

PARISH BULLETIN



**St. Kieran's, the
Catholic
Church** in
Campbeltown and Islay
*Ceann Loch Chille
Chiarain*

11th October 2026

The 28th Sunday in Ordinary Time

St. Kieran's, Campbeltown, Kintyre

Week 28 of Ordinary Time

Tuesday: Holy Mass, 6pm

Wednesday: Adoration and Mid-morning Prayer, 9.30am; Holy Mass, 10am

Coffee and discussion in the Chapel House, 10.30am

Friday: Mid-morning Prayer, 9.50am; Holy Mass, 10am

Hymns/Music for Sunday

Processional

141 Fill my house

Offertory

158 Gifts of bread and wine

Communion music

*Благослови Господа, душе моя – Bless the Lord, my
Soul*

Post Communion

Sheet The Lord's my shepherd
(Townsend)

Recessional

Sheet Give thanks with a grateful heart

Next weekend:

Saturday, 17th October, Vigil Mass, 6.00pm

**Sunday, 18th October 29th Sunday in
Ordinary Time, Holy Mass, 10.00am**

Sacrament of Reconciliation: Saturday 17.30-17.50 or any time on request.

St. Columba Episcopal Church, Bridgend, Isle of Islay

18th October: Holy Mass, 4pm

1st November – All Saints: Holy Mass, 4pm

Psalm response

*In the Lord's own house shall I dwell
for length of days unending.*

Gospel acclamation

Alleluia, alleluia.

*May the Father of our Lord Jesus Christ,
enlighten the eyes of our hearts,
so that we may know the hope to which he has called us.
Alleluia.*

Communion Antiphon

*The rich suffer want and go hungry,
but those who seek the Lord lack no blessing.*

Take Five

Invest just five minutes a day, and your faith will deepen and grow – a day at a time.

MONDAY: MEMORIAL OF SAINT KENNETH OR CANICE, ABBOT, MISSIONARY

12 OCTOBER 2026

A mysterious guest at the royal court

She is a legend whose story has endured through centuries. She is Ethiopian, probably dark-skinned, powerful and independent. She inspires artists and filmmakers. She sets a high standard that is a measure of elegance still today. She is a Biblical figure, mentioned in both the Old and New Testaments. She is a woman, probably a pagan, who travelled a very long way to seek the counsel of a wise Jewish king. Who is this woman? The Queen of Sheba. How does her story speak to you today?

Today's readings: Galatians 4:22-24, 26-27, 31-5:1; Luke 11:29-32. "She came from the farthest corner of the world to listen to the wisdom of Solomon."

TUESDAY OF WEEK 28

13 OCTOBER 2026

Where God is

Almsgiving is a trademark of people of faith. For Muslims, almsgiving is considered one of the five pillars of Islam. For Christians, almsgiving is a sign of care for our neighbours, a response to our call to serve Christ in our midst. We show our belief by giving donations of time, goods, or money to those in need. Charity is a reflection of the gifts we have been given and a prayerful practice of love and mercy. Let us sing with our lives – *Ubi caritas et amor, Deus ibi est*: "Where charity and love are, God is there."

Today's readings: Galatians 5:1-6; Luke 11:37-41. "For in Christ Jesus, neither circumcision nor uncircumcision counts for anything, but only faith working through love."

WEDNESDAY: OPTIONAL MEMORIAL OF SAINT CALLISTUS, POPE, MARTYR

14 OCTOBER 2026

Mercy is not strained

The only things we know about Pope Callistus I, who died around the year 222, were written by those who opposed him. Hippolytus of Rome thought Callistus gave too easy a passage to

converts who had checkered pasts. Perhaps Callistus erred on the side of mercy because he remembered his own troubled past as a slave. Arrested and imprisoned more than once, Callistus understood that the process of conversion itself was a cleansing one. God doesn't need human help to cleanse a soul. Only a willing heart is necessary. How's your heart these days?

Today's readings: Galatians 5:18-25; Luke 11:42-46. "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control."

THURSDAY: MEMORIAL OF SAINT TERESA OF ÁVILA, VIRGIN, DOCTOR 15 OCTOBER SEPTEMBER 2026

Who are you and to whom do you pray?

