

Lord, save me!

9 AUGUST 2026

SUNDAY *Plus*

19th Sunday in Ordinary Time **Divine Office Week III** Year A

Trust in God!

Although I know well, Margaret, that because of my past wickedness I deserve to be abandoned by God, I cannot but trust in his merciful goodness. His grace has strengthened me until now and made me content to lose goods, land, and life as well, rather than to swear against my conscience...

I cannot, therefore, mistrust the grace of God...

I will not mistrust him, Meg, though I shall feel myself weakening and on the verge of being overcome with fear. I shall remember how Saint Peter at a blast of wind began to sink because of his lack of faith, and I shall do as he did: call upon Christ and pray to him for help. And then I trust he shall place his holy hand on me and in the stormy seas hold me up from drowning.

And finally, Margaret, I know this well: that without my fault he will not let me be lost. I shall, therefore, with good hope commit myself wholly to him. And if he permits me to perish for my faults, then I shall serve as praise for his justice. But in good faith, Meg, I trust that his tender pity shall keep my poor soul safe and make me commend his mercy.

And, therefore, my own good daughter, do not let your mind be troubled over anything that shall happen to me in this world. Nothing can come but what God wills. And I am very sure that whatever that be, however bad it may seem, it shall indeed be the best.

From St Thomas More's last letter to his daughter, Meg



Hans Holbein, the Younger - Sir Thomas More © Wikipedia

Never before has it been more urgent than it is now for us to become peacemakers working for the common good, for what is good for all and not just for the few, who are always the same.

Pope Leo XIV

Love grows!

The one who loves makes others love!
The symphony needs each note.
The book needs each word.
The house needs each brick.
The ocean needs each drop of water.
The harvest needs each grain of wheat.
The whole of humanity needs you
as and where you are.

You are unique.

No one can take your place.

Begin now! Why are you waiting?

Michel Quoist, *The Breath of Love*

Faithful God, when I feel overwhelmed by life,
let me reach out to take your hand. Hold me
close. Keep me safe. Be with anybody who has
lost sight of hope.  Amen.



Feast of the week Tuesday 11 August

St Clare of Assisi (1194-1253)

St Clare of Assisi was a radiant witness to Gospel poverty and spiritual courage. Inspired by St Francis, she renounced wealth and status to embrace a life of prayer, simplicity and service. Foundress of the Poor Clares, she wrote the first monastic rule by a woman, insisting on radical poverty as a path to holiness. Her convent at San Damiano became a beacon of light, where she nurtured her sisters with humility and love. Clare's deep devotion to the Eucharist and her unwavering trust in Christ were legendary: she once held the Blessed Sacrament aloft to repel invaders, praying for divine protection – which is why she is often portrayed holding a monstrance. Her final years were marked by illness, yet she remained a spiritual guide to popes and pilgrims alike. St Clare invites us to live with open hands and hearts, trusting that Christ is enough. Her legacy is one of luminous faith and fierce compassion.

READINGS

Today:
Isaiah 55:1-3
Romans 8:35,37-39
Matthew 14:13-21

Monday:
2 Corinthians 9:6-10
John 12:24-26

Tuesday:
Ezekiel 2:8 – 3:4
Matthew 18:1-5. 10.
12-14

Wednesday:
Ezekiel 9:1-7; 10:18-22
Matthew 18:15-20

Thursday:
Ezekiel 12:1-12
Matthew 18:21 – 19:1

Friday:
Ezekiel 16:1-15. 60. 63
Matthew 19:3-12

Saturday:
Ezekiel 18:1-10. 13.
30-32
Matthew 19:13-15

Next Sunday:
Apocalypse
11:19; 12:1-6. 10
1 Corinthians 15:20-26
Luke 1:39-56