MARIST PROVINCE OF WEST AFRICA

RELIGIOUS CALENDAR: JULY 2026	
Pope's Intention: ***For respect for human life*** Let us pray for the respect and protection of human life in all it stages, recognizing it as a gift from God.	
July 1. Wednesday of the 13th Week in Ordinary Time Psalms: Week 1	
Liturgy	Am 5:14-15,21-24: "Take away from me the noise of your songs; but let justice roll down like waters" Mt 8, 28-34: "You have come here before the appointed time to torment the demons"
Reminder	Beginning of CSAC meeting in Nairobi
Anniversaries	In 1899 departure of the first Brothers for Mexico In 1994, massacre of Brothers Chris Mannion and Joseph Rushikajiki in Save. Rwanda. In 2002 Liberia became part of the Marist District of West Africa
Reflection	**WATER FROM THE ROCK** The group's way of living the Gospel was a reflection of the character, values, and spirituality of its leader, Marcellin Champagnat. His spirituality was deeply influenced by his own personality. His first disciples remembered with affection the Marcellin they knew: open, frank, resolute, courageous, enthusiastic, constant and equable. His whole life gave witness of a person with a practical disposition, a man of action, and of humility. This enabled him to draw together from various sources a simple and down-to-earth spirituality. (No. 6)
Intentions	In thanksgiving to God for the witness of our Brothers killed in Rwanda. We pray for the success of the meeting of the Provincials of the African Region.
July 2. Thursday of the 13th Week in Ordinary Time Psalms: Week 1	
Liturgy	Am 7:10-17: "Go prophesy to your people" Mt 9, 1-8: "The crowd praised God for giving such power to men"
Birthday	Brother Peter Awoh Acho (1974), from Cameroon
Reminder	International Day of Cooperatives
Reflection	**WATER FROM THE ROCK** Marcellin's personal experience of being loved intensely by Jesus and called by Mary. An incident early in 1823 ("Memorare in the Snow") was understood by Marcellin and his Brothers as highly significant. Marcellin and Stanislaus were lost in a snow storm. With his companion unconscious at his feet, Marcellin believed that if Mary does not come to our aid, we are lost. 17 Placing his life in God´s hands, he prayed the Memorare. His prayer to Mary was miraculously answered. Marcellin and his first Brothers saw in this incident a deeper reality: God 's choice of them to share in the same mission that was entrusted to Mary. Marcellin was also deeply aware of the love of Jesus and Mary for others (No.7,).
Intentions	For love of simplicity in our lives and in our relationships. In thanksgiving to God for the life Br Peter, his family, his intentions and his community of MIC as he celebrates his birthday
July 3 Friday FEAST OF THE APOSTLE ST THOMAS Proper	
Liturgy	Eph 2, 19-22: "You are being built into a house where God lives, in the Spirit"

	Jn 20, 24-29: "Thomas said, 'My Lord and my God!'"
Reflection	**WATER FROM THE ROCK** The Marists understood their Project to be a sharing in Mary's work of bringing Christ's life to birth and accompanying the Church as it continued to grow. It was a mission they hoped would reach every diocese in the world, structured like a multi-branched tree that included lay people, priests, sisters, and brothers. (Art. 11)
Intentions	For the volunteers working in our Province For all the Community leaders in our province.
July 4 Saturday of the 13th Week in Ordinary Time Psalms: Week 1	
Liturgy	Gen 27, 1-5. 15-29: "I will restore the fortunes of my people Israel and plant them on my land" Mt 9, 14-17: "People put new wine into fresh skins and both are preserved"
Anniversaries	1903: The General Administration moved from France to Italy
Reflection	**WATER FROM THE ROCK** The Marist spirituality that originated with Marcellin and the founding community has been enriched by the successive generations of Champagnat's followers. It has now become a stream of living water. Future generations will further enhance this spirituality. With Marcellin, we know that Mary continues to guide its development (No.12).
