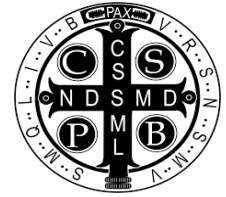
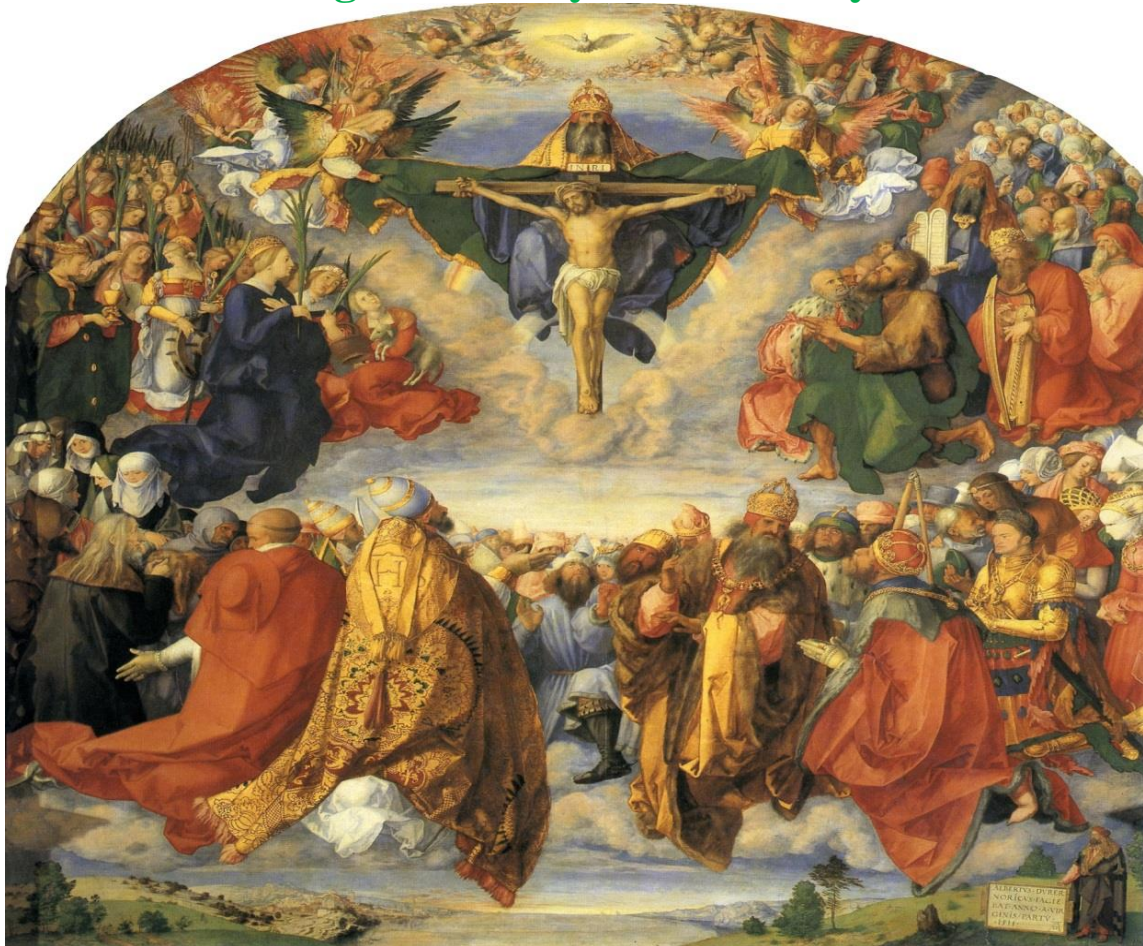


# The MEDITATION



*“ Thus says the Lord: Stand by the roads, and look, and ask for the ancient paths, where the good way is: and walk in it, and find rest for your souls.” - Jeremiah; Chapter 6, Verse 16.*

