

Feast of the Holy Family

The readings and gospel remind us of our need to develop, to deepen our ability to trust the Trinity's will for us, and to grow in our desire and ability to trust Their ways in our lives. In the readings we are reminded that just as Abraham had to completely trust God when he and Sarah were told to go and live in a far away and strange land they didn't know, we too are called to grow in our spiritual lives by growing in our ability to completely trust the Trinity; to grow out of our spiritual comfort zone, so as to be able to more fully experience the Trinity's love and mercy, so we can more fully experience Their transforming graces, in order to nurture Their gift of eternal life in our souls. In the gospel passage, we are shown the fruit of a life of deepening one's openness to the virtue of Faith, the ability to trust the Trinity, in Simeon's and Anna's ability to recognize their Lord and Savior in the child Jesus. They were able to see and acknowledge the Trinity's faithfulness to the Trinity's promise of a messiah, a savior. They were able to experience the Trinity's limitless love.

Simeon and Anna did not develop the virtue of faith without effort, as the gospel reminds us both spent their days in the temple purifying themselves through prayer and fasting. For us today, we need to follow the Blessed Virgin Mary's, St Joseph's, Simeon's, and Anna's example, and work on deepening the ability to follow the Trinity's will in our lives by prayer and fasting, so as to allow the Trinity's graces to strengthen the Theological virtues, especially Faith, and the Cardinal virtues; and strengthen the gifts of the Holy Spirit. We need to have the Trinity's graces strengthen the Theological virtues, the Cardinal virtues, the Holy Spirit's gifts and fruits in us so we can purify our souls in order to follow the Blessed Virgin Mary's, St Joseph's, Simeon's, and Anna's example of making our soul a temple for the Trinity to reside in; to be a tabernacle for the Trinity's eternal love to reside in us; thereby growing in our ability to trust the Trinity's will and way for us.

During the short meditation time after the homily, will we silently ask for the Trinity's graces to strengthen the Theological virtues, the Cardinal virtues, the Holy Spirit's gifts and fruits in us, so we can purify our souls of those secular, worldly ideas and activities, which corrupt our souls which leads us to lose the ability to have the Trinity's eternal love reside in us thereby leading us to lose our ability to trust the Trinity's will and way for us?

While we are waiting to receive our Lord & Savior at communion, will we spend a moment or two, silently asking that the Trinity's graces strengthen the Theological virtues, the Cardinal virtues, the Holy Spirit's gifts and fruits in us, so we can purify our souls of those secular, worldly ideas, activities which corrupt our souls, which cause us to sin thereby diminishing, losing the ability to have the Trinity's eternal love reside in us; or will our heart, mind and will be thinking about the other activities and things we are planning to do?

After we have consumed our Lord and Savior, we are given quiet time for prayer and meditation the Trinity desire us to have, so as to be completely open to the graces we have received in order to have our souls become a temple for the Trinity to reside in. Listen to this portion of the General Instruction of the Roman Missal (GIRM para 45) which echoes the Trinity's desire for us, to have time to quietly pray and meditate during the Mass:

“Sacred silence also, as part of the celebration, is to be observed at the designated times. Its nature, however, depends on the moment when it occurs in the different parts of the celebration. For in the Penitential Act and again after the invitation to pray, individuals recollect themselves; whereas after a reading or after the Homily, all meditate briefly on what they have heard; then after Communion, they praise God in their hearts and pray to him.”

During the quiet meditation time given us right after communion, will we spend some of that time in prayerful contrition and repentance for our sins in order to be completely open to the graces we have received so our souls can remain or become a temple for the Trinity to reside in? Or will our hearts, minds and will be spending that time desiring and thinking of secular activities and things?

After the Mass, and during the week, will we try to find some time to pray to the Trinity for the graces we need to strengthen the Theological virtues, the Cardinal virtues, the Holy Spirit's gifts and fruits in us, so we can purify our souls of those secular, worldly ideas and activities which corrupt our souls, which cause us to sin thereby causing us to lose the ability to have the Trinity's eternal love reside in us, thereby leading to a loss of the ability to experience a blessed, joyful and peaceful holy Catholic life the Trinity desire us to have?

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now, and especially when we consume our Lord in the Eucharist; so we can be open to the Trinity's graces; in order to reject secular culture's values, ideas, and approach to life; in order to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit.