



'ORA ET LABORA'

The Meditation

The Thirteenth Sunday after Trinity - A.D. 2016

(August 21st)



Christ and the Rich Young Ruler - 1889

By Heinrich Hoffmann - (1824 - 1911)

Painting in Riverside Church, N.Y. , N.Y.

The Collect for the Thirteenth Sunday after Trinity

A *lmighty and merciful God, of whose only gift it cometh that thy faithful people do unto thee true and laudable service : grant we beseech thee, that we may so faithfully serve thee in this life, that we fail not finally to attain thy heavenly promises. Through the merits of Jesus Christ our Lord. Amen.*

The prayers of the Mass are one of the richest sources of grace for our spiritual lives. It's not enough that we should follow them along in our missals or prayer-books; these prayers should often form the subject of our meditations and actions. Today's Collect is just such an example.

Mankind of itself is *nothing*; we are poverty stricken and ignorant, but the Collect teaches us that, thanks to God's help, we are capable of rendering unto our Creator "*true and laudable service*"

During this period in which the Summer Olympics are being held this year, a lot of media coverage has been given over to the track and field events, especially the various races. This past week, there was a runner from Jamaica who made his race look so easy as he ran along almost effortlessly out-pacing his competitors, and even took a moment to offer what seemed like a pleasant comment to one who he was passing, for both were smiling! No sense working so hard for something and not have a little fun if the moment should present itself!

We are reminded by our dear St. Paul who writes: "*Know ye not that they which run in a race run all, but one receiveth the prize?*" - (*I Corinthians; Ch. 9, Vs. 24*). We should never be looking behind us, but always onward towards the goal.

So what is our goal? The liturgy (Collect) calls it "heavenly promises"; grace on earth, and glory in heaven. There must be no stopping as we make that steep ascent of our spiritual lives. The person who ceases to move forward, will start to slide back. Life, indeed is so very short, and the hereafter is eternal. A fact that has been lost on the world of today.

"While we have time, let us do good unto all men; and especially unto them that are of the household of faith." (*Gal. Ch. 6, Vs. 10*). We must co-operate with grace as long as time is given to us in which to do so. The God that grants us that grace is the same God who has "*so loved the world that he gave His only-begotten Son, that whosoever believeth in Him should not perish, but have ever-lasting life.*" (*St. John, Ch. 3, Vs. 16*).

Love demands only one thing . . . and that is love in return. The return that Almighty God asks of the rational creature is "true and laudable service". St. Paul desired to see his Romans: "*Not slothful in business; fervent in spirit; serving the Lord.*" (*Romans; Ch. 12, Vs. 11*). Such service, together with a fervent desire and readiness to accept any sacrifice, will indeed make us (as today's Collect says); "fail not to attain thy heavenly promises." Detaching ourselves from all that is earthly, and belonging to God alone, we shall carry our crosses, on which we shall day by day, '*die with Christ.*' We can be of good cheer, when life seems impossible and we are being pressed by its burdens, by keeping in mind that all of this shall pass, for we are working our passage to heavenly eternity.

Discouragement is merely a lack of trust in God. It must always be kept at bay. If it is true that we, of our own selves can do nothing, it's equally true that with God's help there is nothing

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we can't do! We must never lose sight of our own incapacities, and not forget the almighty power of God, which will never leave us in the lurch.

We should, if it is possible, drink deep of the fountain of salvation, as it is found in the Holy Mass in Communion. In doing so, we shall not ever lack the strength to do God's Will throughout the day. In doing this, we receive a flood of grace which will carry us along and enable us to give to our Creator, hour by hour, that *true and laudable service*.

Thus it will be, we will speed along to the end of the road of our lives with our eyes fixed upon our heavenly goal. We will not fear death, for that which awaits us, is that which God has promised us. The glory that He has prepared for us will be revealed, and the faces of God's children will be illuminated with an incomprehensible (to this life) bliss like His, to which every Mass, every Holy Communion, every reparation, and every good work brings us closer.

If we feel that we have lost something of our fervor, let us make a firm resolution to regain it, that we may continue on without fail. Let us fully restore it through humble and ardent prayer, fasting, penance, and Holy Communion.