Intentions	For all the religious institutes working in our Dioceses For our houses of formation. Marist Saturday: we thank Mary for the gift of our vocation
July 5 14th SUNDAY IN ORDINARY TIME Year B Psalms: Week 2	
Liturgy	Zec 9:9-10: "Behold your king comes to you, humbled" Rom 8:9.11-13 "They are a rebellious house, but they will know that a prophet has been among them." Mtt 11:25-30: "I am gentle and lowly of heart"
Reflection	**WATER FROM THE ROCK** Marcellin's relationship with God, combined with knowledge of his limitations, explains his unbounded confidence in God. The depth of this trust amazed those who worked with him, and scandalized some who judged his actions as reckless. In his humble way, Marcellin saw God at work, and so acted with courage and commitment. Let us not offend God, asking him very little. The bigger is our demand, the more we will be pleasing to God.22 Marcellin's oft-expressed invocations If the Lord does not build the house23 and You know my God24 were the spontaneous expressions of this confident trust (No.17).
Intentions	For the postulants who will begin their novitiate this year. For Brother Provincial and his council.
July 6 Monday of the 14th Week in Ordinary Time Psalms: Week 2	
Memorial	St Maria Goretti, Virgin and Martyr (1890-1902)
Liturgy	Hos 2:16,17-18.21-22: "I will espouse you for ever" Mt 9, 18-26: "If I can only touch his cloak, I shall be well again"
Birthday	Br Yenwong Cylas Mbivnjo (1993) from Cameroon.
Reminder	End of CSAC meeting in Nairobi

Reflection	**WATER FROM THE ROCK** We endeavour to develop our relationship with God so that, just as for Marcellin, it is our daily source of renewed spiritual and apostolic dynamism. This vitality makes us daring, despite our shortcomings and limited resources. Drawing from Marcellin's experience we embrace the mysteries of our life with confidence, openness and self-giving (No. 18).
Intentions	For people who have been victims of sexual abuse. In thanksgiving to God for the life of Brother Cylas, for his family, his personal intentions, and his apostolate in Bafut. First Monday: day of prayer for our deceased Brothers, relatives, and benefactors.
July 7 Tuesday of the 14th Week in Ordinary Time Psalms: Week 2	
Liturgy	Hos 8:4-7.11-13: "They sow the wind and they shall reap the whirlwind" Mt 9, 32-38: "The harvest is rich but the labourers are few"
Birthday	Independence Day in Côte d'Ivoire
Reflection	**WATER FROM THE ROCK** At the foot of the Cross, we are in awe of a God who loves us without reserve. We find a God who shares the physical and psychological suffering, betrayal, abandonment and violence experienced by humanity, and transforms these experiences. There we enter the mystery of redemptive suffering and learn humble fidelity in love.30 The crucified Christ is the sign and deepest expression of a God who is love (No. 22).
Intentions	Our Brothers who will renew their vows this year In thanksgiving to God for the graces received during this academic year.
July 8 Wednesday of the 14th Week in Ordinary Time Psalms: Week 2	
Liturgy	Hos 10:1-3.7-8,12: "It is time to seek the Lord" Mt 10, 1-7: "As you go, proclaim that the kingdom of God is close at hand"
Reflection	**WATER FROM THE ROCK** At the Altar, the Eucharist, we find a privileged place to enter into communion with the Body of Christ: to stand as one with all who are members and to deepen our relationship with the living presence of Jesus in our lives. The celebration of the Eucharist, and prayer in the presence of the Blessed Sacrament, were intense experiences of God for Marcellin.31 Experiencing the Eucharist as the source and summit of the Christian life leads us to the heart of the Marist's spirituality (No. 23).
