

They were like
SHEEP
without a shepherd

MARK 6:34



©JPPC

**Saint Andrew
Catholic Church**

2100 SE Cove Road
Stuart, Florida 34997
772-781-4415



Saturday Vigil: 4:00pm
Sunday: 7:30, 9:00 & 10:30am
Monday-Friday 7:30am
Holy Days: Vigil 4:00pm
7:30am & 6:00pm

Confession:

Saturday: 2:30pm
Those wishing to receive the
sacrament
should be here at 2:30

First Friday

7:30am Mass followed
by individual confessions

First Saturday

7:30 Mass followed by individual
confessions

Pastor

Reverend John Barrow

Retired Assisting Clergy

Monsignor Blase Gintoli
Monsignor James Moore

Deacons

Deacon Louis Romero
Deacon Matthew Bartlett
Deacon Andre Boucher

Office Hours:

Monday-Friday
9am-12Noon
Saturday 2-4pm
Sunday
9am-12Noon

Youth Activities

DRE: Mrs. Donna Hernandez



July 18th, 2021 Sixteenth Sunday in Ordinary Time

Mass Intentions

July	17	Sat.	4:00pm	Shaun Murphy+
July	18	Sun.	7:30am	Edith Lagocki+
July	18	Sun.	9:00am	Candace Scirpo+
July	18	Sun.	10:30am	Neda Condie+
July	19	Mon.	7:30am	Anne & Patrick Moore+
July	20	Tues.	7:30am	Lucy DeBartolomeo+
July	21	Weds.	7:30am	Mary & Richard Healander+
July	22	Thurs.	7:30am	Dolores & Eldon Holoubek+
July	23	Fri.	7:30am	Hedwig Blankenberg+
July	24	Sat.	4:00pm	Jack Paul Sharp+
July	25	Sun.	7:30am	Eldon Holoubek+
July	25	Sun.	9:00am	The Cefalo Family+
July	25	Sun.	10:30am	Tom Cote+
July	26	Mon.	7:30am	Fr. Ducasse Francois(Liv)
July	27	Tue.	7:30am	Lou Petrozziello+
July	28	Weds.	7:30am	Hedwig Blankenberg+
July	29	Thurs.	7:30am	Michael Bradford+
July	30	Fri.	7:30am	Michael Magi+
July	31	Sat.	4:00pm	Callie Frances Sharp+
Aug	1	Sun.	7:30am	The Harden Family+
Aug	1	Sun.	9:00am	Robin Srebot Ziesmer+
Aug	1	Sun.	10:30am	Manuel Higuera+
Aug	2	Mon.	7:30am	Robert Paul Bretherick+
Aug	3	Tues.	7:30am	Rita Zuendt+
Aug	4	Weds.	7:30am	Thomas + & Phyllis Cote (Liv)
Aug	5	Thurs.	7:30am	Mary Towers+
Aug	6	Fri.	7:30am	The Parrini Family (Liv & +)
Aug	7	Sat.	7:30am	Colleen & Dick Venezia (Liv)
Aug	7	Sat.	4:00pm	Pauline Becker (Liv)
Aug.	8	Sun.	7:30am	Aaron Banasiewicz (Liv)
Aug.	8	Sun.	9:00am	Melanie Gallagher(Liv)
Aug.	8	Sun.	10:30am	Jean Marie Gonyou+



**Adult Education (RCIA)
& Lectors**

Christine Michaelian
Thursday 6:30pm-8:00pm

Adoration

Weds. Evenings 6-8pm
in Church

**Servants of the Eucharist &
Care of the Sick**

Kathleen Sullivan

Annulments

John Ginnetti

**Men of Saint Andrew
Dave Olio**

Monday evening 6:30-8pm
davidolio333@gmail.com

Prayer Shawl Ministry

Norma Olio
1st Wednesday of each month
10:30 am

Pro-Life Ministry

Michele Williams

Bible Study

Tuesday 10:00am
Tuesday 6:30pm

**Ignatian Spirituality
Prayer Group**

Weds. 8:30am-10:00am
(Lenten Retreat Thurs. 8:30am)

