Jesus said to his disciples:
"Hear the parable of the sower.
The seed sown on the path is the one who hears the word of the Kingdom without understanding it, and the Evil One comes and steals away what was sown in his heart.
The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he immediately falls away.
The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit.
But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

"Who indeed bears fruit and yields a hundred or sixty or thirty-fold": Jesus assures us that the person who truly embraces His word and puts it into
practice to the best of his or her ability ALONG WITH the help of God’s Grace can expect a huge harvest. Good fruit is inevitable. As St. Teresa of Avila said back in the 16th Century: “I must pray as though everything depends upon God and work as though everything depends upon me.”

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**Food for your Journey**

A young boy in the neighborhood lost his father last winter. This spring, as father-and-son teams hit the front yards to pitch and hit the baseball, he felt alone. Not to be outdone, however, he took his bat and ball to the old familiar spot in the front yard and started his own game. With a chipper spirit, he threw the ball into the air and swung with all his might. The bat cut only air, and a watching neighbor boy yelled, "Strike one!" The lad hastily retrieved the ball, threw it into the air and swung again. "Strike two!" echoed from across the way. With a tinge of fear and a ton of resolve, he flipped the ball for the final swing. "Strike three, you're out!" screamed the unwanted umpire, along with the cruel words, "You're a lousy hitter!" The undaunted boy sucked up his chest, marched over to the fence and yelled back, "I'm not a lousy hitter; I'm a great pitcher! I just struck myself out!"

--Michael R. Avery, "Try the Uplook!"

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**A Prayer from the Heart**

Dear God, While I do not possess a PhD in Theology or Religious studies, I do have a heart full of faith and love. Help me to use these precious gifts along with my talent to do Your good work in this life. With the help of Your Grace, may I produce an abundant harvest to the glory of Your holy name. Amen