Intentions	For the grace to seek the Lord in all decisions we make. For those who work in Government offices
July 9 Thursday of the 14th Week in Ordinary Time Psalms: Week 2	
Liturgy	Hos 11:1-4.8-9: "My heart recoils within me" Mt 10, 7-15: "You received without charge, give without charge"
Reflection	**WATER FROM THE ROCK** These special Marist places, where we encounter the love of Jesus, are also meeting spaces with the poor. 32 At the Crib, we are deeply touched by the situation of poverty and fragility of children and young people, especially the least favoured (No. 24).
Intentions	For the Superior General, and all the members of the General Council For the Marist communities and works in the Mediterranean Province.
July 10 Friday of the 14th Week in Ordinary Time Psalms: Week 2	

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Liturgy	Hos 14:2-10: "We will say no more, our God, to the work of our hands" Mt 10, 16-23: "I am sending you out like sheep among wolves"
Reminder	Beginning of the Provincial's visit to the Brothers at MIC
Anniversaries	1922: Decree of the heroicity of Fr Champagnat's virtues, by Pope Benedict XV.
Reflection	**WATER FROM THE ROCK** At the Cross-, we associate ourselves with people affected by failure and suffering, and with those who struggle for bread, justice and peace. At the Altar, we enter into communion with the love of Jesus, which leads us into a deep relationship with the poor. Our hearts go out to them and they become our brothers and sisters, and truly our friends. We open our homes to the poor and we share with them our presence, time and resources (No. 24).
Intentions	For all the brothers who are studying, especially those at MIC. For the communities in conflict and war zones.
July 11 Saturday of the 14th Week in Ordinary Time Psalms: Week 2	
Liturgy	Is 6:1-8: "I am a man of unclean lips,my eyes have seen the king, the Lord of host" Mt 10, 24-33: "Every hair on your head has been counted. So there is no need to be afraid"
Memorial	St Benedict, abbot. He studied in Rome, and then turned his back on the world and lived in solitude in Subiaco. Disciples ceme to him, and he founded a monastery in Monte Cassino. He wrote his Rule, which established the spirituality and way of life of monastic communities ever since.
Anniversaries	In 1920: Decree on the Heroic Practice of Virtue by Marcellin Champagnat
Reminder	World Population Day
Reflection	**WATER FROM THE ROCK** The relationship of Marcellin to Mary was deeply marked by an affective and total trust in her, as the "Good Mother,"* be-cause it was her work that he undertook. He wrote once: Without Mary we are nothing and with Mary we have everything, because Mary always has her adorable Son within her arms or in her heart.33 This belief remained constant all through his life (No. 25)
Intentions	For all those called to consecrated life For the international commission dealing with Marist Apostolic Spirituality Marist Saturday: we thank Mary for the gift of our vocation
July 12 15th SUNDAY IN ORDINARY TIME Year B Psalms: Week 3	
Liturgy	Is 55:10-11: "The rain makes the earth fruitful" Rom 8:18-23: "All creation is waiting for the revelation of the son of God" Mtt 13:1-23: "A sower went out to sow"
Reflection	**WATER FROM THE ROCK** Jesus and Mary were the treasure on which Marcellin had learned to place his own heart. This intimate relationship helped shape the Marial dimension of our spirituality. In our tradition, the phrase "Ordinary Resource"* has come to encapsulate our constant reliance on Mary. The motto at-tributed to Champagnat by his biographer, All to Jesus through Mary, all to Mary for Jesus, captures this close relationship between the Son and the Mother and Our Founder's attitude of confidence in Mary, which we are invited to live. (No. 25)

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Intentions	For all the ongoing projects in our Province For the Marist community, and works in Chad
July 13 Monday of the 15th Week in Ordinary Time Psalms: Week 3	
Liturgy	Is 1:10-17: "Wash yourselves, make yourselves clean, remove the evil of your doings from before my eyes" Mt 10, 34 – 11, 1: "If anyone gives a cup of cold water to one of those little ones, he will most certainly not lose his reward"
Birthday	Brother Eric Kramo (1979) from Ghana
Reflection	**WATER FROM THE ROCK** We share in the spiritual motherhood of Mary34 as we take our part in bringing Christ-life to the world of those whose lives we share. We nurture that life in the ecclesial community, whose communion we strengthen through fervent prayer and generous service (No. 26)
Intentions	For the Marist International Commission dealing with Marist Laity For the Marist communities and works in Cameroon For Brother Eric, for his family, his personal intentions, and his work in Ghana.
