

FIFTH SUNDAY - B - FEBRUARY 4, 2018

(FOR APP ON CALM AND STILLNESS SEE: INSIGHT TIMER)

**FORTUNATELY, ON THIS CLOUDY, DREARY, COLD, RAINY AND DARK DAY
IN THE MIDDLE OF WINTER OUR FIRST READING COMES FROM JOB, THE
PATRON SAINT OF SLEEPLESS NIGHTS, AND WE HEAR HIS UPLIFTING
MESSAGE...**

IS NOT MAN'S LIFE ON EARTH A DRUDGERY?

**HE GOES ON: SO I HAVE BEEN ASSIGNED MONTHS OF MISERY AND
TROUBLED NIGHTS HAVE BEEN ALLOTTED TO ME.**

IF IN BED I SAY, "WHEN SHALL I ARISE"?

THEN THE NIGHT DRAGS ON

I AM FILLED WITH RESTLESSNESS UNTIL THE DAWN...

AND LATER, TO TOP IT OFF, "I SHALL NOT SEE HAPPINESS AGAIN"

THAT WILL HELP YOU GET OUT OF THE WINTER DOLDRUMS, WON'T IT?

**UNFORTUNATELY, JOB DIDN'T KNOW ANYTHING ABOUT MELATONIN, I'M
SURE, OR CERTAINLY, THE RESURRECTION.....**

FOR US, THE PROMISE OF THE RESURRECTION AND THE GOSPEL, CAN

FREE US JUST LIKE IT DID FOR THE PAUL WE HEAR ABOUT IN OUR

SECOND READING

WE HAVE A DISTINCT ADVANTAGE IN DEALING WITH SLEEPLESS NIGHTS

AND THE DREARY DAYS OF JANUARY AND FEBRUARY...

WE HAVE NOT ONLY MELATONIN TO HELP US WITH SLEEPLESS NIGHTS,

AND FOR BOTH THOSE NIGHTS AND OUR DREARY DAYS WE HAVE THE

PROMISE OF THE RESURRECTION TO GIVE US HOPE - AMONG OTHER AIDS IN THE NEW TESTAMENT AND CONTEMPORARY RESOURCES.....

NEXT WE HAVE OUR GOSPEL READING FROM THE FIRST CHAPTER OF MARK

WHAT WE HAVE ESSENTIALLY IS A DAY IN THE LIFE OF JESUS... HIS VARIOUS EXPERIENCES AFTER HE LEAVES THE SYNAGOGUE AND ENTERS INTO THE MIDST OF HUMAN EXPERIENCES, A VARIETY OF RELATIONSHIPS..

BEGINNING WITH HIS VISIT WITH PETER'S MOTHER-IN-LAW WHO IS ILL.....

JESUS GRASPS HER HAND, HELPS HER UP AND HER FEVER ABATES....

NOW, A NUMBER OF SCRIPTURE SCHOLARS BELIEVE THIS IS THE BEGINNING OF PETER'S CONFLICT WITH JESUS...

HE WAS JUST UNABLE TO EVER FORGIVE JESUS FOR THE HEALING HIS MOTHER-IN-LAW....

BUT WE DON'T KNOW THAT FOR SURE....HE NO DOUBT LOVED HIS M-IN-L WHAT WE DO KNOW IS THAT THIS IS ANOTHER GREAT EXAMPLE OF JESUS NEVER BEING FAR FROM PAIN AND DIMINISHMENT...

JESUS SEEMS TO GRAVITATE TO PAIN AND SUFFERING QUOTE BY RICHARD ROHR HELPS ME HERE.....

DURING WAR WHOSE SIDE DO YOU THINK GOD IS ON? E.G. BETWEEN THE US AND ISIS ????

HE IS ON THE SIDE OF THE SUFFERING

AND WE SEE THAT THROUGHOUT THE GOSPELS...

*HERE IT IS PEOPLE WITH AFFLICTIONS, OBSESSIONS AND INTERIOR
INJURIES WHO CALL OUT TO HIM AND HE RESPONDS...*

*NOTICE IT "WAS EVENING, AFTER SUNSET...." BECAUSE IT WAS THE
SABBATH, THEY BROUGHT TO HIM ALL WHO WERE ILL OR POSSESSED BY
DEMONS. THE WHOLE TOWN WAS GATHERED AT THE DOOR".*

THEY COULDN'T BRING THEM TO HIM DURING THE SABBATH.....

HEALING - ALONG WITH PREACHING - WAS HIS MAJOR WORK....

*HE ALWAYS HAD TIME FOR THE SICK, THE WOUNDED, THE MARGINAL,
THE OUTSIDER.....*

*EARLY THE NEXT DAY, WE FIND HIM IN A "DESERTED PLACE, WHERE HE
PRAYED".....*

*MARK NOTES THAT IN THE DESERT, OR AT LEAST IN A DESERTED PLACE,
IS WHERE HE FINDS HIS SOLITUDE.....*

AT OTHER TIMES IT IS ON THE MOUNTAIN....

