

Reflection for Sunday, July 18, 2021

The Sixteenth Sunday of Ordinary Time

from Jon Metz

As the pandemic restraints continue to lessen, we are tempted to “get back to normal.” All of the sudden there is social pressure to see friends, go out and take advantage of summer. There are sporting events (Go Bucks!), concerts, restaurants and parks to visit. It is exciting, but a little overwhelming too. It is amazing how quickly we jump back into the hustle and bustle. I think back a year ago, people would say we should learn from this time. Let’s not go right back to over scheduling our lives when the pandemic is over. It is amazing how quickly we forget.

Our Gospel today reminds us to withdraw and rest. Jesus and the disciples did this often. This helps us to center ourselves and not lose our focus in the shuffle. My smart watch reminds me to breathe. I often am annoyed when this reminder pops up, but every time I actually take a time out and breathe, I feel better. After we take our reflective time, we can re-engage with all of the excitement of life. Jesus did this when he disembarked from the boat. He saw the people eager to learn from him; so, he got back to work teaching them. It is wonderful that we are able to socialize, learn and contribute to our society again. Just remember to take some time for peace and reflection too.

- How is your schedule this summer? Too busy? Or too much relaxing? Or just right?
- When do you take quiet time for reflection?
- How do you take quiet time for reflection?