July 14 Tuesday of the 15th Week in Ordinary Time Psalms: Week 3	
Memorial	St Camillus (1550-1614)
Liturgy	Is 7:1-9: "If you will not belief, surely you shall not be established" Mt 11, 20-24: "If the miracles done in you had been done in Sodom, it would have been standing yet"
Reflection	**WATER FROM THE ROCK** Our attitudes towards young people find their inspiration in Mary. In contemplating Mary in the Scriptures we impregnate ourselves with her spirit. We go without delay into the "hill country" of the lives of young people, bringing them news of the justice and faithful mercy of God. By relating to young people in a Marial manner, we become the face of Mary to them. (No. 27)
Intentions	For all the religious institutions caring for the sick. For the Brothers involved in difficult missions.
July 15 Wednesday of the 15th Week in Ordinary Time Psalms: Week 3	
Memorial	St Bonaventure, bishop and Doctor of the Church (1218-1274)
Liturgy	Is 10:5-7.13-16: "Shall the axe vaunt itself over him who hews with it" Mt 11, 25-27: "You have hidden these things from the learned and revealed them to mere children"
Reminder	End of the provincial visit to the Brothers at MIC
Reflection	**WATER FROM THE ROCK** Since the time of Marcellin, his disciples have made Mary known and loved. Today we continue to be convinced that to follow Jesus in the way of Mary is a privileged way of bringing our Christian journey to fullness. With a heart filled with compassion, we share this experience and conviction with children and youth helping them to experience the maternal face of the Church. (No.,28)
Intentions	For all the administrators and teachers in all schools in our province. For the grace to understand the scriptures and apply them in our lives.
July 16 Thursday of the 15th Week in Ordinary Time Psalms: Week 3	

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Memorial	Our Lady of Mount Carmel
Liturgy	Is 26:7-9,12.16-19: "O dwellers in the dust awake and sing for joy" Mt 11, 28-30: "Come to me… and I will give you rest"
Reflection	**WATER FROM THE ROCK** Since Marcellin's time the Church has deepened its appreciation of Mary as First Disciple. Marists therefore have a growing relationship with Mary as our Sister in Faith, a woman with dust on her feet, a woman who was disturbed and puzzled by God, who was challenged to trust and give without knowing all the answers, whose faith life was a journey (No. 29).
Intentions	For political leaders in the countries where we work. For the grace to grow in the Marial dimension of our Spirituality.
