Lord our heart are restless until they rest on you".

There is always danger that lurks for sheep without a shepherd. They they are open to attacks by predators and many a time it is hard for them to find a safe haven. In today's world many people are searching and looking for direction. They look for someone to turn their eyes on, someone who will show compassion on them, someone who will understand them and listen to their plea, among these are elderly people feeling life ooze out of their declining bodies. People are angry and confused with the state of things. People are in desperation, looking for answers and meaning. Our world is too vast and varied, full of danger at every niche and corner, it is full of rugged terrain, narrow ridges, deep ravines, and cracks. We its inhabitants are exposed to all these dangers; the world has myriads of pitfalls which we can easily fall into. We need someone to protect us from these pitfalls. We need a saviour, a shepherd.

Jesus knows our situation in all these things, and He will not rest until we are redeemed, and looked after. Jesus is not concerned with his image or the opinion of others, what he wants to offer the crowd and us too, is inner tranquillity and a solid relationship with God.

With faith let us live the words of today's responsorial psalm namely the "Lord is my shepherd there is nothing I shall want". In the footsteps of Jesus, let us also be a shepherd to each other. Shepherds are called to walk with each other in this valley of despair and helplessness. Let us be reminded that we are called to walk together in unity because we are in this together as a family, the human family.