



# The Meditation

**Sunday within the Octave of the Feast of the Sacred Heart**

**Second Sunday After Trinity Sunday**

**June 10<sup>th</sup>, A.D. 2018**



**The Parable of the Great Feast**

**15<sup>th</sup> cent. Altar Missal Illumination**

**The Gospel for the Day – St. Luke: Chap. 14; Vss. 16 - 24**

**The Introit Prayer for The Sunday Within the Octave of the Sacred Heart  
(The Second Sunday After Trinity)**

***The Lord was my upholder, he brought forth also into a place of liberty: he brought me forth, even because he had a favor unto me. I will love thee, O Lord, my strength: the Lord is my stony rock, my defense, and my Saviour. (Psalm 18)***

The antiphon for today's Mass comes from the 19<sup>th</sup> and 20<sup>th</sup> verses of **Psalm 18**. It's remarkable how often the psalmist characterizes the Divine protection as bringing one into a wide and spacious place, in which they are free from the restrictions of cramped and narrow surroundings. We read in **Psalm 4**: "*Hear me when I call O God of my righteousness: thou hast set me at liberty when I was in trouble.*" (*Psalm 4; Vs. 1*) The psalmist in **Psalm 24**, as it is translated directly from the Hebrew, says; "*enlarge the straits of my necessities.*" In **Psalm 31**: "*Thou has not shut me up into the hand of the enemy; but hast set my feet in a large place.*" (*Psalm 31; Vs. 9*). And last, we glean from **Psalm 119**: "*Thy commandment is exceeding broad*" (*Psalm 119; Vs. 96*).

This emphasis upon the broadness or spacious character of the true Christian life, may come as a surprise to those who are accustomed to taking only a superficial view of things; those who are apt to regard the Christian religion mainly as a collection of more or less arbitrary and bothersome restrictions upon the freedom which we would otherwise enjoy. In this view one that is held by a great many outside the Church today, the revealed doctrines of the Faith hinder and cramp intellectual freedom, while the many moral laws and ecclesiastical precepts restrict the liberties of action and modern sensibilities even more. Such folks who focus on the "*Thou shalt not's*" will deduce an unbalanced view of what it is to really be a Catholic Christian.

There would be very little need to restrict freedom, if humans could be trusted to use it appropriately. Rules and regulations, when made, should be regarded as guidelines to the correct use of our liberties rather than as infringements of them. After all, what is true freedom? It's the liberty of the intellect to believe what is true, and the liberty of the will to do that which is good. We have the power to believe that which is also false, but we have no right to do so. Similarly, we have the *power* to do wrong, but we have the *right* to do what is good. When rules get cast aside, chaos replaces order, and in short order, everything becomes 'relative' to arbitrary rules based upon consensus instead of solid truths.

When viewed from this standpoint, the Catholic Faith with its intricate doctrinal standards of belief and its long-established laws of human action is simply a comprehensive guide to the right exercise of human freedom. What if we were to take a guide-book on gardening written by an expert, with its "dos" and "don'ts" and say they are arbitrary restrictions upon our freedom to do whatever we want on our plot of land. Isn't it the nature of wise counsel and thinking to try to

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get the best out of our garden? Or what if we bought a Chilton auto manual while we were working on a car motor, and concluded that the author (an expert mechanic) was repressing our right to be creative and just arbitrarily started messing with the motor? Not only would we have left-over parts when we were done, we may experience calamitous results when we turned the ignition key!

The human mind is made for truth and the truth shall make us free.\* The intellect is never as free as when it deliberately chooses that which is good. St. Augustine of Hippo writes: “*Nothing conquers except truth: the victory of truth is charity.*” \*\* We can deduce in our meditation today that our timeless Catholic Faith is precisely that “large place” as described in the Psalms!

**Meditation Notes:**

\*Ref; **St. John; Chap. 8, Vs. 32:** “And ye shall know the truth, and the truth shall make you free.”

\*\***St. Augustine of Hippo:** excerpt from Sermon 358, Ch. 1

## Prory Kalendar

*For the week of:*

**June 10<sup>th</sup> to June 17<sup>th</sup> - A.D. 2018**

### In Trinity tide

**Sunday, June 10<sup>th</sup> . . . . Second Sunday After Trinity**

*Comm. St. Margaret of Scotland; Q. & Wid. 11<sup>th</sup> cent.*

**Monday, June 11<sup>th</sup> . . . St. Barnabas; Ap. & Myr. - 1<sup>st</sup> cent.**

**Tuesday, June 12<sup>th</sup> . . . . . in the Octave of the Sacred Heart**

**Wednesday, June 13<sup>th</sup> . . St. Anthony of Padua; Conf. & Doct. O.F.M. - 12<sup>th</sup>/13<sup>th</sup> cent. Italy**

