

Heartbeats

The Company of St. Angela in the 21st Century

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Our First Reading from Zephaniah (3:14-18^a) tells us “Shout for joy, O daughter Zion! Sing joyfully, O Israel...for the King of Israel is in your midst, you have no further misfortune to fear...for the Lord your God, a mighty Savior is in your midst...He will rejoice over you with gladness and renew you with his love...”

How meaningful is this message as we are confronted with the contradictions of our leaders, contradictions within our country and throughout the world. Contradictions within ourselves!

In Philippians, Paul tells us to “Rejoice in the Lord always...Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.”

The Responsorial Psalm reminds us that “God is indeed our Savior; I am confident and unafraid, for my strength and courage is the Lord.” We are reminded that the Spirit of the Lord is upon each one for He has “anointed me” to bring glad tidings to the poor (Alleluia verse).

And John the Baptist in Luke’s gospel, when asked by the people “What should we do?” reminds us that in preparing for the Lord’s coming we need to practice justice, generosity and compassion. Why do we pray more, serve and offer sacrifices? Because all of this will lead to a new life in Christ. Are we ready?

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