In The Book of My Life, Saint Teresa of Avila writes of seeking time to pray even as a child – and turning often to the Rosary, a prayer dear to her mother. Later as an adult and as a spiritual guide for her Carmelite sisters and brothers, Teresa wrote about the importance of being present to God in prayer: "Before we begin reciting the Hours or the Rosary, [let us consider] Whom we are going to address, and who we are that are addressing Him, so that we may do so in the way we should?" (The Way of Perfection). Teresa calls you to be mindful in all of your spiritual practices that you are, in this moment, in relationship with our God. Whom are you going to address?

Today's readings: Ephesians 1:1-10; Luke 11:47-54. "I will send them prophets and apostles, some of whom they will kill and persecute."

FRIDAY: OPTIONAL MEMORIAL OF SAINT MARGARET MARY ALACOQUE, VIRGIN

16 OCTOBER 2026

Set your heart on fire

Saint Margaret Mary Alacoque had a deep and abiding devotion to the Sacred Heart of Jesus, which is often depicted as a heart on fire and pierced with a crown of thorns. For Margaret Mary, this image was a reminder of the very real suffering and sacrifices Jesus made out of unending love for us. Call to mind the Sacred

Heart the next time you are having a difficult day and need a reminder of the intensity of God's love for you. There is nothing that can keep you from receiving God's healing embrace except your own will to do so.

Today's readings: Ephesians 1:11-14; Luke 12:1-7. "Even the hairs of your head have all been counted. Do not be afraid."

SATURDAY: MEMORIAL OF SAINT IGNATIUS OF ANTIOCH, BISHOP, MARTYR

17 OCTOBER 2026

A good martyr-complex to have

"Don't be such a martyr!" has become a cynical retort to someone who seems to point to their own suffering in order to gain sympathy. When

those words were addressed to Saint Ignatius of Antioch in the second century, however, they were a plea from friends that the elderly bishop save himself from being torn to pieces by wild beasts in Rome. On the way to execution, he wrote letters asking his associates not to interfere: "I bid all men know that of my own free will I die for God. . . . Let me be given to the wild beasts, for through them I can attain unto God. I am God's wheat, and I am ground by the wild beasts that I may be found the pure bread of Christ."

Today's readings: Ephesians 1:15-23; Luke 12:8-12. "*May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to his call.*"

Readings for the 28th Sunday in Ordinary Time

Isaiah 25:6-10a

Good news for all the nations! God intends to destroy death itself.

Psalms 23:1-3a, 3b-4, 5, 6

God the shepherd guards the flock and supplies all its needs.

Philippians 4:12-14, 19-20

Paul has survived in want and in times of abundance, with Christ as his strength.

Matthew 22:1-14 or 22:1-10

Many are called but few are chosen to share in the great wedding feast.

Words on the Word

*

The Lord is very generous. The Lord opens every door. The Lord also understands the one who says to Him: "No, Lord, I do not want to go to You!" He understands and waits for him, because He is merciful. But the Lord is not pleased with the person who says "yes" and does "no," who pretends to thank Him for many beautiful things, but in reality goes his own way, has good manners, but does what pleases himself, not what the Lord wants. He is not pleased with those who constantly seek excuses, who do not know joy, who do not experience the joy of belonging to Him (Pope Francis).

* *

The Lord Jesus doesn't found His Church in some grand audience hall, all stiff formality and distant ceremony. No – He does it at a table, where meals are shared, bread is broken, and hearts are opened. At Christ's table there's joy, real sharing, and a quiet call to serve the neighbour sitting right beside you. That's the Church: not a lecture theatre, but a family meal that keeps going until the end of time.

The Talmud reminds us that a second invitation to a wedding was an old Jewish custom. In Jesus' parable the first guests are the whole chosen people, summoned to the banquet of the Lord. God sent the invitations through the prophets – some of whom His own people even

killed. Yet look at the Host in the story: tireless. He keeps inviting. He never shrugs and walks away. That's our God – always holding the door open, always calling again.

And here's a little gem from R. Alves of Brazil that captures something of the mystery:

Through eating alone nothing happens

Bread must smell of love

The body must laugh

Eyes, ears, nose, they accompany the lips

Beautiful, isn't it? The meal only becomes feast when love seasons it.

Jesus doesn't pull punches. He accuses His own nation of treating the invitation as optional. Entirely ordinary, everyday reasons keep people away from the wedding. "I've bought a field... I've got oxen to test... I've just got married..." Sound familiar? We still do it. Work, comfort, busyness – anything rather than come to the feast.

