



Reflection by Greg Sunter

A “one hit wonder” from 1989 was the song by Bobby McFerrin, *Don't Worry, Be Happy*. It was a laid-back, a cappella song that still frequently appears in film and television soundtracks. In some ways, the song became the catchcry of a generation who were overwhelmed by the pace of change that was occurring in society, technology and the world in general. A glance at today's gospel may leave the reader thinking that Jesus, too, is basically saying to us, don't worry, be happy. But the message of Jesus is not as simplistic as that. Instead, he says to us, set your hearts on God's kingdom first and on following God's will for justice in the world and, then, don't worry, be happy. It is not the same throwing of one's hands into the air as the 1980's song. It is not an abandonment of responsibility. Jesus says to us, trust in God, work to bring about the kingdom in our lives and in our world and only then leave the rest to God.

This gospel passage was aptly chosen by the Church to mark the feast of St Mary of the Cross – Mary MacKillop. The teaching of Jesus, conveyed through the gospel passage, characterised much of the life and work of Mary MacKillop. Mary was a prolific writer, sending messages to her sisters in the schools and communities across Australia. We are fortunate that many of these letters have been preserved and provide an incredible insight into the attitude of Mary MacKillop. One of the quotes attributed to Mary MacKillop that captures the essence of today's gospel is, “Do all you can with the means at your disposal and calmly leave the rest to God.” (1891) Surely this is a more energising and empowering motto for life than don't worry, be happy?

Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them.
Are you not worth much more than they are?
Can any of you, however much you worry, add one single cubit to your span of life?
And why worry about clothing?
Think of the flowers growing in the fields; they never have to work or spin: yet I assure you that not even Solomon in all his royal robes was clothed like one of these.
Now if that is how God clothes the wild flowers growing in the field which are there today and thrown into the furnace tomorrow, will he not much more look after you, you have so little faith?
So do not worry; do not say, “What are we to eat? What are we to drink? What are we to wear?”
It is the gentiles who set their hearts on all these things.
Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: tomorrow will take care of itself.
Each day has enough trouble of its own.

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The Living Word

Saint Mary of the Cross, Virgin

8 August 2021

First Reading 1 Kgs 17:7-16

The jar of meal shall not be spent according to the word of the Lord spoken through Elijah.

And then the word of the Lord came to Elijah, ‘Up and go to Zarephath, a Sidonian town, and stay there. I have ordered a widow there to give you food.’ So he went off to Sidon. And when he reached the city gate, there was a widow gathering sticks. Addressing her he said, ‘Please bring a little water in a vessel for me to drink.’ She was setting off to bring it when he called after her. ‘Please,’ he said ‘bring me a scrap of bread in your hand.’ ‘As the Lord your God lives,’ she replied ‘I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare this for myself and my son to eat, and then we shall die.’ But Elijah said to her, ‘Do not be afraid, go and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and for your son. For thus the Lord speaks, the God of Israel:

“Jar of meal shall not be spent,
jug of oil shall not be emptied,
before the day when the Lord sends
rain on the face of the earth.”

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

Responsorial Psalm Ps 62:1-8

(R.) My soul clings to you; your right hand holds me fast.

1. O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water. (R.)
2. So I gaze on you in the sanctuary
to see your strength and your glory.
For your love is better than life,
my lips will speak your praise. (R.)
3. So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy. (R.)

4. On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice. (R.)

Second Reading Col 3:12-17

Bear with one another, forgive each other.

You are God's chosen race, his saints; he loves you, and you should be clothed in sincere compassion, in kindness and humility, gentleness and patience. Bear with one another; forgive each other as soon as a quarrel begins. The Lord has forgiven you; now you must do the same. Over all these clothes, to keep them together and complete them, put on love. And may the peace of Christ reign in your hearts, because it is for this that you were called together as parts of one body. Always be thankful.

Let the message of Christ, in all its richness, find a home with you. Teach each other, and advise each other, in all wisdom. With gratitude in your hearts sing psalms and hymns and inspired songs to God; and never say or do anything except in the name of the Lord Jesus, giving thanks to God the Father through him.

Gospel Acclamation Mt 27:55

Alleluia, alleluia!

*Many women were there by the cross,
watching from a distance,
the same women who had followed Jesus and
looked after him.*

Alleluia!

Gospel Mt 6:25-34

Do not worry about your life.

I am telling you not to worry about your life and what you are to eat,
nor about your body and what you are to wear.
Surely life is more than food, and the body more than clothing!