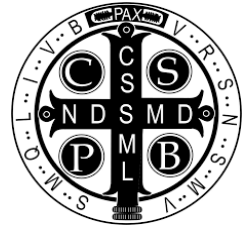


The Meditation



“ 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.

May 3rd, A.D. 2015
The 4th Sunday After Easter



“ Jesus said unto His disciples: Now I go my way to Him that sent me” – St. John; Ch. 16, Verse 5.

The Epistle of the Day: Epistle of St. James the Apostle; Chapter I, Verses 17-21

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

The 1928 Book of Common Prayer: Pages 174-175

The People's Anglican Missal: Pages C 19

St. Joseph Continuous Sunday Missal (1958 ed.): Page 532

SPEECH – A GIFT TO BE USED WISELY

Today's Epistle, while being very brief, contains lots of material for a variety of themes. The second half of the Epistle with its instructions on the moderation of speech, is most appealing. Sins of the tongue were rife in ancient Israel as we can gather from the many sayings of the Prophets, the writings of the Psalmist, and the words from the Wisdom Books. St. James knew quite well this failing of his people, and he frequently brought this up in his writings. This same failing is *overwhelmingly widespread* among mankind today, and even people who are models of piety and uprightness seem to be unable to keep control of or maintain moderation in their speech.

St. Benedict, who had studied and digested Holy Scripture in the formation of his Holy Rule, understood well the dangers that lay in too much speaking. St. Benedict wrote, in Chapter 6 (*On Silence*)....

Let us do as the prophet (Psalmist) says: "I have said I will keep my ways so that I will not offend with my tongue. I have guarded my speech. I held my peace and humbled myself and was silent, even from speaking good things." - (Psalm 39, Vs. 1 & 2). Here the prophet (Psalmist) demonstrates that if we are not to speak of good things, for the sake of silence, it is even more vital that we not speak of evil lest we sin, for we shall be punished for that as a sin. No matter how perfect the disciple, nor how good and pious his (her) speech, he rarely should be given permission to speak for:

"In much speaking you shall not escape sin." - (Proverbs; Ch.10, Vs. 19).

St. Benedict knew well that even within light conversation and idle speaking lay opportunities for the brethren to wander into sin through speech, so he provided specifically for that within his Rule i.e. (He made an 'app' for that!). . . !

The sin of intemperance in speech, consists not merely cursing, swearing, and lewdness, but lies also in the expression of injurious and malicious statements about someone, and belittlement, which are such common actions. We should keep in mind that the lips that speak such things, also receive the Blessed Sacrament, and even worse yet . . . lips that speak the Sacred words of Consecration and Absolution! God forbid and have mercy! Sordid motives can be inferred, a person's character ruined, and false alarms (over trifles) easily started by such intemperance . . . even by people accepted as "good churchmen", that one feels that the throats of many Christians are just like "open sepulchers"...and that "with their tongues they acted deceitfully; the poison of adders is under their lips." - (Psalm 13, Vs. 3 {Vulgate}).

3.

St. James's teaching to us in today's Epistle contains the wisdom which will exclude this great folly of intemperate and injurious speech: "*Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.*" A readiness to always hear the truth of things, a quiet and sober deliberation before we speak (or write), and a self-control that is strong enough to maintain silence until the tide of anger has subsided. These are indeed the things that enable us to savor that sweetness of the "*rooted Word*" and to "*produce the justice of God.*"

If we temper our speech with *charity* . . . perhaps the Good God will look upon our own sins and failings a bit more patiently.

Prayer for the day: *I will sing unto the Lord as long as I live: I will praise my God while I have my being. And so shall my words please him: my joy shall be in the Lord* -Psalm 104



JESUS: Take it not to heart if some people think ill of thee, and say of thee what thou art not willing to hear.

Thou ought to think worse of thyself and to believe that no one is weaker than thyself. But if you are well-recollected within, thou wilt take no notice of fleeting words without.

It is no small prudence to be silent in the evil time, and to turn thy heart to Me, and not to be disturbed by the judgement of men.

Let not thy peace of mind depend upon what others say about thee, You are still what you are, no matter whether they put a good or bad interpretation on your actions. Where is true peace and true glory? Is it not in Me?

