## 14th Sunday of the year

We hear the echo of Palm Sunday as we listen to our first reading today. 'See now your king comes victorious and triumphant, for he comes to proclaim peace.' What is this peace? It is a call to a change of heart. The reading to the Romans tells us to focus on that which is spiritual. This is how we can have real life. The message is for all, the message is simple; but is it easy, even if the Gospel tells us it is?

Far be it from me to question the words of Jesus but sometimes life is very hard. Look at what we are going through at this time in our lives. Please God the unlocking this weekend will not make life more difficult.

Yet here is the dilemma. What is Jesus saying to us, who can be overburdened and find life hard?

Is the yoke easy?

The only way I can see a way forward is when I see someone take on a challenge or a change in life they never expected and thought they would never cope with. We all know people like this.

Acceptance of an illness that will only get worse for you or another.

The pain of bereavement that never goes away.

The loss of love that was full of great expectation. I could go on and you have your own stories.

When we love we can do what seems to be impossible. I have seen this time and time again.

In love the yoke can be carried. In love the burden is lighter. When we truly love we can do anything.

So, Jesus is right but only because GOD IS LOVE.