Disciples of Prayer

Camille Lascari &
Bob Greeson

Parish Website

saintandrewcatholic.org
Webmaster;
Michael Brennan

Community Outreach

**APOSTLES OF
JOHN PAUL II**

Please call for an
appointment
772-291-0002

Rosary Maker's Ministry

Kathleen Sullivan
Wednesday 10:00am

Ushers

Jane Engelbrecht
ejanybrainy@yahoo.com

Legion of Mary Friday 8:15am



Chaplet of Divine Mercy

Please join us in praying the Chaplet after the daily 7:30am Mass.
We pray for our Country, our Priests and for the Sanctity of Life.



Prayers Before Mass

July 18th, 2021 The Sixteenth Sunday in Ordinary Time

All of the information needed for today's liturgy is found in this bulletin, including Readings, and Responses.



Prayer to St. Michael

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and the snares of the devil; may God rebuke him, we humbly pray and do thou, O Prince of the heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen.

Penitential Act: A

The Confiteor

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Gloria

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks, for your great glory, Lord God, heavenly King, O God, almighty Father, Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us, you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. **Amen.**

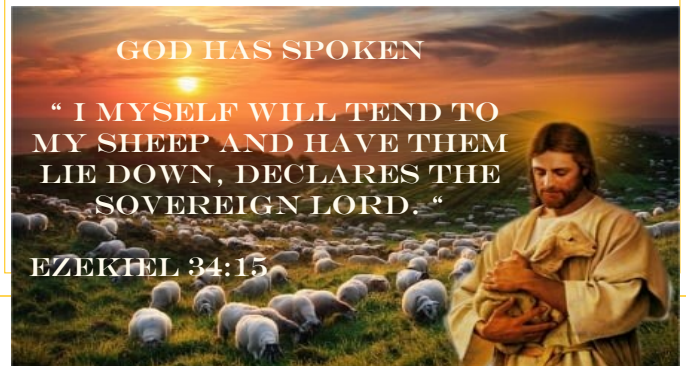
Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, **All bow at the words that follow, up to and including** and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church, I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

PRAYER FOR PROTECTION FROM STORMS

God, our Father, Creator of the Universe and Lord over all creation, we humbly stand before you as your children in thanksgiving for your loving care and protection. We ask that you keep us safe from all hurricanes. Protect us from all fear and anxiety of storms and give us an ardent trust and hope in Your love and mercy. You alone have the power to command the sea, the wind and the rain. You alone bring peace, calm, and safety. Father, we thank you in advance, for you are our only Refuge. We ask this through Christ, Your Son, Who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

**Mary, Queen of the Apostles, and
Patroness of Our Diocese, pray for us.**



Gathering Hymn

GATHER US IN

Marty Haugen

1. Here in this place new light is stream-ing,
 2. We are the young— our lives are a mys - t'ry,
 3. Here we will take the wine and the wa - ter,
 4. Not in the dark of build - ings con - fin - ing,
 Now is the dark - ness van - ished a - way,
 We are the old— who yearn for your face,
 Here we will take the bread of new birth,
 Not in some heav - en, light - years a - way, But
 See in this space our fears and our dream - ings,
 We have been sung through - out all of his - t'ry,
 Here you shall call the sons and your daugh - ters,
 here in this place the new light is shin - ing,
 Brought here to you in the light of this day,
 Called to be light to the whole hu - man race,
 Call us a - new to be salt for the earth,
 Now is the King - dom, now is the day.
 Gath - er us in— the lost and for - sak - en,
 Gath - er us in— the rich and the haugh - ty,
 Give us to drink the wine of com - pas - sion,
 Gath - er us in and hold us for ev - er,
 Gath - er us in— the blind and the lame;
 Gath - er us in— the proud and the strong;
 Give us to eat the bread that is you;
 Gath - er us in and make us your own;
 Call to us now, and we shall a - wak - en,
 Give us a heart so meek and so low - ly,
 Nour - ish us well, and teach us to fash - ion,
 Gath - er us in— all peo - ples to - geth - er,
 We shall a - rise at the sound of our name,
 Give us the cour - age to en - ter the song,
 Lives that are ho - ly and hearts that are true,
 Fire of love in our flesh and our bone.