So the Host changes tack. Since the first guests refuse, He sends the servants out into the streets: invite everyone you meet. No one is left out. Grace goes wide. Yet there's still one condition – the wedding garment. Many Scripture scholars reckon that garment was handed out at the door. It was simply the rule of the house. You put it on, or you didn't stay.

Only the one who accepts these "rules of the game" is truly chosen; only that person belongs fully to the People of God. Belonging is the first rule. But there's a second, just as vital: we must acknowledge the authority of God – Saviour and Lord of every creature. Turn your back on that authority and you don't just snub a Host; you unravel the order of the world, empty your own existence of meaning, and quietly reject the very greatness of being human.

How easily we hide behind the modern slogan: "Everyone's free. They can choose. They can stay silent. They can walk away from children, from spouses, from the disabled and the elderly – and from God – because, after all, everyone's free."

We're not only free. We're *liberated*. Someone has shown us what it looks like to be all-powerful and yet stand helpless before the mystery of human freedom. That Someone is Christ Himself – omnipotent Love who still knocks, still invites, still waits at the door of every heart.

So come to the table. Put on the garment of grace. Let the bread smell of love and the body laugh with joy. The feast is ready, the Host is tireless, and the invitation still stands – for you, for me, for everyone we meet on the road.

The Church began at a table. It still lives there. And every Eucharist is another chance to say yes.

* * *

*Hence man's dignity demands that he act according to a knowing and free choice that is personally motivated and prompted from within, not under blind internal impulse nor by mere external pressure. Man achieves such dignity when, emancipating himself from all captivity to passion, he pursues his goal in a spontaneous choice of what is good, and procures for himself through effective and skilful action, apt helps to that end. Since man's freedom has been damaged by sin, only by the aid of God's grace can he bring such a relationship with God into full flower. Before the judgement seat of God each man must render an account of his own life, whether he has done good or evil (Pope Paul VI, *Gaudium et spes*, no. 17).*

In Christ's love,
Fr Anthony

God's Guide

Relations with Angels: To Be Closer to Our Guardians

Chapter 13

DO NOT REJECT GOD'S GRACE AND DO NOT WOUND JESUS

God pours beautiful graces deep into your soul – everything you need to walk in His peace and to discern what He asks of you today. He fills even the most hidden corners of the cellar of your heart.

Today the Lord Jesus gave me a clear image: many who read these words keep taking offence and clinging to resentment. While God pours grace in on one side, they shovel it straight out onto the street on the other. Day after day they empty the cellar, and the traitor of God – the horned scoundrel – gladly hands them the shovel.

Friend, you must not stay offended longer than a few minutes. Hold on to hurt and you will live with a constant emptiness inside. Do not let that thief rob you of what the Father is giving you right now. Forgive everyone everything, unceasingly, in the name of Jesus Christ, as His representative on this earth. Do that and you will soon receive such power from God that, by His grace, you could walk on water.

Remember too that every deliberate sin wounds Our Lord. Sins of impurity or betrayal make the Cross heavier, grinding painfully against His bones. Neglect of prayer leaves Him longing for His child with an ache we cannot imagine. Drunkenness, drugs or lighting another cigarette is a slap across the face of Love Himself. Every abortion murders a son or daughter of God – the very ones for whom Jesus fell face-down in the mud to save even their killers. Every curse spits upon His purity and drives a sharp thorn into His temple.

Yet every gesture of real help is balm on His bleeding Heart. Every time you admit Jesus before others, heaven rejoices and His angels draw closer. Every honest Confession, every time you let the Holy Spirit draw another soul back to the Father, wipes your sins clean through the Blood of the Lamb. Do you want this?

Let your “Yes” today be a plea for the grace of faith, wisdom, and eyes that see everything as He sees it. Amen.

A Small Exercise for a Rest

Let God fulfil your dreams. How? First believe that what you ask in accordance with His will shall come to pass. But before you ask for anything, thank Him for at least ten gifts you have already received. And before you give thanks, praise Him in all that surrounds you – even for five quiet minutes.

Simply say:

“Be praised, God, in the birds and in the rain; be praised in the green of the trees and the scent of flowers; be praised in the Guardian Angels of every person, in this day, and in all whom I shall meet.”

Stay in that praise. Let the cellar fill again. Forgive quickly. Walk free.

