

'ORA ET LABORA'

The Meditation

Second Sunday After Trinity - A.D. 2016

(June 5th)



The Most Holy Sacrament of the Eucharist
an early 20th century Holy Card

The Collect for the Second Sunday after Trinity

O Lord, who never failest to help and govern those whom thou doest bring up in thy steadfast fear and love; Keep us, we beseech thee, under the protection of thy good providence, and make us to have a perpetual fear and love of thy holy Name ; through Jesus Christ our Lord. Amen.

The Introit Prayer for today's Mass is taken from the 18th Psalm: "*The Lord was my upholder, he brought me forth also into a place of liberty: he brought me forth, even because he had a favor unto me.*" (Vss. 19 & 20). This is an Old Testament prayer of thanksgiving for God's protection and guidance on life's journey. The Christian can add, "*The Son of God is my viaticum, giving me strength to go my way, as he lives by the Father, so I live by Him.*"

He is more than just a travelling companion. We are but one and his strength is ours. Such is the great secret of Holy Communion; it gives us solidarity with Christ, of whom we become a part.

Grant O Lord, that we who eat your Flesh and drink your Blood may live and dwell in you to all eternity!

A feast or banquet, in Christ's time, as in our own does not only mean a partaking of a meal together. It has another function. The host invites his (or her) friends to their table, thereby strengthening their friendship. They also become friends among one another, for a banquet helps toward unity not only between the host and the guests, but also among the guests themselves. Our host's friends become our friends.

When Jesus, at the Last Supper, instituted his "*sacrum convivium*", His holy banquet, He had in mind the second function of a meal taken in common. He was not only the Host of the banquet; He was also the guest, whom He had made one with Himself. He gave and gives Himself as food and drink, not to the body, but to the soul, to which it brings spiritual nourishment and renewal of life, and with which it creates bonds which can never be broken. Christ permeates our natural lives making them divine and eternal, satisfying the hunger of His guests with Himself and *in* Himself. Never before did any banquet create intimacy between Host and guest such as this. Holy Communion is the new alliance with God, the perfect agreement between us, and the closest bond with Him in which we can form here upon earth.

Jesus' final request on that great night was that we should continue to celebrate His love-feast: "*Do this in remembrance of me*" (St. Luke; Ch. 22, Vs. 19). The Church has given it the name "**Holy Communion**" – the holy union, the sacred alliance.

"Thou gavest them Bread from Heaven, containing in itself all sweetness" The Father has indeed given us the Bread from Heaven. It is the bread of life which nourishes Christ's eternal life within us. The Master had already said, "*I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever: and the bread that I will give is my flesh, which I will give for the life of the world. . . . He that eateth my flesh, and drinketh my blood dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father; so he that eateth me, even he shall live by me.*" (St. John; Ch. 6, Vss. 51, 56 & 57). No greater unity can be imagined between individuals, than to live in each other. Holy Communion not only unites us to Christ, but also to all his followers, whoever, and wherever they may be, and share as we do, His

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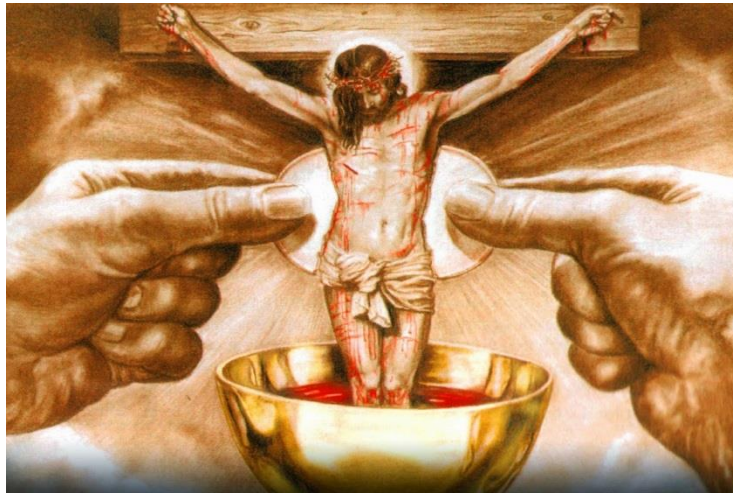
banquet. All will be of the same mind when Christ lives in all, and will prove it by their mutual love, that charity that here, more than anywhere else, is the bond of perfection.

