



St Joseph of Cupertino, O.F.M. Conv. (1603 –1663) was an Italian Conventual Franciscan friar who is honoured as a Christian mystic. He was said to have been remarkably unclever, but prone to miraculous levitation (flying) and intense ecstatic visions that left him gapping. He is the patron of Aviators, Flying & Studying

First Reading: (1 Tim 6:13-16) In the presence of God who gives life to all things, and of Christ Jesus who in his testimony before Pontius Pilate made the good confession, I charge you to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ; and this will be made manifest at the proper time by the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality and dwells in unapproachable light, whom no man has ever seen or can see. To him be honour and eternal dominion. Amen.

Ps 99:2-5

R./ Come before the Lord, singing for joy.

Gospel: (Lk 8:4-15) When a great crowd came together and people from town after town came to Jesus, he said in a parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with

it and choked it. And some fell into good soil and grew, and yielded a hundredfold." As he said this, he called out, "He who has ears to hear, let him hear." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.

REFLECTION

Most people intrinsically know what to do and what to avoid. Still, many of them do whatever they want. Why? Luke's gospel says that God sows good seed in our hearts, but the devil carries it away (8:12). A noble heart cherishes noble thoughts. No worries, trials or riches can trouble it. The gospel clarifies that for a fruitful harvest not only good seeds, but also good soil is a prerequisite. History is the story of great men and women like Mahatma Gandhi, Mother Teresa and Martin Luther King Jr who planted good seeds on good soil. God's word is the seed. We have to water it, nurture it and bring it to blossom (Gal 6:7). A plentiful harvest depends also on the seeds you plant. **What you give will come back to you. If you want honour, give honour first; if you want support, give support; if you want to be loved, love first.** Let us not tire of doing good; sow good seed, you will reap a rich harvest. Is my heart the good soil where the word of God can fall, flourish and bear abundant fruit?