**July 26<sup>th</sup> A.D. 2015**  
**Eighth Sunday After Trinity**



**The Adoration of the Holy Trinity - 1511**

*By Albrecht Durer ( 1471 - 1528 )*

*German High Renaissance painter*

*The Epistle for the Day: St. Paul's Letter to the Romans; Ch. 8 Vs. 12 - 17 .*

*Today's Epistle and Gospel can also be found in the following sources:*

**1928 Book of Common Prayer; Page 200**

**The People's Anglican Missal; Page C 67**

**St. Joseph "Continuous" Sunday Missal (1958 ed.); Page 790**

## THE SPIRIT WHO DWELLS WITHIN US

*"If the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you."*

- *Romans; Ch. 8, Vs. 11*

God's spirit is everlasting life and those who are baptized in the water and in the Spirit pass from death to life. They receive sanctifying grace; in other words, the Spirit of God takes up his abode in them.

They must let themselves be led by that same Spirit into the valley of the death of all things perishable, if they are to attain life everlasting.

*Come Holy Ghost, Creator blest,  
Vouchsafe within our souls to rest;*

*Come with thy grace and heavenly aid, and fill the hearts which thou hast made.*

*-Veni, Creator Spiritus*

Our spiritual life is an everlasting life, which we receive through the power of God's eternal Spirit.

The prophet Elias was at the point of leaving this earth, when his disciple Elisha asked him, as a parting gift, for a double portion of the spirit.

Christ was about to return to His Heavenly Father, when He promised his disciples to send them, not a portion of His Spirit, but the Holy Spirit itself: "*But ye shall receive power, after that the Holy Ghost is come upon you.*" (Acts; Ch. 1, Vs. 8). The Holy Spirit, that is to say, the Spirit, of Whom Christ spoke, through his prophet Isaiah, "*The Spirit of the Lord God is upon me ; because the Lord hath anointed me.*" (Isaiah; Ch. 61, Vs. 1)

If the Spirit of the Lord is the Spirit of Christ, it must also be the spirit of *all Christians*.

As holy Mary became the mother of Jesus Christ by the over-shadowing of the Holy Ghost, so we, by the same Spirit, become his brothers and sisters. The difference between a pagan and a Christian is that the pagan is possessed by the spirit of evil, and the Christian possessed by the Spirit of God.

The Holy Ghost, given to us at *Baptism*, gains a greater power over us in *Confirmation*. *It is a power that increases with every sacrament that we receive*. We become more perfect as we become fuller in the Holy Spirit, "*The love of God is shed abroad in our hearts by the Holy Ghost which is given to us.*" (Romans; Ch. 5, Vs. 5) . . . who is the love of the Father for the Son, and the love of the Son for the Father.

### 3.

The personal love of God's innermost being is also that which is poured into our own hearts, and which lives and works in us, giving baptized souls the nobility which is the right of all who have God for their Father. Mere human acts of charity acquire a supernatural value and merit of an everlasting reward, by that love. St. Cyprian in the 3<sup>rd</sup> century magnified this when he wrote: *"An illustrious and divine thing, dearest brethren, is this saving work of charity ; a great comfort of believers, a wholesome guard of our security, a protection of hope, a safeguard of faith, a remedy of sin, a thing placed in the power of the doer, a thing both great . . . and easy."* (Excerpt from *On Works and Alms*, 26).

The Holy Ghost prays in us. His prayer is our prayer. He says in us **"Abba, Father"** which we, ourselves, can't say without it being hollow and empty. The Holy Ghost gives worth to our actions which He inspires within us, but above all, He whom the Father sends to befriend us; *"I will pray the Father, and He shall give you another Comforter that he may abide with you forever."* (John Ch 14, Vs. 16). He gives love which flourishes itself in us, thus helping us to be true to the commandment which is the very essence of Christianity, **"Thou shalt love the Lord thy God, and thy neighbor as thyself."**

That's why Christ at the last Supper could bid his followers to love each other as He had loved them. Christ's love is divine and eternal; ours, by the action of the Holy Ghost, becomes spiritual and steadfast. What more could we ask for?