Today's Epistle is taken from the first letter of St. John, in which he speaks of the love that all Christians owe one another. *"We know that we have from death unto life because we love the brethren. He that loveth not his brother abideth in death."* (1 St. John; Ch. 3, Vs. 14).

John's words remind us of those of his Master, speaking of the Blessed Eucharist: *"Whoso eateth my flesh and drinketh my blood, hath eternal life; and I will raise him up at the last day."* (St. John; Ch. 6, Vs. 54.)

True life, life in and through Jesus Christ, is impossible if we do not partake of His divine banquet; as St. John says, it is equally impossible without love. It's not a question of two essential conditions, but of one and the same. *"Communio"* – Latin for : UNION - is the fruit of love, and the food of love is granted us at the Lord's table, to which all are invited. The sacramental grace which we receive in Holy Communion is precisely an ever greater love of God, and of our brothers and sisters for His sake.

Let us join with St. Cyprian and pray: *"Give us this day our daily bread, our bread that is Christ, that we may live and dwell in him and may never lose the sanctifying grace brought us by the redemption of his Flesh and Blood."*



From the Fathers of the Church

St. John Chrysostom

We hear again this week from our reliable friend St. John Chrysostom. His brief discourse comes from a letter he wrote to a friend, telling the friend why he should retain hope, even though he, like all of us is a sinner. It's a good accompaniment to the day's Collect. – k.l.l. +

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“Anyone who thought of the heights from which the sinner has fallen and the depths to which he has now sunk might think it impossible to save him; but no such thing exists in God, who is able to raise up the poor from the dust and from the dung-heap and seat him among princes. (Psalm 113, Vss. 6 & 7.)*

If the devil has been able to overthrow you, God is sufficiently powerful to raise you up again, to your former liberty and confidence...

It is not the number of sins that should make us despair, but the desire to remain in them. They are like an iron collar round our necks, which does not permit us to raise our eyes to the Lord. The wise man breaks these bonds and casts them from him. . . .

No matter how difficult the conversion may appear at first sight, once the step towards God has been taken it becomes easy, because while we remain in the duration of pleasure this conversion appears impossible; but once we take the first step away from it, then we soon leave it behind us and the path seems easy.”

* *Psalm 113: “He taketh up the simple out of the dust, and lifteth the poor out of the mire. That he may set him with the princes, even with the princes of the people.” (Vss. 6 & 7).*

Requiescat In Pace



Gloria (Nardi) Maheu
Nov. 4th,1926 - June 1st,2016

Of your Christian charity, please pray for the repose of the soul of Gloria Maheu, of Waterville, Maine, who passed away on June 1st. Gloria was pre-deceased by her husband of over 50 years Alfred in 2002 , and her son, Leo in 2014. She leaves a daughter; Mrs. Maria (Maheu) MacKellar and son- in-law, Duncan MacKellar; and their son Andy & family, and a daughter Christina MacKellar. Gloria was aunt and God-Mother to Fr. Kevin.

May the souls of the faithful departed through the mercy of God rest in peace, and may light perpetual shine upon them.

Amen.

The Meditation is an online apostolate of Our **Lady of Seven Sorrows Priory** in Raymond, Maine. We are an Anglo-Catholic Benedictine contemplative community that follows the Holy Rule of St. Benedict, the Fifth-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.

Priory Kalendar

For the week of
June 5th to June 12th - A.D. 2016
In Trinity tide

Sunday, June 5th Second Sunday after Trinity . . . comm. St. Boniface; B & M.
Monday, June 6th in the Octave of the Sacred Heart.
Tuesday, June 7th . St. Robert of Newminster: Ab. O.C.O. 12th cent. England.....in the Octave.
Wednesday, June 8th in the Octave.
Thursday, June 9th In the Octave of the Sacred Heart of Jesus.
Friday, June 10th Octave of the Sacred Heart . . . comm. St. Margaret of Scotland; Q.
Saturday, June 11th . . St. Barnabas; Ap. & Myr. 1st cent.
Sunday, June 12th Third Sunday after Trinity

Animal News from the Priory **Peek-a-boo sheep!**



The sheep don't seem to be sure what to make of all the tall grass in one of their pastures!

6.

Ethereal Visitors



We were visited by a bunch of these lovely moths this week. They seemed to like clinging to the door of the garage, for there were about 30 of them. Evidently they figured the warning sign didn't pertain to them as they chose to just 'hang around' and enjoy their vantage point!

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