

St Brocard (-1231) was one of the first group of hermits at Mount Carmel, and was the Prior of the community. Around 1207 Brocard approached Albert Avogadro, Patriarch of Jerusalem, to write a rule of common life for the monks on Carmel. In 1195 his Rule became the foundation for the Carmelite Order. Tradition says that Brocard was well-versed in Scripture.



First Reading: (1 Cor 3:1-9) Brethren, I could not address you as spiritual men, but as men of the flesh, as babes in Christ. I fed you with milk, not solid food; for you were not ready for it; and even yet you are not ready, for you are still of the flesh. For while there is jealousy and strife among you, are you not of the flesh, and behaving like ordinary men? For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely men? What then is Apollos? What is Paul? Servants through whom you believed, as the Lord assigned to each. I planted, Apollos watered, but God gave the growth. So neither he who plants nor he who waters is anything, but only God who gives the growth. He who plants and he who waters are equal, and each shall receive his wages according to his labour. For we are God's fellow workers; you are God's field, God's building.

Ps 32:12-15, 20-21

R./ They are happy, the people God has chosen as his own.

Gospel: (Lk 4:38-44) Jesus arose and left the synagogue, and entered Simon's house. Now Simon's mother-in-law was ill with a high fever, and they besought him for her. And he stood over her and rebuked the fever, and it left her; and immediately she rose and served them. Now when the sun was setting, all those who had any that were sick with various diseases brought them to him; and he laid his hands on every one of them and healed them. And demons also came out of many, crying, "You are the Son of God!" But he rebuked them, and would not allow them to speak, because they knew that he was the Christ. And when it was day he departed and went into a lonely place. And the people sought him and came to him, and would have kept him from leaving them; but he said to them, "I must preach the good news of the kingdom of God to the other cities also; for I was sent for this purpose." And he was preaching in the synagogues of Judea.

Reflection: Today's Gospel sheds light on to a day in Jesus' life, how he spent the day. He found time to be with God and with others. Life of Jesus enables us to organise our lives by setting right priorities in life. Taking inspiration from the life of Jesus we can also organize our day to day life. We can begin the day by spending some time in deep silence and prayer. If possible taking part in the Holy Eucharist before we begin our work is a great source of strength. Like Jesus we should also find some time for others. Jesus connects Himself to God and neighbour in a harmonious way. Is it not what we call prayer? **Relating positively to self, God and the other is prayer.** That is why we call Jesus, a man of Prayer.