**Prayer for the day:** O taste and see how gracious the Lord is: blessed is he that putteth his trust in him. – Psalm 34



**PRAYER FOR THE WEEK:** Collect for the Feast of St. Mary Magdalene: Merciful Father, give us grace that we never presume to sin through the example of any creature : but if it shall chance us at any time to offend thy Divine Majesty, that then we may truly repent and lament the same after the example of Mary Magdalene ; and by lively faith, obtain remission of all our sins. Through the merits of thy Son our Lord and Saviour Jesus Christ. Who liveth and reigneth with thee. Throughout all ages of ages. World without end. Amen.

4.

## The Meditation

is produced by the Benedictine Community of:  
Our Lady of Seven Sorrows Priory  
4 Shaw Road  
Raymond, Maine 04071

This is a free on-line apostolate of our community to anyone who wishes to receive it.  
**We welcome new subscribers!** Please feel free to copy and pass on this meditation to anyone you feel might benefit from it. To be placed on our weekly mailing list, please contact us at;  
[klamarre@maine.rr.com](mailto:klamarre@maine.rr.com)

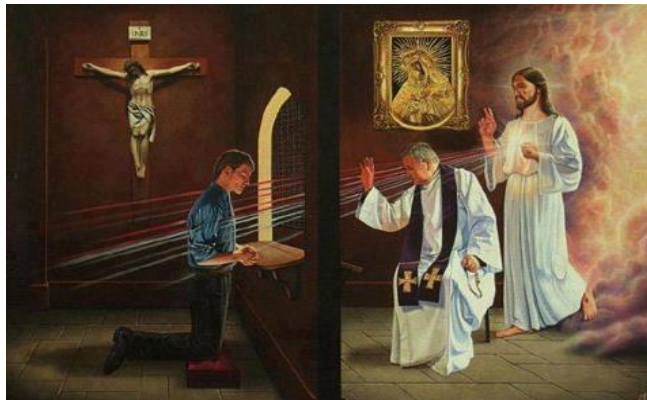
You can visit our *website* to view past editions of **The Meditation** at:  
[www.ourladyofsevensorrows.org](http://www.ourladyofsevensorrows.org) and go to '*Meditation*' section of the site.

**PLEASE NOTE: Sunday Public Mass at the Priory Chapel commences at 9:00 a.m. followed by the Monastic Office of Terce.**

**PLEASE NOTE ALSO: There are No public restrooms so please plan accordingly.**

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## CONFESSIONS HEARD



*“Come unto me all ye that travail and are heavy-laden and I will refresh you.” – Matt. Ch. 11, Vs. 28*

What better place for a person to make themselves spiritually & sacramentally “*right with the Lord*” than in a monastic setting? Fr. Kevin is always happy to hear confessions and give spiritual direction at the Priory chapel. Below is the schedule where he is available during the day. We ask that you contact him to make an appointment so he can make himself available to you .

**Confession Times: Weekdays from 10:00 a.m. to 11:30 a.m. and from 2:30 p.m. to 4:00 p.m. – by appointment only. Sundays by appointment before Mass which begins at 9:00 a.m.**

To make an appointment, please contact Fr. Kevin via Email at: [klamarre@maine.rr.com](mailto:klamarre@maine.rr.com).

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## PRIORY KALENDAR

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Week of July 26<sup>th</sup> to August - A.D. 2015

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### In Trinity-tide

**Sunday, July 26<sup>th</sup> . . . . Eighth Sunday After Trinity**

**Monday, July 27<sup>th</sup> . . . . St. Anne; mother of the Blessed Virgin Mary ( *transferred* )**

**Tuesday, July 28<sup>th</sup> . . . . St. Sampson: *Bp. Brittany & Wales, 6<sup>th</sup> cent.***

**Wednesday, 29<sup>th</sup> . . . . Sts. Martha, Mary & Lazarus; *Hosts of the Lord. 1<sup>st</sup> cent.***

**Thursday, July 30<sup>th</sup> . . . . *feria***

**Friday, July 31<sup>st</sup> . . . . St. Ignatius of Loyola; *Conf. & Founder of Jesuit Order 16<sup>th</sup> cent. (Spain)***