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FIRST READING

A reading from the Book of the Prophet Jeremiah *Jeremiah 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."

The word of the Lord. **Thanks be to God.**

RESPONSORIAL PSALM

Psalm 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.

SECOND READING

A reading from the second Letter of Saint Paul to the Ephesians *Ephesians 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.

The word of the Lord. **Thanks be to God.**

R. Alleluia, alleluia.

My sheep hear my voice, says the Lord;
I know them, and they follow me.

R. Alleluia, alleluia.

LEAD ME, LORD

John D. Becker

Closing Hymn

Verses



1. Bless - ed are the poor in spir - it, long - ing for their
2. Bless - ed are the mer - ci - ful, for mer - cy shall be
3. Blest are they who through their life-times sow the seeds of



1. Lord, for God's com - ing king - dom shall be theirs.
2. theirs, and the pure in heart shall see their God.
3. peace, all will call them chil - dren of the Lord.



1. Bless - ed are the sor - row - ing, for they shall be con -
2. Blest are they whose hun - ger on - ly ho - li - ness can
3. Blest are you, though per - se - cu - ted in your ho - ly



1. soled, and the meek shall come to rule the world.
2. fill, for I say they shall be sat - is - fied.
3. life, for in heav - en, great is your re - ward.



Lead me, Lord, lead me, Lord, by the light of truth to



seek and to find the nar - row way. Be my way;



be my truth; be my life, my Lord, and lead me, Lord, to -



day. day. And lead me, Lord, to - day.

Text: Matthew 5:3-12; 7:7, 13; John 14:6. Text and music © 1987, John D. Becker.
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Gospel

Mark 6:30-34

The Lord be with you. **And with your spirit.**
A reading from the holy gospel according to Mark
Glory to you, O Lord.

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.

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

A Consistent Ethic of Life

"A wide spectrum of issues touches on the protection of human life and the promotion of human dignity. As Pope John Paul II has reminded us: *"Where life is involved, the service of charity must be profoundly consistent.* It cannot tolerate bias and discrimination, for human life is sacred and inviolable at every stage and in every situation; it is an indivisible good" (The Gospel of Life, no. 87).

"Among important issues involving the dignity of human life with which the Church is concerned, abortion necessarily plays a central role. Abortion, the direct killing of an innocent human being, is *always* gravely immoral (The Gospel of Life, no. 57); its victims are the most vulnerable and defenseless members of the human family. It is imperative that those who are called to serve the least among us give urgent attention and priority to this issue of justice" (2001: US Bishops' Pastoral Plan for Pro-life Activities: A Campaign in Support of Life).

The first reading and the Gospel passage echo the theme of God as our Shepherd. It is in the Second Reading that we see exactly how Christ shepherds us – through the reconciliation achieved in his blood. He shepherds us not simply by teaching us, but by destroying the very power of death.

The Church's pro-life efforts are to be seen and presented in this context, that is, as an aspect of the reconciliation of the world with God in Christ. The "enmity" of which St. Paul speaks has many dimensions, and in its widest spiritual sense includes the enmity that all sin places between us and God, and between us and one another.

The exaltation of individual "choice" above our responsibilities to the lives of others, especially our children, creates a destructive enmity. The peace that Christ gives is not something to be received only in an internal, spiritual way, but is a reality that transforms relationships, cultures, and nations. That peace demands respect for life and a rejection of the enmity that constitutes the culture of death.

