

**The Most Holy Name of Mary:** Meanings ascribed to Mary's name by the early Christian writers and perpetuated by the Greek Fathers include: "Bitter Sea," "Myrrh of the Sea," "The Light Giver," "The Enlightened One," "Lady or Sovereign," and especially "Stella Maris - Star of the Sea."



**First Reading: (1 Cor 10:14-22)** My beloved, shun the worship of idols. I speak as to sensible men; judge for yourselves what I say. The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. Consider the people of Israel; are not those who eat the sacrifices partners in the altar? What do I imply then? That food offered to idols is anything, or that an idol is anything? No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be partners with demons. You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Shall we provoke the Lord to jealousy? Are we stronger than he?

**Ps 115:12-13, 17-18**

**R. / A thanksgiving sacrifice I make to you, O Lord.**

**Gospel: (Lk 6:43-49)** Jesus said to his disciples, "No good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. For figs are not gathered from thorns, nor are grapes picked from a bramble bush. The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks. "Why do you call me 'Lord, Lord,' and not do what I tell you? Every one who comes to me and hears my words and does them, I will show you what he is like: he is like a man building a house, who dug deep, and laid the foundation upon rock; and when a flood arose, the stream broke against that house, and could not shake it, because it had been well built. But he who hears and does not do them is like a man who built a house on the ground without a foundation; against which the stream broke, and immediately it fell, and the ruin of that house was great."

**Reflection:** Here is a call to lay strong foundation for our "inner house". Is our negligence and coldness bring any sort of erosion in our spiritual life? We need to be alert because the wearing down begins in a small and unnoticeable ways. If we don't regularly examine our inner foundation, we might wake up to find ourselves facing the flood. It can be at a time when we think that our spiritual life is strong and that we will never fall into sin as we have in the past. **Receiving Jesus in the Eucharist and reflection on the Word of God will enable us to build a true and solid foundation for our "inner house."**