THE SOUL
IS LIKE
A GARDEN
WATCH,
WHAT YOU SOW
AND WHETHER
IT IS WITHERING.



Around the World

The sometimes-missed news

RUSSIA

DRIP-BY-DRIP MOBILISATION

Vladimir Putin's decree raising the Russian army to 1.56 million soldiers is the fourth enlargement this year. Since early 2022 the force has grown by more than half a million. These increases surpass the immediate requirements of the aggression against Ukraine and form part of a longer Kremlin strategy.

In 2027 Russia intends to spend 17 trillion roubles (over 200 billion dollars) on defence – more than three times the United Kingdom's outlay and 27 per cent above the earlier plan of 13.5 trillion. Across 2027–29 some 50 trillion roubles are projected. This “drip-by-drip” mobilisation steadily lifts troop ceilings without full conscription, while training and replacement bases expand so that contract soldiers can be fed into combat more rapidly.

Orthodox Catholic teaching judges such militarisation severely. The Catechism (CCC 2307–2317) insists that war is permissible only as a last resort under strict just-war conditions: legitimate authority, just cause, right intention, proportionality and reasonable prospect of success. An unprovoked invasion and the deliberate stockpiling of force for future domination fail these tests. Every human life bears the image of God; policies that treat soldiers and civilians as expendable resources offend against the dignity of the person and the Gospel call to peace. True security rests not in ever-larger armies but in justice, dialogue and respect for the sovereignty of nations. We are therefore bound to pray for conversion of hearts, to support genuine diplomacy, and to reject any glorification of power that endangers the common good.

EVACUATION ACTION

OPERATION CONCLUDED

The Pentagon has announced the formal end of *Operation Inherent Resolve* against the jihadist group Islamic State (ISIS) in Iraq. Primary responsibility for remaining security threats – ISIS remnants and Iran-linked militias that undermine Iraqi sovereignty – now rests with Baghdad, alongside continued American training and intelligence support. The draw-down, agreed in 2024 under President Biden, leaves some 2,500 US personnel (chiefly around Erbil and Baghdad), a stark contrast to the peak of more than 170,000 in 2007.

From a Christian vantage, this transition demands sober moral appraisal. The Church teaches that legitimate authority must protect the innocent and uphold the common good; hasty withdrawal without durable safeguards risks abandoning vulnerable populations, not least the Christian communities long targeted by ISIS. Sleeper cells persist, and warnings of resurgence are not idle. Equally grave is Tehran's expanding sway through Shiite militias, which imperils genuine sovereignty and religious liberty – goods inseparable from human dignity.

Fairly acknowledged, Iraq rightly assumes stewardship of its own defence. Yet justice requires more than transfer of risk. Lasting peace, as Catholic tradition insists, is the fruit of ordered freedom, solidarity and prudent international responsibility, not mere political convenience. Prayerful vigilance and principled diplomacy remain indispensable.

WATCH OUT FOR AI

INTELLIGENCE EXPLOSION

Leading artificial intelligence researchers from OpenAI, Anthropic, Meta and Microsoft, in a University of Cambridge analysis, have called on states to supervise AI self-improvement. They warn that automating AI development risks an “intelligence explosion” – rapid, uncontrolled advance – that could strip humanity of mastery over the process and endanger us all.

Signatories, acting in a personal capacity, include OpenAI's Jakub Pachocki, Anthropic's Jack Clark, Meta's Dawn Song, Microsoft's Eric Horvitz, Geoffrey Hinton and Yoshua Bengio.

The authors note that AI already generates 80 per cent of the code for Anthropic's models, while research and development under only general human oversight has climbed this year from 1 per cent to 26 per cent.

From a Catholic standpoint these facts demand fair yet critical moral scrutiny. Man, made in the image of God, alone possesses intellect, free will and moral responsibility; no machine may usurp that vocation. An unchecked “explosion” risks a new Babel – hubris that confuses technical power with divine wisdom – and threatens the common good by eroding human agency. State supervision is prudent, yet insufficient without the Church's perennial teaching: technology must serve the person, never reverse the order of creation. True progress respects natural law, safeguards dignity, and keeps ultimate control firmly in responsible human hands.

We Read Pope Leo

Each human life, regardless of its condition, retains its inviolable dignity and deserves care.