And he who seeks not to please men, nor fears their displeasure, shall enjoy much peace.

St. Thomas a Kempis - The Imitation of Christ

4.



PRAYER FOR THE WEEK: Words are truly the images of the soul. – St. Basil the Great

The Meditation is produced by the Benedictine Community of:

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This is a free on-line ministry of our community to anyone who wishes to receive it. 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

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

PLEASE NOTE: Sunday Public Mass Resumes on May 3rd! ☺
Mass 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.

PRIORY KALENDAR

Week of May 3rd to May 10th - A.D. 2015

Sunday, May 3rd **Fourth Sunday After Easter** ... *comm. The Finding of the Holy Cross*
Monday, May 4th St. Monica; W. – 5th cent Carthage & Rome
Tuesday, May 5th Conversion of St. Augustine: B. C. Doct. – 5th cent. Carthage & Rome
Wednesday, May 6th ... **M.M. monthly requiem for the departed.** – *Comm. St. John before the Latin Gate*
Thursday, May 7th St. Stanislaus; B. Myr. – 11th cent. Poland & Hungary
Friday, May 8th **feria in Eastertide.**
Saturday, May 9th St. Gregory Nazianzus: B. C. Doct. – 4th cent. Cappadocia
Sunday May 10th **Fifth Sunday After Easter – Rogation Sunday .**

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 (requiem for the departed)**, Myr. = Martyr, N. – Nun, Obl. = Oblate, P. = Priest, P. or Po. = Pope, Pr. = Prior, Prs. = Prioress, R. = Recluse, Q. = Queen, Ven. = Venerable, Vir. = Virgin, W. = Widow,

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 Canons 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



Pandy

6.

Pandy (*Pandora*) is getting old and each day we are reminded how far she has come in her life.....

Sr Mary Francis got a call one day several years ago from a woman who had a dog who was supposedly a year old that they had gotten from a shelter. They had taken the female dog home where they already had an intact male boxer. They were mystified when the dog got pregnant and the abuse began. Pandy was beaten, kicked and starved mostly by a boyfriend who dressed in work boots and “hoodies”. She had broken ribs and a broken spirit. The pads on her feet were permanently ruined from being skidded across surfaces when she did not want to go. Her toe nails are deformed from having her feet stomped on. She also had eye issues (strabismus) that makes her see double so she interpreted the abuse from one person as abuse from a crowd. The woman’s call was desperate. The dog would soon have the puppies and the boyfriend was threatening to drown the puppies and shoot the dog. The dog did have the puppies the next day and everyone was horrified by what was going to happen. Of course we said we would take them, so 2 days later she brought everyone to a meeting place for us to pick them up. The 5 puppies were put in our truck and the dog, growling, skulked quickly into the back seat. She was anxious to get away from the people. We took them all home where Sr. had made a cave like pen in the kitchen. The other house dogs introduced themselves to her and the puppies and eventually she came out of her shell. We named her Pandora because, like Pandora’s box, we were not sure what was inside. Sr. had told her on the way home that she and Sr. *were* going to be the best of friends. That part has come to pass. Pandy’s puppies grew big and healthy and were placed in wonderful homes. Pandy’s ribs healed and slowly so did her spirit. The first year that she was with us no one was allowed to wear hats, hoodies, or work boots in our home. She still does not like them. The first year with us she would drop to the ground and crawl out the door just to get past the work boots that we keep out there. We can wear boots near her now. She also loves to wear seasonal bandanas and has a huge collection. Pandy would like it best if Sr. never left the house but has learned to cope with her being absent while she works, and is so happy to see her when she comes home. Pandy sleeps with Sr. and now spends most of her day on the couch sleeping and watching TV. She loves Judge Judy and gets upset if something prevents her from seeing it each day. Pandy, as it turns out, was at least 5 years old when she came to us, not the year old that the shelter had said, and she had been obviously bred several times. She is 12 or more now and graying about the face, but thanks to your generosity, she has been able to live a peaceful, interesting and happy life here with us and the other dogs. She thanks you for being so kind and wishes you a happy spring.

P A X