

## 14<sup>TH</sup> SUNDAY OF THE YEAR, A, 2020

“Come to me, all you who labour and are overburdened, and I will give you rest.” Those are amongst some the most well-known words of Jesus in the Gospels. We often use that reading at funeral Masses, and with good reason. They are consoling words indeed from the Lord.

Perhaps obvious questions that spring to mind are, ‘but how do we come to him? How can we gaze upon him, learn from him, take his yoke upon our shoulders and unite ourselves to him? How can we find rest for our souls and so become the beautiful people we know God wants us to be?’

The simple answer is by coming to the Lord in adoration of the Blessed Sacrament (which takes place most days of the week, at the moment, at 12-1pm in St James’ and in Crail Sundays 10-11pm and Mondays 6-7pm). It may not always be the best time of day; it is certainly not as good as personally attending Holy Mass, for which we long; but, if we are able and permitted, it is surely the best thing we can do right now for our spiritual lives. In adoration, the Lord is right there before us. We gaze silently upon the one who begged us to come to him; we see him in the flesh and are able to unload our worries onto him. We are able to commend all our petitions to him in his Real Presence and receive true rest for our souls.

Jesus did not make those statements in vain. He did not tell only those around him to come to him and leave the rest of us bereft of his vivifying presence. He knew that in adoration the rest of us in the Church would be able to come to him; all those who labour and are overburdened would be able to come to him.

In adoration, which is a genuine continuation of the graces received from the Eucharistic Sacrifice, from the Mass (an extension of the Mass, if you like), we come into real, personal contact with the one who loves us above all created things. Indeed, adoration is the abiding love of Christ radiating outwards for all those who come to him. To paraphrase from an event in the life of St John Mary Vianney, in gazing upon him in adoration, he gazes upon us; in return for our gaze of broken love for him, he gazes back in unbroken and eternal love for us. Just as the Sun gives light, warmth and energy to the things of earth, so the Son of God present in adoration gives us spiritual life to feed our souls. And, of course, we can still take our Missals with us or find the readings for Mass online ([www.universalis.com](http://www.universalis.com)).

Perhaps we could put it this way: if your favourite superstar (a golfer, a singer, whoever!) was coming to your town or village, would you not want to go down the street and see him/her for yourself, in person? I think we all know the answer to that question. The same should be true of Jesus.

This is why it is the great friends of Jesus, the saints, who always encourage us to deepen in our devotion of the Lord in the Blessed Sacrament, including adoration. There are so many quotations from the saints on adoration. If you don’t believe me, follow this link: <http://www.therealpresence.org/eucharst/tes/quotes15.html>. You’ll find hundreds of them collated in one place. I shall leave you with just two of them:

*“Do you want the Lord to give you many graces? Visit Him often. Do you want Him to give you few graces? Visit Him rarely. Do you want the devil to attack you? Visit Jesus rarely in the Blessed Sacrament. Do you want him to flee from you? Visit Jesus often”.*  
(St John Bosco)

*“Nowhere on earth are you more welcome. Nowhere on earth are you more loved than by Jesus living and truly present in the Most Blessed Sacrament. The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth”* (St Mother Theresa of Calcutta).

If you can spare 10-15 minutes this week, and only if you are able and safe to do so, why not come to the church for adoration sometime this week? Bring your family too. I don't think you will regret it.