

**Sixteenth Sunday in Ordinary Time**  
**July 22, 2018**

Blue Monday by Fats Domino

Blue Monday, how I hate blue Monday  
Got me workin' like a dog all day  
Here comes Tuesday, oh hard Tuesday  
I'm so tired, I've got no time to play  
Look out Wednesday I'm beat to my bone

Today the gospel talks about getting away from it all. Some of you are on vacation today. All of us look forward to rest and relaxation. Summertime in Wisconsin lends itself to laying back and enjoying the beauty that is all around us.

Jesus and his disciples take off and create some space for themselves so that they can be rejuvenated and renewed. This is our Sabbath day. What are you looking for when you come here to church? What are your hopes and expectations?

Our goal here at Sacred Heart and St. Alexander's is to provide a space and time where you can be spiritually renewed. It is much more than just a part of a weekend.

“Until quite recently, it was easier in traditionally Christian countries to keep Sunday holy because it was an almost universal practice and because, even in the organization of civil society, Sunday rest was considered a fixed part of the work schedule. Today, however, even in those countries which give legal sanction to the festive character of Sunday, changes in socioeconomic conditions have often led to profound modifications of social behavior and hence of the character of Sunday. The custom of the "weekend" has become more widespread, a weekly period of respite, spent perhaps far from home and often involving participation in cultural, political or sporting activities which are usually held on free days. This social and cultural phenomenon is by no means without its positive aspects if, while respecting true values, it can contribute to people's development and to the advancement of the life of society as a whole. All of this responds not only to the need for rest, but also to the need for celebration which is inherent in our humanity. Unfortunately, when Sunday loses its fundamental meaning and becomes merely part of a "weekend", it

can happen that people stay locked within a horizon so limited that they can no longer see "the heavens".(7) Hence, though ready to celebrate, they are really incapable of doing so." Par. #4 Dies Domini. John Paul II. Apostolic Letter. 1998

I have heard our liturgies here at Sacred Heart and St. Alexander's described as being quite spirited. Especially on weekends like the Fourth of July. Our music is especially engaging. Even so, on the other hand, I hear people say that they are bored or don't get anything out of it. Of course, that worries me and everybody else here in the parish. I compare it to our kids getting ready for school. I am always happy to hear a student say that they are anxious and ready to go back to school. If they say they are not looking forward to school, I tell them that something is wrong. We have to fix it. Going back to school begrudgingly is no way to live. If it isn't fun, it isn't learning.

So it is with all of our life. If we don't pay attention to our spirit we end up in a survivor mode, just hanging on, devoid of any internal life or hope.

Our Sabbath day brings us all together, to support one another, around the Eucharistic table of the Lord. There is nothing like it in all of life. Maybe you are here just out of routine, or maybe of obligation, or maybe out of obedience. Maybe some kids are here because their parents say they have to be here. Maybe you are here because of your love for God. Maybe you're here because your restless spirit yearns for something more.

When your soul is nurtured, then expressions such as TGIF or hump Wednesday or blue Monday are not part of your vocabulary. Now is the time in your own heart to get ready for school, to get ready for life and to live it to the full.