In our payers, let us ask our Lord, who is the Fountain of all graces to help us in our human weakness, and make us strong enough to overcome all obstacles that life may put in our way, and in the end, reach our heavenly goal.

Let us also petition Blessed Mary, ever-Virgin, of her charity, to intercede for us as well.



The Meditation is an online apostolate of [Our Lady of Seven Sorrows Priory](#) in Raymond, Maine, USA. We are an Anglican-Catholic Benedictine contemplative community that follows the Holy Rule of St. Benedict, the 5th-century Father of Western Monasticism. We are affiliated within the Diocese of the Northeast (DNE), of the Anglican Church in America (ACA), a member of the worldwide Traditional Anglican Communion (TAC).

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In respect to our contemplative vocation and the animals in our rescue and rehab center, we do not have guest facilities and do not regularly receive visitors.

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Priory Kalendar
For the week of
August 21st to August 28th - A.D. 2016
In Trinity tide

Sunday, August 21st . . . Thirteenth Sunday after Trinity - *comm. St. Jane Francis de Chantal*

Monday, August 22nd . . . Octave Day of the Assumption (Dormition) of the Blessed Virgin Mary.

Tuesday, August 23rd Vigil of St. Bartholomew

Wednesday, August 24th . . . St. Bartholomew; Ap. & Myr. 1st cent.

Thursday, August 25th . . . St. Louis IX; K. & Conf. 13th cent. France.

Friday, August 26th . . . Monthly Requiem Suggested – (Mass and Offices).

Saturday, August 27th . . . Saturday of the Blessed Virgin Mary. - (Office & Mass)

Sunday, August 28th . . . Fourteenth Sunday after Trinity ... see Note 1.

Note 1: Sunday, August 28th - Today St. Augustine of Hippo; Bp. Conf. & Doct. Of the Church (4th cent. Africa) is Commemorated at the Mass of the Day and Offices.

Animal News from the Priory
Don't forget the 'Early Burds' !



The birdbath in the sitting garden is a lively meeting place for the birds!

A rather silly commercial by a local bargain-store shows three rustic looking Mainers standing in a room playing some simple musical instruments. One of them, at the end of their flourish, says with a very heavy Maine accent: "Don't forget the early burds!" He's reminding the audience of an upcoming 'early-bird' sale that is not to be missed. Guess you have to see it to chuckle!

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The phrase got Fr. Kevin thinking. He has a great perch to view the whole of the back yard from his cell. That's where the action of Nature really takes place! Deer cross through the pasture, turkeys also wander through herding their little ones, a fox darts by on the hunt for something, and birds aplenty flit and flutter around in their never-ending search for bugs and berries. Earlier this year, he set out a bird-bath. It has become a very popular gathering place for birds, bees and others seeking a drink or a wash-up. Fr. Kevin checks it three or more times a day and rescues trapped bees or big bugs that have fallen in. He cleans it and re-fills it every other day.

The birds provide the best show of all. Most of them are the barn swallows who reside in our barn, and they're comical enough with their barn-antics! Out here they fly crazily around...land on the bird-bath, wash up...peck at one another...and fly off only to return and do it all over again! Most of this light-hearted fun takes place early in the morning after sun-up.

We get so involved with our lives these days, that we easily forget that there is another one going on right outside our windows. Wherever you may live, take a moment or two, relax, and look outside to see if God's little creatures are busily going about their day. You're sure to get a smile, and perhaps momentarily forget about the problems that beset us. It's a little grace we are given each day by our Creator!

And if you are able . . . don't forget to feed and water the early-burds! Ayuh.

- Fr. k.l.l. +



The 'early burds' !

WE ARE LOOKING FOR ANIMAL ANGELS.....

Our coffers for the animals are very low. If you or someone that you know who loves animals feels so inspired to help out, please make your tax deductible check out to Servants of the Holy Family and note "for the animals" on your check. Winter is coming and will be here before we know it. Any amount, small or large is gratefully received and greatly appreciated...We are also looking for regular benefactors for these creatures. Every cent goes 100% to the animals for their food and upkeep. We are honored for the privilege of serving these animals and giving them a life. Please help us to help them....the least of these.....Thank you!

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