

Living the Word

I Peter 1.17-21

It's sometimes difficult for us to live our lives fully as God wants us to. But we must realise that if we're planning to clothe ourselves with God's protection, we need to conduct ourselves as if we're constantly waiting for him to return. The mysteries of the sacraments should be things that we make use of at every single occasion. But as Peter reminds us, we must constantly keep our eyes fixed in the Lord, knowing that our faith and hope are linked to the birth we celebrate in December, and the Cross and Resurrection we have just celebrated. So today, let us pray that we're always given the strength to live our lives as God would want us to. And let's continually pray that the rest of humanity would hear the Good News with open ears.

Saints & Heroes

St George

St George was a Roman officer in the Guard of the emperor Diocletian. He was martyred around the year 303 by decapitation following a particularly brutal torture. The emperor had intended to break St George, in order that he might forsake Christ, and join the Pagan religion of the Empire. St George, however, remained true to Christ, through the most horrendous ordeals, and now wears the martyr's crown. St George is perhaps an odd choice for the patron saint of England, but the story of his slaying of the dragon captured the minds of the entire world, even if it were just as likely to have actually happened as his ever coming to England. King Edward III made St George Patron of England and the Royal Household in 1350, around the time of the Crusades. St George's war-like skills must have been some comfort to the knights fighting in far off lands. The knightly cult of St George continued, and was immortalized in Shakespeare's Henry V, as the final lines of the king's rousing 'Once more into the breach dear friend's' speech: 'The game's afoot: Follow your spirit, and upon this charge Cry "God for Harry, England, and Saint George!"'

From the Fathers

'The Lord, as you have heard, appeared to his disciples after his Resurrection, and greeted them, saying: Peace be to you. This is indeed peace, and the salutation of salvation; for salutation receives its name from salvation. And what better than that salvation itself should greet mankind? For Christ is our salvation. For he is our salvation who was wounded for us, and fastened with nails to the Wood, and taken down from the Wood, and laid in the sepulchre. But he rose from the sepulchre; and though his wounds were healed the scars remained. For this he judged expedient for his disciples: that he should keep his scars to heal the wounds of their soul.'

From *Peace to you* by St Augustine of Hippo (354-430, bishop, theologian)

The Meal



Central to our very existence is food – no dinner, grumpy you. No dinner repeatedly, no you at all. Food is vital to our wellbeing, and our long-term existence. No wonder then that God has taken this core aspect of our existence and raised it up further – a simple meal becomes the vehicle and the means for our sanctification! We who share in the communal meal of Holy Church consume the Most Precious Body and Blood of none less than Jesus Christ! And, whereas we tell our children that if they eat too many chips they will turn into a chip as if that were a bad thing, that very process of becoming is exactly what we desire when we eat and drink of the sacred Body and Blood – we in our partaking are transformed and configured more closely to the person of Jesus Christ. If you currently only attend mass on a Sunday, are you only having your dinner on a Sunday too? If you are feeding your physical body daily, perhaps consider feeding your soul more frequently too.