**Saturday, August 1<sup>st</sup> . . . . St. Ethelwold: *Bp. O.S.B. Winchester, England 10<sup>th</sup> cent. See Note 1***

**Sunday, August 2<sup>nd</sup> . . . . Ninth Sunday After Trinity**

**Note(s): 1. August 1<sup>st</sup> – St. Ethelwold; *Bp. O.S.B. d. 984*** St. Ethelwold, along with Sts. Dunstan and Oswald share the merit of having rescued the Church in England from a rapid decline in the 10<sup>th</sup> century. A native of Winchester, he received his tonsure from St. Elphege, Bishop of Winchester. He joined St. Dunstan at Glastonbury Abbey where he was later elevated Dean of the Abbey. Ethelwold was elevated to the See of Winchester and as Bishop began a strict program of reform and austerity with his clergy. As a Benedictine, he also assisted Oswald in the reformation of the pre-Conquest Benedictine Houses in England. He was devoted to the relief of the poor and forced many of the nobles to share their wealth in food assistance to the poor. Rather than challenge him, the nobles were overtaken by his own humility, poverty, and sanctity and were generous to their people.

**KALENDAR KEY:** Ab. = Abbot, Abs. = Abbess, Abp. = Archbishop, Anc. = Anchorite, Ancs. = Anchoress, Ap. = Apostle, Bl. = Blessed, Br. = Brother, Bp. = Bishop, Card. = Cardinal, C. or Conf. = Confessor, Comm. = Commemoration, Dcn. = Deacon, Doct. = Doctor of the Church, Ev. = Evangelist, H. = Hermit, LBr. = Laybrother, LSr. = Laysister, K. = King, M. = Monk, **M.M. = Month's Mind ( 30 day requiem for the departed )**, Myr. = Martyr, N. = Nun, Obl. = Oblate, P. = Priest, P. or Po. = Pope, Pr. = Prior, Prs. = Prioress, R. = Recluse, **RM = Requiem Mortorum, ( monthly requiem of the departed )**, Q. = Queen, Ven. = Venerable, Vir. = Virgin, W. = Widow,

6.

**RELIGIOUS ORDERS:** C.O. = Congregation of the Oratory –Oratorians, C.P = Congregation of the Passion – Passionists, C.S.J. = Congregation of the Society of Jesus – Jesuits, Er. Cam. = Camaldolese Hermits, F.P.O. = Franciscans of the Primitive Observance, O. Car. = Carmelite Order, O. Cart. = Carthusian Order, O.C.D. = Order of Discalced Friars = Carmelites, O.F.A. = Augustinian Order, O.F.M. = Order of Friars Minor – Franciscans, O.F.M. Cap. = Capuchins, O.P. = Order of Preachers = Dominicans (Blackfriars), O. Praem. = Order of Cannons Regular – Norbertines ( White Monks), O.S.B. = Order of St. Benedict – Benedictines, O.S.U = Ursulines, O.C.O. = Order of the Cistercian Observance – Trappists, O.C.S.O. = Cistercian Order of the Strict Observance = Trappists.

**FASTING:** ..... A = Abstinence, F = Fast, F & A = Fast and Abstinence

## Animal News



**Br. Chip and Br. Sylvester** – photo by Br. Raymond

### What's been up with Br. Chip?

Life's not always sunny and easy here at the "Magic Monastery". Trying to maintain an atmosphere of peace and concord amongst so many different species of animals can be both interesting *and* challenging at times to say the least. It's a job that both Fr. Kevin and Sr. Mary-Francis share together. It's a job no one person in this diverse little group could handle alone.

