

psalmist says "as for man, his days are like grass, as a flower of the field, so he flourishes. When the wind has passed over it, it is no more and it's place acknowledges it no longer" . Ps. 103. And again St Peter says "all flesh is like grass and all its glory like the flower of grass, the grass withers and the flowers fall off". 1 Peter, 1: 24. November can be a difficult month as the darkness steals light from our eyes but we can take comfort from the words of St Paul "No in all these things we are more than conquerors through him who loved us for I am convinced that neither death nor life, neither the present or the future, nor any powers, neither height nor depth, nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord". Romans 8. 37, 38. -Kevin Hanrahan

Entrance antiphon: Let the hearts that seek the Lord rejoice; turn to the Lord and his strength; constantly seek his face.

First Reading: Jeremiah 31:7-9

Psalms 125: Response: What marvels the Lord worked for us! Indeed we were glad.

Second Reading: Hebrews 5: 1-6

Gospel Acclamation: Alleluia, alleluia! I am the light of the world, says the Lord, anyone who follows me will have the light of life. Alleluia!

Gospel: Mark 10: 46-52

Memorial Acclamation: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

Communion Antiphon: We will ring out our joy at your saving help and exult in the name of our God.

"For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy." -St. Therese of Lisieux



Thirtieth Sunday in Ordinary Time Cycle B, 2023 Weekly

Reflection: All Souls Day: Our makings were in our mother and father. Our bodily essence came from them and it's their giving that binds us together with them forever as

they are bound with their parents before them. Our ancestors are dead and perhaps our parents as well, but they live on in us. Friends may say how we look like our mother " see those high cheek bones and the smile" or like our father in our high forehead and eyes. So they are in us and our make up was in them. There is a unity between us and that unity continues when they die and become Holy Souls in God. In a sense they have taken us to God and love us, in God and God loves us in them in High all embracing love.

Now as we celebrate All Souls' Day on November 2nd and continue to reverence the souls of the departed throughout November, we can see that there is already a binding between us and them. They are owned by us and we are owned by them. This is a Communion of saints. You may say "I am no saint" but in each of us sinners there is the making of a saint if only we would work on the ingredients.

So in our deceased parents and ancestors we already have, as it were, presence with God in heaven. So when we pray for our deceased relatives there is something of us that we are praying for, and as we pray for them they will pray for us. Those who have gone to God before us know us better than we know ourselves. They see our sinfulness, they see that in spite of our sins we strive to be good, we strive for goodness, we strive for "Godness". Our deceased family and friends have " Godness" - they have the holiness of God. Our holiness is mandatory, be holy as God is holy". So the more we are holy the more we join with our favoured holy souls, the more we are one with them in their eternal loving of God.

Now as we celebrate All Souls' Day we think of our own mortality, how short life is, how we are so soon to follow those who have gone before us. As the