Synergy for the common good should be the ordinary style of action of institutions, political and social forces, and all those who bear responsibility for public and economic life. (...) Each

human life, regardless of its condition, even marked by the deepest fragility, retains its inviolable dignity and deserves care, accompaniment, and relief in suffering, with human compassion and using the means that science gives us.

General Audience, September 30, 2026.

Yes, we love You – Jesus and Mary – and tonight we ask You for a special gift: peace for all the children of the world, especially for those who live where war is raging, in many countries around the world. We will do this by praying the holy Rosary, a simple prayer that everyone can recite. (...) Around the world, a million children are praying together with us. A million! Think about it: 50 million Hail Marys rise to heaven from



every corner and in every language of the world, asking for peace, and they join together as if in one enormous crown of the Rosary, embracing and uniting all the continents, races, and peoples of our planet. That is why, dear children, today we are praying together with all these friends. And in doing so, we also commit ourselves to being good and behaving well – at home, at school, in catechism class, toward our parents, toward everyone, even when we play and do sports – because prayers must always be accompanied by good deeds, gestures of love. And that is how peace grows!

Rosary prayer with children for peace, October 1, 2026.

Every outward action is preceded by an inward gaze. Whoever guards others must first guard within himself truth, justice, goodness, and respect. To guard others, one must have a heart that is guarded by the Lord. (...) For a group becomes a true "community" when its members care for one another and learn to walk a shared path, supporting each other with simplicity and love.

Mass for the Corps of the Vatican Gendarmerie, October 3, 2026.

According to the image used in the parable (ed. note: cf. Mt 21:33-43), the vineyard that must be cultivated in a spirit of justice is the Church, which we build up or tear down through our choices. In this context, today, on the 800th anniversary of his death, I wish to recall a labourer who worked with great success in the vineyard of the Lord: Saint Francis of Assisi, whom Jesus Himself called to rebuild His Church. Francis, inspired by the Crucifix, built his own life above all on the foundation of Christ, sharing in His poverty, joy, and sufferings, even to the mystical sign of the stigmata. Being a man of fervent prayer, full of love for all, he was a model for the first brothers, who shared his asceticism, recognising it as an authentic condition for the reform of the Church. Saint Francis repaired the Church through the power of faith in the Lord Jesus, healing the cracks of discord with the witness of fraternal love.

Angelus, October 4, 2026.



This teaching is hard

Have you ever stopped to really think about the astounding miracle of the Eucharist? It's completely life-changing! Yet, from the very beginning, the truth about the Real Presence of Jesus in the Eucharist caused quite a stir. In fact, it aroused disbelief and even scandal among those who first heard it.

Imagine being in that crowd when Jesus boldly told them that only those who eat His Body and drink His Blood would have eternal life (cf. Jn 6:54). People were absolutely shocked.

Scandalised, they whispered among themselves, “How can He give us His flesh to eat?” (Jn 6:52), and, “This is a hard saying; who can listen to it?” (Jn 6:60).

It’s heartbreaking to realise that after hearing this beautiful Eucharistic discourse, many of Christ's disciples just walked away. They “drew back and no longer went about with Him” (Jn 6:66).

Even the apostle Judas struggled to believe what Jesus said about the Eucharist. It was in this very moment of disbelief that the seeds of his betrayal were sown. Jesus knew this, saying:

“‘But there are some of you that do not believe.’ For Jesus knew from the first who those were that did not believe, and who it was that would betray Him” (Jn 6:64).

He went on to say, “‘Did I not choose you, the twelve, and one of you is a devil?’ He spoke of Judas, the son of Simon Iscariot, for he, one of the twelve, was to betray Him” (Jn 6:70-71).

Whenever a Christian ceases to believe in the Real Presence of Jesus in the Eucharist, we risk committing a similar Judas-like betrayal, walking away from the greatest gift of love ever given.

“Does this scandalise you?” Jesus asked His listeners (Jn 6:61). He then gently pointed them towards the mystery of how this miracle works. By asking, “Then what if you were to see the Son of man ascending where He was before?” (Jn 6:62), Jesus pointed straight to the glorious mystery of His resurrection and ascension.

His humanity was completely divinised! As Saint Paul tells us, in Him dwells the whole fullness “of deity bodily” (Col 2:9). Because of this incredible glorification, Jesus isn't bound by time or space. In His resurrection and ascension, Jesus ended His visible, earthly presence to begin a stunning new kind of existence – an invisible, yet entirely real, presence in the Sacrament of the Eucharist.