Weekly Announcements



The Sanctuary
Candles are for
the intention of
John Laneve



The Candles at the Shrine of Our
Lady of Perpetual Help are for the
intention of
Mimi Porro



The Candle in the Adoration
Chapel of the Two Hearts is
for the intention
of
Emily Vitale



*The Lord's promise through
Jeremiah- "I myself will gather my
flock" is fulfilled in Christ who beck-
ons, "Come away by yourselves to a
deserted place and rest a while." "Beside restful waters he leads me";
the water are Jesus himself. When
others "come to know about" this
retreat, "they hastened there on foot,
"eager to "become near by the*

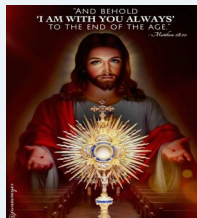
*blood of Christ"-whose heart is always moved with pity for
the poor and needy. We are members of that "vast crowd"
who realize that Jesus himself "is our peace, "the one who
enables us to "dwell in security."*

Adoration is now open in the Church M-F
8:00am -12pm. May you go meditate & spend time
with Jesus in the Blessed Sacrament .
No Wednesday night Adoration.

- Jesus cares about me and invites me too to come away and rest a while. I will be helped if I can go to a 'deserted place' occasionally to allow my soul to catch up. Otherwise, as T. S. Eliot says, I have the experience of God's action in my life, but miss its meaning because I don't give time to reflection.

- Lord, there are times when I want to get away from the crowds, when I feel oppressed by company. There are other times when I just wish that somebody knew that I exist; I can have too much of aloneness. If I can reach you in prayer, and know that you are more central to me than my own thoughts, I feel at peace, as the apostles must have felt.

<https://www.sacredspace.ie/scripture/mark-6-30-34>



Weekend Marriage Builders

COMMUNICATION



Do a personal inventory of your talking-and-listening skills.
Could these ten commandments for better communication improve your relationship?

- Express your feelings and frustrations honestly, without accusing or attacking.
- Choose words, expressions and a tone of voice that are kind and gentle.
- Do not exaggerate, distort or stretch the truth. Avoid extreme words like "never" and "always."
- Give specific examples; stay away from generalities.
- Seek solutions rather than merely airing grievances.
- Listen to what your spouse is saying, feeling and needing.
- Refuse to indulge bitterness, anger, withdrawal or argument.
- Acknowledge your own failure, and don't hesitate to forgive.
- Keep communicating until you both understand what the other is saying and feeling.
- Train your mouth and heart to say the right thing at the right time in the right way for the right reasons!

- Gary and Betsy Ricucci

Revive

Saturday: Ephesians 4:29-32
Sunday: James 3:1-12

Ten ways to Love

- Listen without interrupting. (Proverbs 1:8)
- Speak without accusing. (James 1:19)
- Give without sparing. (Proverbs 21:26)
- Pray without ceasing. (Colossians 1:9)
- Answer without arguing (Proverbs 17:1)
- Share without pretending. (Ephesians 4:15)
- Enjoy without complaint. (Philippians 2:14)
- Trust without wavering. (Corinthians 13:7)
- Forgive without punishing. (Colossians 3:13)
- Promise without forgetting. (Proverbs 13:12)



**Not Living
Happily Ever
After? Try
MARRIAGE
BOOTCAMP**



Marriage Boot Camp is a Biblically focused program designed specifically to renew your relationship with not only your spouse, but with our Lord as well.

This is an intense 12-week process that will challenge you and your spouse spiritually and emotionally and reacquaint you both with God's plan for a joy filled marriage.

This program is currently under development, for more information:

Contact Deacon and Mrs. Louie Romero at
561-775-9557
or email lromero@diocesepb.org



The Prayer Shawl Ministry

will be meeting first Wednesday of every month at 10:30am. We are happy to be back in our regular meeting room A in the church with social distancing and masks. We have continued making shawls to give to parishioners, their family and friends.

