

# PEACE OF MIND

MT 5:17-37



**There is nothing more uncomfortable if you are out walking and you discover that a very small piece of stone has somehow found its way into your shoe.**

If this happens to be sharp, matters become worse, and you are faced with the prospect of having to adopt a somewhat undignified posture (possibly in public) to relieve the pain. This idea of something very small causing a great deal of discomfort is at the bottom of the notion of a scruple. Like most descriptions, to refer to someone as being scrupulous can be positive: for instance, if someone is scrupulous about their expenses, it means that they only claim what they are entitled to. But there is a spiritual condition by the same name with is negative and can cripple a person psychologically. A scrupulous person sees sin everywhere, especially in their thoughts and attitudes and it is one of the most difficult problems to deal with. For many such individuals, the root of their worries lies in a misunderstanding of the teaching in the gospel about our thoughts.

Some people believe, and have been told by authority figures such as priests and teachers, that the thought is as bad as the deed. But we cannot control our first thoughts, so whether we like it or not, and whoever we may be, we are going to find ourselves thinking angry or lustful thoughts. This is perfectly natural, because these emotions are rooted in drives within us which we need if we are to survive (literally) as human beings. But we have to learn to deal with these thoughts. To be angry with another person may well be a good thing if they are acting in an unjust way: there would be no end to discrimination, for example, if people did not get angry and decide to do something about it. But if we allow anger to become resentment, it poisons our own life. Sexual attraction is a normal part of our human makeup: but to indulge it in inappropriate ways means to become a slave to this particular passion.

The worst way to try to deal with what we might consider sinful thoughts is to fight them and tell ourselves that we should not be thinking this way. We might accept that as long as we are alive and functioning human beings they are going to come into our mind. The ideal of the person who has mastered his or her passions and subdued them is a dangerous one for most of us. If we accept that our emotions are simply a fact, and that they are neutral rather than sinful, then we might find that peace of mind which allows us to be contented and fulfilled disciples of Jesus. ■

## REFLECT

Jesus is telling us that it is no use simply keeping the rules outwardly: our behaviour should reflect our inner being and attitude. Our inner life needs to be nourished by prayer if it is to develop. Prayer need not mean spending long periods in silent meditation, which for most of us is just not possible. It is perhaps a matter of becoming aware of God being with us wherever we are. Spiritual writers talk about cultivating a sense of the presence of God, which then is as natural as breathing, because it has become the spiritual atmosphere in which we live. Our life will then be a peaceful co-operating with the grace of God, Emmanuel, God-with-us. ■

## LEARN

There are no vowels in Hebrew, only consonants with signs to indicate vowel-sounds.

The English expression jot or tittle comes from the text about not one dot, not one little stroke disappearing from the Law. This may apply to a stroke added to certain letters as decoration.

The Law and the Prophets is Matthew's way of referring to the Old Testament as a whole.

Jesus' untypically harsh comments about the Scribes and Pharisees reflect a later conflict between Matthew's community and the Synagogue leaders of that time.

When you find yourself thinking the "wrong" kind of thoughts, try laughing at yourself and don't worry. Often humour is a better way to change our attitudes than feeling guilty about them.

## DO

If you have a fish tank or fish bowl in your house, sit and look at it: if you don't, just imagine one. Think of the little fish which asked its mother, "Where is the water?" The mother's reply is the answer to the question we sometimes ask, "Where is God?"

## SAY

Speak, Lord, your servant is listening.

# PARISH OF DROMORE

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## Sixth Sunday in Ordinary Time

## Sunday 12<sup>th</sup> February 2017

### Sunday Mass Times

**St Colman's Dromore**

**All Saints Ballela**

Sunday 11.00am

Sunday 9.45am

### Weekday Mass Times: St Colman's

**Mon, Tues, Thur & Fri 9.30am:** Mass

**Wed: 9.30am:** Rosary with Eucharist

**Sat: 10-11am:** Exposition of the Blessed Sacrament

**Sat: Confessions 10-11am** (First Sat of the month)

### Ballela Anniversaries

**Sun 12:** John Fegan

John McAnarney Ballooleymore

**Sun 19:** Deceased members of The Bingham

Family

### Dromore Anniversaries

**Sun 12:** Geraldine O'Loughlin

Breen Morgan

Hugh Eadie (Months Mind)

Sarah (Dolly) McGuigan (Months Mind)

**Sun 19:** Gerard Keenan

Patrick Murphy

Francis Hamilton (Months Mind)

### Offertory Promise Collection £912.38

### Readers - Dromore

**Sun 19:** Claire Downey

### Dromore, Annaclone and Ballela Lourdes

### Committee

Grand Draw and Dance takes place in St Colmans Hall, Dromore on **Sat 18th Feb**, music by Kevin Kearney. Tickets for this draw are currently on sale. Lourdes Pilgrimage **17th to 22nd of May 2017**. Anyone wishing to travel as sick or pilgrim, contact any committee member, Pilgrim fare is £595. If there are any nurses who are new to the Parish and would be willing to give up their time to go to work in Lourdes contact Frances Kattourah on 07894166791.

Next committee meeting is on **Mon 13<sup>th</sup> Feb** at 8.30pm in Ballela School.

**Getting Married** Anyone intending to get married in Dromore Parish or in another Parish please contact the Parish office to insure all Church and Civil paper work is up to date and that we have your correct contact details.

### Parish Draw Winners Week 40

£500 DP MacAuley

550

£500 Joe Doyle

335

### Ballela GAC Lotto

Lotto Numbers: 6 14 15 17

No £10 Winner's. Seller's Draw: Susan McCusker

Next week's Jackpot: £5000

### Ballela Community Group

The Knitting and sewing class will begin on Thur 2<sup>nd</sup> March from 7-8pm in Ballela School. Cost is £15 for 8 weeks. Please bring all materials with you. This is open to all ages.

### ACCORD

Catholic Marriage Care Services is an agency that has had experience of working with couples and individuals supporting them in their marriages and intimate relationships for more than 50 years, there are 55 ACCORD Centre's across Ireland – nine of these are in Northern Ireland. The Dromore Diocese has an ACCORD Centre in the Parish Centre in Newry and provides three categories of service: Relationships Counselling for couples and individuals; Marriage Preparation Courses for those intending to marry in church; and a Fertility and wellbeing Service. Counsellors are specialists in the field of couples and relationships therapy and regularly engage in continuing education programmes which enable them to work effectively with all issues and difficulties which challenge the stability of couple relationships. The Newry Centre can be contacted on 028 3026 3577 or at [newry@accordni.com](mailto:newry@accordni.com). Full details of services can be found at [www.accord.ie](http://www.accord.ie)

### St Vincent de Paul Conference Dromore

Wish to gratefully acknowledge the generosity of Parishioners in Ballela and Dromore for £6,984.49 contributed in 2016 to our Church door collections enabling us to support the more vulnerable members of our community.

Go raibh mile maith agaibh.

### Whist

Whist will be held on Sun 19<sup>th</sup> Feb in Dromore. Ladies to supply pastry are Trudy Moreland and Maureen Brooker