

This Sunday's Counsel

THEME:

We honor God's covenant of love through praying and preaching of His word.

PROMISE:

"Great is our Lord and mighty in power; to his wisdom there is no limit." (Ps 147: 5)

WORD:

Jb 7: 1-4, 6-7/ Ps 147: 1-2, 3-4, 5-6/ 1 Cor 9: 16-19, 22-23/ Mk 1: 29-39

ORDER:

- *This is my beloved Son. Listen to him.* (Mk 9: 7b)

DIRECTIONS:

- Devote a special quiet time in a day for prayers, meditation, and reflection and sharing of the word of God.
- Consecrate your day to the Sacred Heart of Jesus and Immaculate Heart of Mary and do what the Lord tells you to do.
- Feel the loving embrace of Jesus through the Sacrament of Reconciliation; go to confession.



BLD Trenton



Community News

Volume 24, Issue 5

<http://bldtrenton.com>

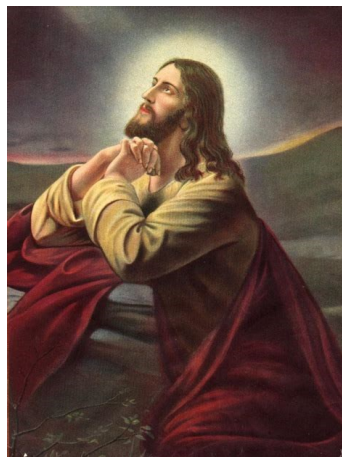
February 2, 2024

Prayer As A Way Of Life

REFLECTION:

"Is not man's life on earth a drudgery?" (Jb 7: 1) asks Job in the first reading. Is life on earth not hard work? His faith began to waver under the pressure of tragedies, sicknesses, deaths, pains and suffering. He seems to lose heart figuring out what more is there in life? Acceptably this kind of desperation may come even among godly people who are experiencing trials and tribulations in their life. By faith, we just have to believe in God's omnipresence in our lives, even during our darkest moments. The Lord said, "I will never forsake you nor abandon you," (Heb 13: 5). We are assured that He will never leave us. The truth is that it is us who detach from Him every time we doubt and commit sin. Like Job, we just have to persevere and wait patiently for the Lord's divine move when we pray to Him.

Our community theme for the 5th Sunday of the Ordinary Time is: We honor God's covenant of love through praying and preaching of His word. A person's way of serving God will definitely reflect the depth



of his personal relationship with Him. Serving God is a choice which we should consider a privilege and not an honor for us to boast. A true servant of the Lord gladdens himself doing his best in serving, not to win praise or receive material rewards for his service. Followers who manifest genuine faith are those who, despite the allurements of his position and his accomplishments, do not boast but are always conscious and consistent in their stand that they serve only

"for the sake of the gospel," (1 Cor 9: 23).

In the Gospel, Jesus shows us an attitude or habit proving there is power in prayer. Prayer and communication with His Father was the focus of His life, the source of His strength and wisdom. He prays before and after any major activity He engages in. To Jesus, prayer is a way of life. We can mold our lives with that of Jesus by beginning to pray more regularly and perseveringly. It moves us to have a closer relationship with God that helps us live to be a good servant of the Lord, a good parent, and a good person.

Prayer - See Page 2

Tending the Flock

Absence Of God Is Man's Deepest Illness

Despite the fact that illness is part of human experience, we do not succeed in becoming accustomed to it, not only because it is sometimes truly burdensome and grave, but also essentially because we are made for life, for a full life. Our "internal instinct" rightly makes us think of God as fullness of life indeed, as eternal and perfect Life. When we are tried by evil and our prayers seem to be in vain, then doubt besets us and we ask ourselves in anguish: what is God's will? We find the answer to this very question in the Gospel. For example, in today's passage we read that Jesus *"healed many who were sick with various diseases, and cast out many demons"* (Mk 1: 34); in another passage from St. Matthew it says that Jesus *"went about all Galilee, teaching in their synagogues and preaching the Gospel of the Kingdom and healing every disease and every infirmity among the people"* (Mt 4: 23). Jesus leaves no room for doubt: God whose Face he himself revealed is the God of life, who frees us from every evil. The signs of his power of love are the healings he performed. He thus shows that the Kingdom of God is close at hand by restoring men and women to their full spiritual and physical integrity. I maintain that these cures are signs: they are not complete in themselves but guide us towards Christ's message, they guide us towards God and make

Illness — See Page 2



BUKAS LOOB SA DIYOS
(OPEN IN SPIRIT TO GOD)
DIOCESE OF TRENTON



An Invitation

**MARRIAGE ENCOUNTER WEEKEND
JUNE 7-9, 2024**

Ave Maria Retreat House
The National Shrine of Our Lady of Czestochowa
654 Ferry Road Doylestown, PA 18901

Free Registration
Meals and Accommodation To be Provided

For all inquiries:
German/Letty Butay (732) 887-5298 or lbutay@yahoo.com
Nestor/Cecile Vasquez (908) 578-9138 | Toy/Malen Juarez (609) 954-2300

Online Giving

You can now send your tithes and love offerings via **Paypal**.
Donate link can be found at
www.bldtrenton.com

Or mail check to:
BLD Trenton Foundation, Inc.
P.O. Box 1367
Toms River, NJ 08754

The Lord's Provision

January 26, 2024

Tithe :\$455.00
Love Offering :\$207.00

Thank you for your generosity!!!

