

- Essential advice from Jesus in our Gospel today (is there any other kind from Him?)—telling us that we should always make time to “*come away by yourselves to a deserted place and rest a while.*”
- To get away from the constant noise...the constant stimulation of the senses from electronic devices, internet, all the events that hold onto our attention, and to re-center ourselves on what truly matters.
- Like the story of the sisters Mary and Martha—Martha was so concerned about serving guests and approval by society that she could not see the wisdom of her sister Mary, who knew that the important thing was to hear the teaching of Christ.
- After all...noise is just noise. But the Word of God leads to salvation and eternal life.

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- We all know how we get distracted by things of world and forget about God...so many things vying for our attention...so many things to do...so many diversions.
  - Even near the end of Mass people are chomping at the bit to go do something else. To go to the next “thing”.
  - But, really...what is so critical as to eclipse the seeking of God’s own blessing? Will we even ration our love for God...as if we’re doing HIM some favor spending time with Him.
  - God chastises us about lackadaisical worship through the prophet Malachi: “*You say, ‘What a burden!’ and you scorn it, says the LORD...*” (Malachi 1:13)
  - But our time with God is the most important time we spend.

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- How many times do we ask God for something when in we’re in need, but spend little to no time w/ Him otherwise...like the errant adult child who comes to visit parents only when he needs money.

- We must be ready and willing to spend time w/ God...else He may not make time for us—either in this life, OR the next.
- Remember the story of the 10 lepers healed by Jesus, and only one returned to give thanks. And Jesus said, rather disgustedly:  
*“Were not ten cleansed? Where are the [other] nine? Was no one found to return and give praise to God except this foreigner?”*  
*And he said to him, ‘Rise and go your way; your faith has made you well.’”* (Luke 17:17-19)
- So let us beware of becoming like of whom St. Paul writes: *“... although they knew God they did not honor him as God or give thanks to him, but they became futile in their thinking and their senseless minds were darkened.”* (Romans 1:21)
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- Our weekly worship at Mass especially is our obligation. From the institution of the Sabbath in Moses’ time God has required a weekly community worship by His faithful.
- ...but it is infinitely more our privilege...by far the most important thing that we do in life...because it reaches into eternal life...this worship of Our Lord and God.
- How little is expected of us...and yet how much is given to us... and God promises: *“If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure...then you shall take delight in the LORD, and I will make you ride upon the heights of the earth...”* (Isaiah 58:13-14)

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- It is because we have so much and suffer so relatively little that we so cavalierly take for granted God’s many gifts to us.
  - Complacency and presumption are always a danger...even though we know that all can be taken from us in a moment.
  - This awareness of the dangers of complacency is why the author of Proverbs prays to God: *“...give me neither poverty nor riches;*

*feed me with the food that is needful for me, lest I be full, and deny thee, and say, 'Who is the LORD?' ...*” (Proverbs 30:8-9) Lest I think myself self-sufficient, and need not God.

- So, as Jesus says: “*...do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'...But seek first his kingdom and his righteousness, and all these things shall be yours as well.*” (Matthew 6:31-33)
- Simplicity of life minimizes distractions from God...from He who deserves our attentive worship...and from distraction from our families and our duties.

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- So let us not neglect Jesus’ exhortation and frequently go to a quiet place with Him and rest awhile...separating ourselves even for a little while from the busy-ness of our lives—in the Blessed Sacrament chapel, delving into the Gospels or some other spiritual reading in a quiet place, or something as simple as going on a walk and praying the rosary.
  - Because, as He tells us, it is there with Him that we will finally find rest for our souls.
  - The wise sheep walks close to the shepherd...so that he “*fear no evil for you are at my side...and I shall dwell in the house of the LORD*” ...forever.

Reading 1 [Jer 23:1-6](#)

Woe to the shepherds  
who mislead and scatter the flock of my pasture,  
says the LORD.  
Therefore, thus says the LORD, the God of Israel,  
against the shepherds who shepherd my people:  
You have scattered my sheep and driven them away.  
You have not cared for them,  
but I will take care to punish your evil deeds.  
I myself will gather the remnant of my flock  
from all the lands to which I have driven them  
and bring them back to their meadow;  
there they shall increase and multiply.  
I will appoint shepherds for them who will shepherd them  
so that they need no longer fear and tremble;  
and none shall be missing, says the LORD.

Behold, the days are coming, says the LORD,  
when I will raise up a righteous shoot to David;  
as king he shall reign and govern wisely,  
he shall do what is just and right in the land.  
In his days Judah shall be saved,  
Israel shall dwell in security.  
This is the name they give him:  
"The LORD our justice."

Responsorial Psalm [Ps 23:1-3, 3-4, 5, 6](#)

**R. (1) The Lord is my shepherd; there is nothing I shall want.**

The LORD is my shepherd; I shall not want.  
In verdant pastures he gives me repose;  
beside restful waters he leads me;  
he refreshes my soul.

**R. The Lord is my shepherd; there is nothing I shall want.**

He guides me in right paths  
for his name's sake.  
Even though I walk in the dark valley  
I fear no evil; for you are at my side  
with your rod and your staff  
that give me courage.

**R. The Lord is my shepherd; there is nothing I shall want.**

You spread the table before me  
in the sight of my foes;  
you anoint my head with oil;  
my cup overflows.

**R. The Lord is my shepherd; there is nothing I shall want.**

Only goodness and kindness follow me  
all the days of my life;  
and I shall dwell in the house of the LORD  
for years to come.

**R. The Lord is my shepherd; there is nothing I shall want.**

Reading II [Eph 2:13-18](#)

Brothers and sisters:

In Christ Jesus you who once were far off  
have become near by the blood of Christ.

For he is our peace, he who made both one  
and broke down the dividing wall of enmity, through his flesh,  
abolishing the law with its commandments and legal claims,  
that he might create in himself one new person in place of the two,  
thus establishing peace,  
and might reconcile both with God,  
in one body, through the cross,  
putting that enmity to death by it.  
He came and preached peace to you who were far off  
and peace to those who were near,  
for through him we both have access in one Spirit to the Father.

Gospel [Mk 6:30-34](#)

The apostles gathered together with Jesus  
and reported all they had done and taught.  
He said to them,  
"Come away by yourselves to a deserted place and rest a while."  
People were coming and going in great numbers,  
and they had no opportunity even to eat.  
So they went off in the boat by themselves to a deserted place.  
People saw them leaving and many came to know about it.  
They hastened there on foot from all the towns  
and arrived at the place before them.

When he disembarked and saw the vast crowd,  
his heart was moved with pity for them,  
for they were like sheep without a shepherd;  
and he began to teach them many things.