



Father Danny Murphy is a retired Pastor from Brooklyn NY. A gifted man with a God given talent to inspire and God's gift to us at Holy Cross Church in Vero Beach Florida. This is just one of his inspirational homilies.

Fr. Danny Murphy – 16th Sunday of the Year 2018

When I was studying European history, I was fascinated by Napoleon. We learned that in June 1815, he was defeated at the Battle of Waterloo. But, he was really defeated three years earlier than that in the winter of 1812 in Russia. Even though his troops were tired and hungry, even though the winter in Russian was brutal, Napoleon insisted on marching through Russia to Moscow. He entered Russia with well over 400,000 troops, he left with about 100,000. He lost over 300,000 soldiers because he refused to retreat. That caught up with him three years later at Waterloo. You and I have to know when it's time to retreat, to pull back, to unplug, otherwise it can catch up with us. You might have heard this true story about the American missionary working in the Amazon jungle. He was frustrated

because he seemed to have more energy than the natives who were considerably younger than him until one of them said to him: "We allow our souls to catch up to our bodies!" We also have to allow our souls to catch up to our bodies. We have to take the time to refuel, to reflect, to renew. Jesus did! We have multiple examples of Jesus going off by himself to a desert, to a mountain top, to a seashore where he could pray, reflect, and rest. Jesus says to us in our Gospel this morning: "rest awhile, rest awhile." We too, we have to go someplace where we can pray, reflect, rest. Otherwise, I think you will have difficulties, prioritizing correctly. Molehills will become mountains, people will become nuisances, you will become stressed, rushed, tired, frustrated, unhappy. Jesus was none of those things, was he? He never seemed to be in a hurry! He always seemed to be calm and at peace. Why? Because he went off by himself to pray, to reflect, to rest. Sociologists tell us that we Americans are among the loneliest people on the face of the earth. Many of us find it difficult to establish and maintain meaningful, solid relationships. We might have many friends on Facebook, but we might have very few good friends. We might have many acquaintances, but many of them might be superficial, only on the surface. Thomas Merton tells us: "It is in stillness that I learn the gentleness to love my brothers and sisters." Jesus tells us: "Rest awhile, rest awhile."