The Eucharist is possible *because* of the glorification of Jesus' humanity. In Holy Communion, He gives us His whole self, pouring His divine life and love straight into our hearts!

Thanks to this beautiful sacrament, we actually get to participate in Christ’s passion, death, and resurrection. We share in His absolute victory over sin, death, and Satan. Pope Saint John Paul II put it so beautifully:

“When the Church celebrates the Eucharist, the memorial of her Lord's death and resurrection, this central event of salvation becomes really present and the work of our redemption is carried out. This sacrifice is so decisive for the salvation of the human race that Jesus Christ offered it and returned to the Father only after He had left us a means of sharing in it as though we had been present there.” (*Ecclesia de Eucharistia*, 11)

Through the Eucharist, every single one of us can inexhaustibly gain the fruits of His sacrifice!

Because this gift is so immensely holy, we need to approach it with pure hearts. Saint John Paul II passionately warned us never to receive Holy Communion in a state of mortal sin, echoing Saint Paul’s stern warning: “Let a man examine himself, and so eat of the bread and drink of the cup” (1 Cor 11:28).

Quoting the great Saint John Chrysostom, the Holy Father urged us:

“I too raise my voice, I beseech, I beg and I implore that no one draw near to this sacred table with a sullied and corrupt conscience.”

To receive unworthily isn't communion; it brings condemnation. As the *Catechism of the Catholic Church* and the Council of Trent teach, if we are aware of grave sin, we must go to

Confession first. Saint Paul was very clear: eating and drinking without discerning the Body means eating and drinking judgement upon ourselves (1 Cor 11:29-30).

Here is a quick reminder of how these two beautiful sacraments work together:

But here is the truly inspirational part, my friends! If we do fall into mortal sin, we don't need to hide in shame. We just need to run immediately to Jesus in the Sacrament of Penance. He is waiting there to forgive everything. All He asks is for a sorrowful heart and a firm desire to break away from sin and the circumstances that lead to it.

Listen to these breathtaking words Jesus spoke to Saint Faustina:

“Souls that make an appeal to My mercy delight Me. To such souls I grant even more graces than they ask. I cannot punish even the greatest sinner if he makes an appeal to My compassion, but, on the contrary, I justify him in My unfathomable and inscrutable mercy.”
(*Diary*, 1146)

Let's never take the Real Presence for granted. Let's run to His mercy, cleanse our hearts, and receive our Lord with the awe and love He truly deserves!

*O Sacrament Most Holy, O Sacrament Divine,
All praise and all thanksgiving be every moment Thine!*

In my opinion

I'll Save Myself on Monday

We spot Lazy-bones without any bother. There he is on the sofa, remote in hand, waiting for someone to fetch the tea. We clock the hardworking man just as fast. Same sofa, mind you, only now there's a laptop on his belly and he's "serving the economy." We love these simple pictures. They spare us the hard work of thinking.

The Sneaky Sin of Laziness

Let's talk about laziness. It's a sneaky little sin, isn't it? We usually picture it as lounging on the sofa all day. But sometimes, laziness wears a sharp suit, juggles three projects, answers emails over dinner, and posts gym selfies at 5:00 a.m. We can be so frantically busy that we never actually stop to ask: *What am I working for?*

A Quick Word for the Exhausted

Before we dive in, let's stand up for the truly exhausted.

We constantly hear stats about sick leave for mental health, and someone always chimes in, "Back in my day, people didn't have depression. They just cracked on." Well, they didn't have MRI scanners either, but tumours still existed!

Depression isn't laziness. Burnout isn't just a trendy excuse. Sometimes, simply getting out of bed takes more bravery than a busy person's brisk march to the coffee machine. It's easy to call someone lazy from a safe distance, but that judgement is as cheap as an internet comment.

Look at the prophet Elijah in the Bible. After doing mighty things for God, he runs into the desert, collapses under a bush, and wants to give up. What does God do?

text

"He lay down and slept under a broom tree; but suddenly an angel touched him and said to him, 'Get up and eat.'" (1 Kings 19:5)

God doesn't send him a life coach. There are no mirror affirmations. He lets Elijah sleep. He

gives him bread and water. And He lets him rest some more.

Here is a beautiful paradox: sometimes staying in bed is cowardly, but sometimes it is the very first step to healing. As Catholics, we worship Truth, not endless toil. And the truth is, sometimes we just need a doctor, a good chat, a long sleep, and a friend who won't run away from our darkness.

