

Today's 1<sup>st</sup> Reading and Gospel speak of opening. In Isaiah, we are told that the "eyes of the blind will be opened." In the Gospel, Jesus says "Be opened." Mark goes on to record: "And the man's ears were opened, his speech impediment was removed and he spoke plainly."

So much of living life fully involves opening. Education entails opening up our minds to new thoughts, new ideas, new people, new experiences. Good health includes opening up our lungs through exercise and movement; opening up our arteries through aerobic activity, opening up our congested sinuses from allergies with medicine. Living the Christian way of life invites us to open our hearts in compassion to the suffering, needy and hurting people among us.

My sisters and brothers, this week be open to the fulness of life that God offers us. Like the composer of the song, "Open My Eyes," let's ask God's help. This song is also a powerful prayer. Here's how it goes:

Open my eyes, Lord. Help me to see your face. Open my eyes, Lord. Help me to see.

Open my ears, Lord. Help me to hear your voice. Open my ears, Lord. Help me to hear.

Open my heart, Lord. Help me to love like you. Open my heart, Lord. Help me to love.