

Sancta Maria Catholic Parish

27th & 28th Sundays in Ordinary Time ~ 8th & 15th October 2017

It is important for us to remember that God really wants us to be happy (Ph 4:4). Life is meant to be far more than discipline, self-control, obedience, self-denial and sacrifice. But happiness is also much more than passing satisfaction and pleasure. Gratitude, love, peace and joy are all aspects of true happiness. God created us so that we could be eternally happy in heaven and God wants us to be happy now.

Happiness comes to us indirectly. If we seek our own happiness no matter what, at the expense of others and in isolation from God and others, we will be quite frustrated. Happiness—the kind of happiness that God wants for each one of us—comes as a by-product of trust and love.

So if we are not happy then we should gently ask ourselves why. Something is wrong if we are not at peace, if we cannot trust, if we do not experience gratitude or even joy.

God does want us to be happy. God shows us the path to true happiness. The path that God shows us is the way of faith, love, mercy, purity of heart, justice and peace.

Today's beautiful second reading from Philippians chapter 4 gives us some further directions: "Do not worry, pray for what you need" "fill your minds with what is true, noble, good and pure".

Happiness comes when God reigns in our hearts. It just happens. When it does happen we are in a position to love one another more. And happiness is rather infectious—our very presence can be a source of peace for others. "What the Spirit brings is different: love, joy, peace, patience, kindness, goodness, truthfulness, gentleness and self-control. Gal 5:22

Fr Barry Malone sm