Jack the Cat began showing up at our back door in the middle of the winter, so in following the usual custom of hospitality, we welcomed him and fed him as the *Holy Rule of St. Benedict* directs us to do. It was obvious that Jack had come from the "tough side of town" and was a master of taking care of himself, when he needed to eat. It took most of the winter to convince him we could be trusted and by removing that concern for Jack, he began to adapt to his adopted life here, and now resides in our hay loft in a very comfortable and regular spot. Jack began to show his gratitude by "cleaning up" the place disposing of some of the many small rodents and occasional snakes that make their homes where hay and grain is stored. No matter how tight the container, a little critter will find their way in and help themselves. It's not concerning until we discovered that over time our gardens were also getting raided, feed trays for the horses night-time supper had been completely cleaned out, and we were becoming over-populated, and some of these guests began to move into the attic during the cold weather. Snakes have never been welcome as they have always seemed to show up in places they shouldn't be, like the cellar and first floor of the garage building! It would be fine, if they would stay outside where God meant them to be. Be that as it may, Jack has been doing a great job of cleaning up the place this spring and summer. Many of the rodent poachers have cleared out as they discovered that Jack is not only a hunter *par excellence*, but a master in concealment! Fr. Kevin can attest to the fact that Jack has very sharp teeth, for one of the games Jack likes to play is to follow Fr. Kevin along, and then suddenly jump on his leg, bat his ankle with his front paws and then sign it with a bite! Could this be some sort of hunting ritual? Not sure, but the only one having fun is Jack!

## 7.

We had forgotten that Br. Chip has always had a long and deep-seated fear of cats. He has had some near-misses more than once in his life, especially during his college days. It was during his yearly absence when he was giving commencement addresses that Jack the Cat was in high gear doing his “clean-up” work! Word got out to Br. Chip about Jack’s successful efforts and we had a sudden break in communications with him. We were concerned, to say the least, that he may have had some troubles while travelling. Not so. Our good little brother decided to “lay low” until he could figure out whether he would be welcomed by Jack or . . . well, you can guess.

Jack enjoys those times when he visits with Fr. Kevin on the porch, curling up in his lap and napping while Fr. Kevin reads or prays his Rosary. Fr. Kevin has taken this opportunity to give instruction to Jack about hospitality, and the fact that there are members of our animal community who are part of the family, like Br. Chip. Jack was mortified that he was the cause for such concern to little Br. Chip. He was only showing his appreciation for being taken in unconditionally. He showed his thanks in the only way he knew how...by hunting and cleaning up the pests.

This all ends on a happy note. Br. Sylvester introduced Jack to Br. Chip and they have hit it off very well. Chip has loaned Jack some of his volumes by Rudyard Kipling which Jack is thoroughly enjoying...reading, that is. Fr. Kevin has awarded Jack the post of security director, relieving Br. Raymond of the overall job. Raymond will still perform arial observations while keeping in contact with Jack on the ground.

It’s hoped, by Fr. Kevin, that this will now keep Jack sufficiently busy enough so he’ll decide he no longer needs to play his game of “*Catch the leg!*”  
Another Band Aid, if you please Sr. Mary Francis!

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## IN GRATITUDE

There are blessing given to us each day that passes in our lives, God sees to that, as he always provides! We live the saying; “when God closes a window, He opens a door.....”

Our hay guy, that we have had for years, did not have enough hay to sell this year and our truck has run out of steam which prevented Sister from going to get hay even if he had it to sell. We have been blessed this past winter and still now, with a wonderful person named Ryan, that delivers our hay to our house. He works full time, cuts and bales hay, runs his farm, and has a young baby and wife yet he always makes sure that we do not run out of hay, and that our horses, sheep and goat always have great hay to eat. Food is a huge deal to animals that have been starved and never running out is imperative. He delivers on weekends and evenings after his workday whenever we need him. Receiving our hay in this manner costs a little more, but we do what we have to and pray that our friends in the Diocese will bless these creatures with their kind generosity, especially as we get closer to winter. Angels come in many forms and for us there is one named Ryan. For this , and all our blessings, we are truly grateful and so are our animals.  
Please remember Ryan and his family in your prayers, we certainly do with gratitude.

**P A X**