**Thursday, June 14<sup>th</sup> . . . . St. Basil the Great; Bp. C. & Doct. - 4<sup>th</sup> cent. Syria**

**Friday, June 15<sup>th</sup> . . . . . Octave Day of the Sacred Heart . . . . . *fast & Abstinence***

**Saturday, June 16<sup>th</sup> . . Saturday of the Blessed Virgin Mary; (Mass and Offices Recommended.)**

**Sunday, June 17<sup>th</sup> . . . . . Third Sunday After Trinity**

*Comm. St. Botolph; Abt. - 6<sup>th</sup> cent. England*



**ST. BARNABAS**  
Disciple & Martyr (c.61)  
Memorial - 11 June

**June 11<sup>th</sup>**  
**St. Barnabas**



**June 13<sup>th</sup>**  
**St. Anthony of Padua**



**June 14<sup>th</sup>**  
**St. Basil the Great**

## KALENDAR KEY:

Abt. = 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/Commemorate, Dcn. = Deacon, Doct.  
= Doctor of the Church, Ev. = Evangelist, H. = Hermit, LBr. = Lay Brother, LSr. = Lay Sister,  
K. = King, Mat. = Matron, M. = Monk, **M.M. = Month's Mind ( Requiem for the recently  
departed on the 30<sup>th</sup> day after death or burial)**. Myr. = Martyr, N. = Nun, Obl. = Oblate, P. =  
Priest, Po. = Pope, Pr. = Prior, Prs. = Prioress, R. = Recluse, **RM = Requiem Mortuorum, ( Mass  
and Offices for the departed once a month as designated on Kalendar)**.  
SDcn. = Sub Deacon, Q. = Queen, Ven. = Venerable, Vir.=Virgin, W. = Widow.

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

**RELIGIOUS ORDER ABBREVIATIONS:** 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 = Capuchin Order, O.P. = Order of Preachers (Dominicans also called 'Blackfriars'),  
O. Praem. = Order of Canons Regular (Norbertines), O.S.B. = Order of St. Benedict  
(Benedictines), O.Ss. S. = Bridgettines, O.S.U = Ursulines, O.C.O. = Order of the Cistercian  
Observance (Trappists/Trappistines), O.C.S.O. = Cistercian Order of the Strict Observance  
(Trappists/ Trappistines). Tert. = Tertiary (Third Order religious).

## About the Meditation and About Us

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 5<sup>th</sup> century Father of Western Monasticism. We are resident within the Diocese of the Northeast (DNE), of the Anglican Church in America (ACA), a member of the worldwide Traditional Anglican Communion (TAC).

The Meditation is a weekly online offering that is sent out free of charge to anyone who desires to receive it. Subscribers may copy and pass along The Meditation to their families and friends, or send us their e-address (*with their permission*) to add to our subscription list so they may receive it directly from us. Each issue is sent out as a BCC (Blank Copy) in respect to subscriber privacy and online security.

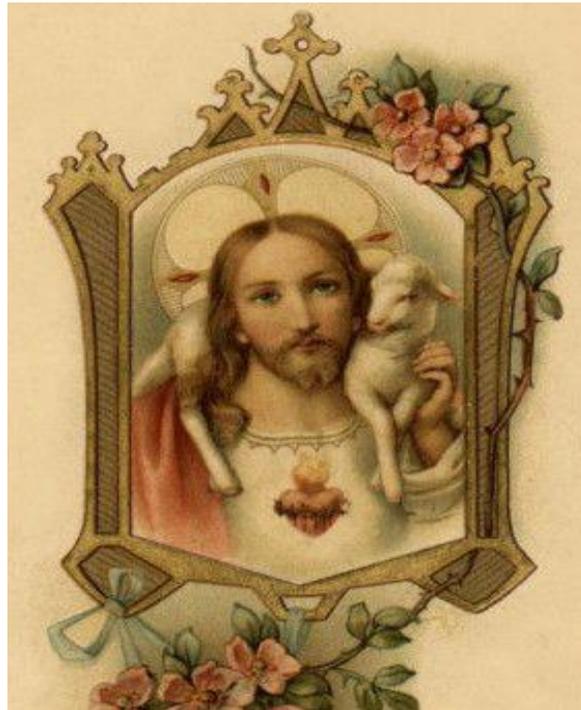
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**PLEASE NOTE:** In respect to our contemplative vocation and the animals in our rescue and rehab center, we do not have guest or bathroom facilities and do not regularly receive visitors.

Fr. Kevin is available to hear confessions and give spiritual direction by appointment only. Please contact via email to make an appointment or to make us aware of your needs, concerns and intentions for our prayerful attention. It is our privilege to pray for you.

### PLEASE CONSIDER REMEMBERING US IN YOUR ESTATE PLANNING

Contact Sr. Mary Francis, O.S.B. for more information via our email address.



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## Feasts, Fasts, and Other Things

By Br. A, Chip Munk, O.S.B.

**Br. Sylvester sez:**



**Guess Who I am? . . .**



**. . . . Nuts-tradamus!**

Feasts, Fasts, and Other Things *from*: The Chipmunk's Nutshell Library is presented by Br. A. Chip Munk, O.S.B. Br. Chip is our very academic munk of Our Lady of Seven Sorrows Priory in Raymond, Maine, USA.

We see a very uncertain future for a certain squirrel if he starts messing with Br. Chip's

Column! -the Editor. 😊

## Animal News

*By Sr. Mary-Francis, O.S.B.*



**Ruthie and her old friend, Pandy doing what dogs do best.**

*One of the beautiful lessons that we can learn from dogs is to just BE. Dogs, unlike humans, do not ever felt the need to be in motion all the time doing, doing, doing. They have no ego, no one to impress, and very little interest in worldly things. While they like to run and play and be active, they seem to realize that there is a “time for every purpose under heaven” and when they are quiet, and motionless, they are able to hear the still, small voice of their master who reassures them of what a wonderful creation they are and how much they are loved....*

# PAX