Anyone needing a shawl to celebrate and/or comfort loved ones, please contact the person listed in this notice. We have recently received requests from St. Andrew Flocknotes, which we are happy to respond to. We also thank donors who have supplied us with yarn. We welcome any new people who would like to join in this giving ministry.

contact: **Norma 772 919 5963 nolio91@gmail.com**

**Reminder Servants of
the Eucharist meeting
Saturday July 31st at
10:00am**

APOSTLES OF JOHN PAUL II

2100 SE Cove Road, Stuart, FL 34997



OPEN Friday 9-12Noon

**Please call for an appointment
772-291-0002 WE ARE HERE TO HELP**

Rosary

Makers

Ministry

**Please join us in learning
how to make Rosaries. We
supply all materials
We meet Wednesday at
10:00 in Classroom C.
For more information,
please call the Church
Office and leave your
contact number.**



Religious Education Enrollment

Application Packets may be picked up at the church front reception desk or printed from the saintandrewcatholic.org website.

**Complete packets are to be returned by appointment
only on M/W/F only.**

**Please call 772-781-4415 ext. 214 to make your
appointment .**

Include: Birth and Baptism certificates. And, any other sacrament certificates.

Incomplete packets will not be accepted.

Fees

Current registered families (using weekly offertory envelopes):

First student —\$80

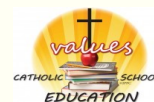
Each additional student—\$20

New registered families:

First student —\$125

Each addition student—\$30

There is limited space, so please register.



ENCOUNTER
SCHOOL OF MINISTRY
PALM BEACH CAMPUSES

**SUMMER
INTENSIVE**

July 19-22, 2021
mon-thurs evenings 6-9pm

CATHEDRAL OF ST. IGNATIUS OF LOYOLA
9999 N MILITARY TRAIL | PALM BEACH GARDENS, FL

**PARISH EXCLUSIVE
BRING A GUEST FREE!
USE CODE: PBB060
*MUST REDEEM TOGETHER.
USE CODE FOR PAYMENT
ON SECOND TICKET.**

PRESENTER
REV. FRANK
D'AMATO

PRESENTER
KIM
ENGEL

PRESENTER
DEACON PETE
DELVALLE

PRESENTER
DR. JAIMEE
PEREZ

"FIGHT THE FIGHT OF FAITH ACCORDING TO
THE PROPHETIC WORDS SPOKEN OVER YOU."
(1 TIM 1:18)

Identity & Transformation Hearing God & The Prophetic Gifts of the Holy Spirit
Power & Healing Inner Healing & Freedom

The Summer Intensive is an evening school that provides a survey of the content offered in the first four quarters of the Encounter School of Ministry over a fast four-day period. This quick paced, jam-packed course has attendees from around the globe and is designed for those desiring to attend the 2-Year Encounter School but are unable to do so because of distance or schedule. Many of our current students received their call for the 2-year program at the Summer Intensive.

COVID POLICIES: Masks and social distancing required in accordance with CDC recommendations.

For full schedule & registration, visit
encounterschool.org/palmbeach



Last Will and Testament

Please Remember your Church
St. Andrew
In your Last Will and Testament

Disciples of Prayer

St. Andrew's Church has established a ministry of prayer, **"St. Andrew's Disciples of Prayer"**. If you or a loved one, friend or neighbor, has a need of prayer or, if you have a generous spirit and can spend 5 to 10 minutes a day praying for special intentions, please contact ;
Camille at qtcattcl@gmail.com
or
Bob at cobra12220@aol.com
to place someone on the prayer list, or if you are called by the Holy Spirit to pray.

July's Month Devotion



We love having you as part of our Flock! Keep in touch with us via email and text!

Text 4ANDREW to 84576 or connect with us online at
saintandrewcatholic.org/stay-in-touch



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1

Go to
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2

Select Saint Andrew
Catholic Church
as your Charity

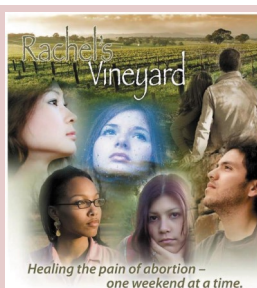


3

Shop!