God's Blessings

Birthday

Mike Crocco	2/2	Gene Del Carmen	2/5
Linda Sypher	2/3	Olivia Cuasay	2/7
Jivenchy Gerges	2/3	Miguel Briones	2/8
Vicma Cac	2/4	Toy Juarez	2/8

Anniversary

Woody & Ruby Woodarad	2/2
Allan & Elma Pontipiedra	2/5
Jose & Nancy Alvarenga	2/8

Who Are You Gonna Call (or Text)?

For Mama Mary's visit - Beth Felibrico 732-995-7407
For Prayer Service - Mary Anne Arias 732-688-3962

Illness - Cont'd from Page 1

us understand that man's truest and deepest illness is the absence of God, who is the source of truth and love. Only reconciliation with God can give us true healing, true life, because a life without love and without truth would not be life. The Kingdom of God is precisely the presence of truth and love and thus is healing in the depths of our being. One therefore understands why his preaching and the cures he works always go together: in fact, they form one message of hope and salvation.

Thanks to the action of the Holy Spirit, Jesus' work is extended in the Church's mission. Through the sacraments it is Christ who communicates his life to multitudes of brothers and sisters, while he heals and comforts innumerable sick people through the many activities of health-care assistance that Christian communities promote with fraternal charity. Thus they reveal the true Face of God, his love. It is true: very many Christians around the world priests, religious and lay people - have lent and continue to lend their hands, eyes and hearts to Christ, true physician of bodies and souls! Let us pray for all sick people, especially those who are most seriously ill... May each one of them experience, in the solicitude of those who are beside them, the power and love of God and the richness of his saving grace. Mary, health of the sick, pray for us!

*~ Pope Benedict XVI
Angelus Message,
February 8, 2009*

*Heal my broken heart, O Lord,
and bind up my wound;
sustain me and cast the wicked
to the ground.*

Chains Of Fear



So, what should we do when we feel tempted and oppressed? Negotiate with the devil? No: there must be no negotiating with him. We must invoke Jesus: let us call on Him from those places where we feel that the chains of evil and fear are tightest.

Once more, by the power of His Spirit, the Lord wants to say to the evil one today: Be gone, leave that heart in peace, do not divide the world, do not divide our families and communities; let them live serenely so that the fruits of my Spirit may flourish there, not yours- this is what Jesus says. Let love, joy, meekness reign among them, and instead of violence and shouts of hatred, let there be freedom and peace.

Let us ask ourselves: Do I really want to be freed from those chains that shackle my heart? And also, am I capable of saying "no" to the temptations of evil before they creep into my soul? Finally, do I invoke Jesus, allowing Him to act in me, to heal me from within?

~ Pope Francis

Prayer - Cont'd from Page 1

Having a strong conviction to make praying a way of life will surely deepen our faith. When faith is small and weak, we ought to ask our Lord Jesus in humble prayer to build our faith up, to let it grow stronger and deeper day by day. Faith will definitely grow as we consistently act and live our lives in communion with God. Like Jesus, prayer should always come first in our life as well. "Pray unceasingly and give thanks to God at every moment," (1 Thes 5: 17). A quality time with God to pray, reflect and renew our energy is most important. Let us remember to always stay close to the Source of all love. It is a vital necessity which nourishes our spiritual life each day of our life.

But at times, because of a waver-

ing faith, one can easily be tempted and distracted, thus experiencing difficulty in praying. Also, being self-reliant, one may feel he does not need God for help, hence he does away with praying. This prayerlessness will eventually lead one to become spiritual dry and later on to a more disastrous situation of backsliding and emptiness.

To whom do you take your troubles? For Jesus, there is no trouble or suffering He will not face with us and for us. Only when we come into realization that we have separated ourselves from God and are completely troubled, that we turn to the Lord as a last resort. Getting back to our Christian senses, we find ourselves endlessly praying to the point of beg-

ging. We realize we cannot live without our truly caring and answering God, whose love for us is without bounds. As He promised: "Great is our Lord and mighty in power; to his wisdom there is no limit." (Ps 147: 5)

Prayer:

Lord Jesus, You are my Savior, my Healer and my Hope. We thank You for giving us Your life, Your healing and everything that You blessed us with. Lord, thank You for enabling us to respond to the demands of our responsibilities and the needs of people under our care, for all opportunities to serve others. Deliver us from seeking Your help only in times of difficulty, but to make daily prayers our way of life. Amen.



Adapted from www.bldworld.org