*SO ALONG WITH HIS NUMEROUS INTIMATE RELATIONSHIPS AND HIS
REACHING OUT TO THE WOUNDED HE FINDS BALANCE BY SEEKING OUT
QUIET AND PRAYER IN HIS LIFE ALSO.....*

WE NEED SIMILAR BALANCE IN OUR OWN LIFE....

*RIGHT NOW I'M LISTENING TO A CD BY BRENE BROWN ENTITLED THE
"GIFTS OF IMPERFECTION" AND SHE TALKS ABOUT HOW SHE HAS COME
TO LEARN THE VALUE OF CALM AND STILLNESS IN HER OWN RESEARCH
AND IN HER LIFE.....*

E.G. AS A CALM PARENT

BASICALLY WHAT SHE SAYS IS THAT WE ALL LIVE WITH A GREAT DEAL OF ANXIETY IN OUR LIVES

SOME ARE BETTER AT BECOMING ANXIETY AWARE AND CULTIVATE TIMES OF CALM AND STILLNESS IN THEIR LIVES AND THAT WILL BEAR FRUIT.....IN LESS ANXIETY

OTHERS JUST LIVE AN ANXIETY FILLED LIFE - WITH THE ANXIETY GROWING AND THAT WILL CAUSE SERIOUS ISSUES....

WE NEED A REGULAR DIET OF TIMES OF CALM AND STILLNESS IN OUR LIVES....

WE NEED TO BECOME MORE COMFORTABLE WITH OURSELVES....

IT WILL BEAR FRUIT - EVEN THOUGH AT FIRST IT WILL BE DIFFICULT AND MAKE US ANXIOUS - WE CAN GROW IN OUR ABILITY TO SET ASIDE TIMES OF CALM AND STILLNESS

E.G. A STUDENT REALLY ENJOYING A "SINGLE ROOM" WHILE HER ROOMMATE IS STUDYING INTERNATIONALLY...

SOME OF US NEED IT MORE THAN OTHERS BUT WE ALL NEED IT FOR BALANCE...

JESUS PROVIDES A GREAT EXAMPLE FOR US...

AFTER A VERY, VERY BUSY DAY AND EVENING - MANY CLOSE RELATIONSHIPS, SOME OF WHICH UNDOUBTEDLY GAVE HIM ENERGY, E.G. WITH HIS FOLLOWERS

BUT OTHERS MUST HAVE TAKEN A LOT OF ENERGY AS HE RELATED TO ALL THE THOSE WHO WERE ILL AND TROUBLED...

THE NEXT MORNING HE WENT AWAY BY HIMSELF FOR SOME TIME OF

CALM AND STILLNESS....

AND NOTICE HOW IT BORE FRUIT IN HIS LIFE....

WHEN THE DISCIPLES TOLD HIM HOW MUCH THE PEOPLE IN

CAPERNAUM WERE LOOKING FOR HIM AND NEEDED HIM -

***HE DREW UP A BOUNDARY AND BASICALLY SAID "NO" I CAN'T DO THAT I
MUST GO ON TO THE OTHER TOWNS....***

PRESUMABLY THAT AWARENESS, THAT DECISION BECAME CLEAR TO

HIM IN HIS TIME AWAY - HIS TIME OF CALM AND STILLNESS -

HIS TIME OF PRAYER

WITHOUT THOSE TIMES OF CALM AND STILLNESS WE WILL SOON GET

LOST, DRAINED OF ENERGY....

***WE WILL GO THE WAY OF JOB... SLEEPLESS NIGHTS, WONDERING IF WE
WILL EVER SEE HAPPINESS AGAIN...***

LIKE JESUS IN HIS EVERYDAY LIFE ----

WE NEED RELATIONSHIPS THAT GIVE US ENERGY....

***WE NEED RELATIONSHIPS IN WHICH WE REACH OUT TO OTHERS WHO
ARE IN NEED OF OUR ENERGY AND WOUNDED***

AND WE ALSO NEED TIMES OF QUIET AND PRAYER....

AS WE GROW IN LIVING A BALANCED LIFE WE MAY WELL FIND OUT THAT

THE RISEN CHRIST NOT ONLY TRANSFORMS OUR INTIMATE

RELATIONSHIPS, OUR SOCIAL COMPASSION AND OUR SECLUDED

MOMENTS BUT HE LIVES THERE.....

LET US PRAY FOR THAT BALANCE IN OUR LIVES.....

LET US WORK TOWARDS ACHIEVING IT

N.B. FOR AN APP HELPFUL FOR CALM & STILLNESS: SEE INSIGHT TIMER