**You get your purchase delivered
and Saint Andrew gets a free
donation in your name.**



STRUGGLING AFTER AN ABORTION OR A MISCARRIAGE?

YOU ARE NOT ALONE!

RACHEL'S VINEYARD
HEALING RETREAT

HOPE AFTER ABORTION and
MISCARRIAGE: Experience the
healing love of Jesus Christ during a

Rachel's Vineyard healing retreat. This retreat offers an opportunity to deeply enter into the grieving process and identify the ways your abortion or miscarriage may have affected you or a loved one. Discussions, spiritual exercises, prayer and reflection combined with the Sacrament of Reconciliation, a Memorial Service honoring your child and a beautiful Mass will help to heal the wounds of your past. Participation is strictly confidential and offers a unique opportunity to experience God's love, forgiveness and tender compassion. Both men and women are invited to experience this healing for their soul.

Retreats are planned for this year 2021

For more information, call **Donna Gardner, at 561-602-4778** or **Emily Babylon-Gonzalez at 561-254-1728 for a retreat in Spanish.**

All calls are CONFIDENTIAL. For more information on Rachel's Vineyard, Check their website:
www.rachelsvineyard.org

The Judgmental Heart

Jesus said to his disciples: “Stop judging, that you may not be judged. For as you judge, so will you be judged, and the measure with which you measure will be measured out to you. Why do you notice the splinter in your brother’s eye, but do not perceive the wooden beam in your own eye?” [Matthew 7:1–3](#)

Sadly, this tendency is far more common than most of us would like to admit. We live in a world in which it is very common to condemn, criticize and judge. This growing secular tendency, in turn, powerfully influences our thinking and actions.

Why is it so easy to judge others? Why is it so easy to see the failures of others, dwell on their sin, point out their weaknesses and speak of their faults to others? Perhaps part of the reason is that many people are not at peace within their own souls. In an unfortunate way, condemning another brings with it a certain twisted satisfaction. But it’s a “satisfaction” that will never satisfy. The desire to condemn, criticize and judge will only grow all the stronger the more these actions are committed. If you struggle with these sins, then listen to the words of Jesus. “Stop judging...”

Oftentimes the person who judges others does not even realize they are judging. This is why our Lord poses the question, “Why do you notice the splinter in your brother’s eye, but do not perceive the wooden beam in your own eye?” If that stings even a little bit, then know that our Lord asks that question of you. And He asks it with deep love for you, desiring that you will hear Him, understand, and respond.

The truth is that being judgmental of others causes far more harm to the one who judges than to the one who is judged. Certainly being judged is not pleasant. But the act of being judged by others is not a sin. However, the act of judging others is a sin. And it can be a grave sin. This sin leaves the one who judges with an empty and angry heart. Love is lost in the soul who judges.

If these words seem unpleasant, that’s because they are. But sometimes we need to face the unpleasant truth in order to change. The Cross was unpleasant, but it was also the greatest act of love ever known. Facing our sin of judgmentalness is unpleasant, but doing so is the only way to be free. Honesty with ourselves is an act of love given to God, to ourselves and to those whom we need to stop judging.

Reflect, today, upon these challenging words from Jesus. Read the Scripture passage above a few times and then prayerfully ponder it. Use it as an examination of your own conscience. Try to be honest, humble and attentive to any ways that Jesus speaks this to you. Some will find that they have grave tendencies toward judgmentalness. Others will see less serious ways. But everyone who lacks complete perfection will find some ways in which they need to be more compassionate, merciful, forgiving and understanding of others. Be open to these truths and allow our Lord to lift the heavy burden of this sin from your own life.

My merciful Lord, You and You alone are the true Judge. Only You judge with mercy and justice. Give me the grace I need to abandon my own self-righteous judgmentalness so that I will be free to love You and to love others with my whole heart. Free me from the burden of these sins, dear Lord, so that I can more easily see Your goodness in others and rejoice in Your presence in their lives. Jesus, I trust in You. <https://catholic-daily-reflections.com/2021/06/20/the-judgmental-heart/>