The Hiding Place of the "Too Busy"

But hold on! If you're perpetually busy, don't let yourself off the hook just yet. You can work from dawn to dusk and still be spiritually lazy.

Workaholism is the perfect hiding place. At work, the rules are clear and the deadlines are set. But at home? A spouse might ask, "Are you happy?" A child might just want to chat with no agenda. Your conscience doesn't use PowerPoint, and God rarely sends an Outlook invite. It's simply easier to hide in the office.

We often run into work because we are terrified of silence. In the quiet, we might realise we're chasing things we don't care about, or ignoring the family we claim to support. That's a tragic kind of laziness: spending thirty years dodging one honest conversation.

The Noonday Demon

The early Desert Fathers had a brilliant name for this spiritual laziness: *Acedia*, or the "noonday demon."

It's not just needing a nap. It's a spiritual weariness – a temptation to run away from our true calling and the good things God has planned for us. Today, that demon doesn't haunt the desert. It has super-fast Wi-Fi and a smartphone.

When we need to...

Have a difficult conversation

Spend time in prayer

Apologise to a loved one

The "Noonday Demon" suggests...

Checking our phone notifications

Putting a load of washing in

Urgently tidying the garage

The Danger of "Later"

Spiritual laziness is incredibly active. It's not just about who shows up to Mass on Sunday. You can sit in a pew and have your mind wandering around the shops. Or, you can bunk off church not because you're rebelling against God, but because you're just putting Him off.

We rarely look God in the eye and say a flat "No." Instead, we say, "Yes, Lord... just not right now."

- I'll take my faith seriously after the holidays.*
- I'll forgive them when they apologise first.*
- I'll ring my dad when I'm less stressed.*
- I'll work on my marriage after this big project.*
- I'll start praying when my life is sorted.*

But life is messy, and it never perfectly sorts itself out.

Remember Jesus' parable of the great banquet? The invited guests didn't hate the host. They just had other things to do – a field to check, oxen to buy, a wedding to attend. Good things, but they became excuses.

The devil's best trick isn't making us choose evil. It's getting us to postpone the good until

tomorrow. A grave sin doesn't always enter our lives with a massive bang. Sometimes, it knocks on the door disguised as a polite, "Remind me later."

Love: The True Antidote

So, what is the opposite of laziness? It isn't work. If it were, every workaholic would automatically be a saint, and Heaven would just be a well-managed corporation!

No, the opposite of laziness is **love**.

Love knows when it's time to get up and graft, but it also knows when to sit quietly beside someone who is hurting. Love gives us the nudge to:

- Make that dreaded phone call.
- Shut the laptop when our child walks in.
- Go to the doctor.
- Get back to prayer and the Sacraments.
- Say "I'm sorry" without adding "but I was right all along."

Not everyone lying down is lazy. And not everyone running around knows where they are going.

The most dangerous laziness isn't doing nothing – it's doing absolutely *everything* to avoid the call of love. At the end of our lives, God probably won't ask to see our to-do lists. He might just ask why we didn't do the *one* thing that truly mattered.

Let's stop running, embrace the quiet, and let His love direct our steps today.

Prayer



Please remember to pray for those who are unwell, in need, or have requested our prayers: Jim Irvine, Anne Smith, Richard Fox, Claire Wiggins, Russell Carroll, Lucy Cunningham, Lilian Cox, Sarah Carmichael, and Doleen Durnin.

Please keep in your prayers Cecil Finn (10/2026), Willie McNeill (10/2026), Joan Cairns (2016), Annie Grumoli (2020) **and all whose anniversaries occur around this time.**

News and Events

Join us for tea and coffee in the hall after Sunday Mass. We warmly welcome visitors and would be delighted to share our hospitality with you. We hope to see you there!

A celebration **of the Life of Saint Francis of Assisi**

This Sunday at 6pm we celebrate the 800th anniversary of Saint Francis of Assisi's birth into heaven in words and song.



campbeltown@rcdai.org.uk



www.stkieranscampbeltown.org



<https://www.facebook.com/campbeltownrcchurch/>

A Parish of the R.C. Diocese of Argyll and the Isles; Charitable Trust, a registered Scottish Charity, SC002876

Parish Priest: Fr. A. Wood, St. Kieran's, Campbeltown; Tel. 01586 552160