

Some people who have Labrador retrievers relate how their dogs will eat and eat and eat. The dogs have no way of knowing when they have had enough. No matter how much the dogs have eaten, they always want more.

In today's Gospel, Jesus speaks about vices that come from within a person. One of these is called greed and it is poisonous. Greed involves humans always wanting more.

Many of the commandments, referred to in the 1st reading, involve limits on our inclination toward greed. One God alone, not many. Keep holy the Sabbath limits the hours of work and busyness. Honor our fathers and mothers invites us think of others besides ourselves. Don't kill, steal, covet or commit adultery. All of these set limits on our behavior and the temptations of wanting more.

Those of us who struggle with addictions always want more. The difficult learning is that more is not enough. More alcohol, more possessions, more food; more money, more TV, more internet chatter; more work, more busyness, more praise will not satisfy. These longings involve a yearning for God, the only one who will ultimately satisfy us.

What are some remedies to deal with greed?

Gratitude....a heart that is grateful. All that we have and all that we are comes from God. Expressing gratitude often recognizes the blessing of everything.

Generosity....sharing what we have, giving away whatever we no longer need nor use. Awareness of our abundance and others needs neutralizes greed.

Having a sense of enough. Unlike a Labrador retriever, when we have an awareness of enough, we can stop. We know our limits and can have a sense of satisfaction. As we grow in this experience, less can become more. One serving instead of 5; an hour or 2 of selected TV programming instead of a weekend marathon. Making a list of items prior to going shopping instead of impulsive buying resulting in what we neither want nor need.

My sisters and brothers, this week notice opportunities for gratitude and generosity. Be mindful of what is enough. Practicing these remedies will diminish greed, increase satisfaction and ultimately draw us closer to God. Let's do it!