July 17 Friday of the 15th Week in Ordinary Time Psalms: Week 3	
Liturgy	Is 38:1-6,21-22,7-8 "I have heard your prayers, I have seen your tears" Mt 12, 1-8: "What I want is mercy, no sacrifice"
Reflection	**WATER FROM THE ROCK** Marcellin and the first Brothers were united in heart and mind. Their relationships were marked by warmth and tenderness. In their discussions about living together as Brothers they found it useful to compare the spirit of their community life to that of a family. Like our early communities, we are inspired by the home of Nazareth to develop those attitudes that make family spirit a reality: love and forgiveness, sup-port and help, forgetfulness of self, openness to others, and joy. This style of relating has become a characteristic of our way of being Marist. (No.30)
Intentions	For the Marist Brothers, and works in Côte d'Ivoire For the students, lay teachers and workers in our schools
July 18 Saturday of the 15th Week in Ordinary Time Psalms: Week 3	
Liturgy	Mi 2:1-5: "They covet fields and take away houses" Mt 12, 14-21: "He will not break the crushed reed, nor put out the smouldering wick"
Reflection	WATER FROM THE ROCK From our family spirit develops a spirituality that is strongly relational and affective. Marcellin's preferred ways of relating to God and to Mary were through familial terms: Jesus in his "Sacred Heart," Mary as "Our Good Mother." The relationships he encouraged among the Brothers, and between the Brothers and their students were de-scribed in similarly fraternal and loving ways. Among today's Marists, with the expanded presence of women, the image of sister has enriched the ways Marists relate, and define their ministry. Essentially, our relationship to one another is being brother and sister. (No. 31)
Intentions	For the Brothers and works in Ghana. For the grace to be "contemplative in action". Marist Saturday: we thank Mary for the gift of our vocation
July 19 16th SUNDAY IN ORDINARY TIME Year B Psalms: Week 4	
Liturgy	Wis 12:13,16-19: "You give repentance for sins" Rom 8:26-27: "The spirit himself intercedes for us with sighs too deep for words" Mtt 13:24-43: "Let both grow together until the harvest"
Reflection	**WATER FROM THE ROCK**

	Wherever the followers of Marcellin are present, working together in mission, this "family spirit" is the Marist way of communal living. Its well-spring is the love that Jesus has for all his brothers and sisters – all of humanity. Through this spirit we offer an experience of be-longing and union in mission (No. 32)
Intentions	For SED and other agencies dealing with Solidarity projects. For all farmers and those who earn their living through interaction with nature.
July 20 Monday of the 16th Week in Ordinary Time Psalms: Week 4	
Liturgy	Mi 6:1-4,6-8: "He has showed you O man what the Lorde required of you" Mt 12, 38-42: "This unfaithful generation asks for a sign!"
Reflection	**WATER FROM THE ROCK** At the heart of Marist spirituality coming from Marcellin and the first Brothers is humility. It expresses itself in simplicity of be-haviour, most especially in our way of relating to God and to others. We strive to be persons of integrity – truthful, open hearted and transparent in our relationships. (No. 33)
Intentions	For all those involved in courses of ongoing formation and further studies For the Provincial and local bursars of our provice.
July 21 Tuesday of the 16th Week in Ordinary Time Psalms: Week 4	
Memorial	St Lawrence of Brindisi (1559-1619)
Liturgy	Mi 7:14-15,18-20: "He will cast our sins into the depths of the sea" Mt 12, 46-50: "Anyone who does the will of my Father, he is my brother"
Reflection	**WATER FROM THE ROCK** This attitude grew from the experience of Marcellin and the first Brothers. Marcellin's formative environment was that of a loving family in a small rural village. From his mother (Marie-Thérèse Chirat) he learned to trust in the providence of God; from his aunt (Louise Champagnat) he learned filial abandonment into the arms of this God. From his father (Jean-Baptiste Champagnat) he learned sincerity and honesty.(No.,34)
Intentions	For the Marist international commission dealing with Vocation Ministry For our Aspirants and their parents.
July 22 Wednesday of the 16th Week in Ordinary Time Psalms: Week 4	
Memorial	St Mary Magdalene
Liturgy	Ex 16, 1-5. 9-15: "I will rain down bread for you from the heavens" Mt 13, 1-9: "Imagine a sower going out to sow"
Anniversaries	In 1816 Fr Champagnat was ordained priest In 2003, opening of the 2nd District Chapter in Accra
Reflection	**WATER FROM THE ROCK** Through the joys and struggles of life he learned to be humble and confident. Aware of his limitations he experienced them as a grace when he was able to dispose himself with confidence to the will of God. The first generation of Brothers were young men from environments similar to that of Marcellin. All these providential circumstances developed a spirituality that was uncomplicated and down to earth. (No.,34)
Intentions	For those who are sick and for all those caring for them. For our families, friends and relatives, and their intentions
July 23 Thursday of the 16th Week in Ordinary Time Psalms: Week 4	

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Liturgy	Jer 2:1-3,7-8.12-13: "They have forsaken me the fountain of the living waters and hewed out broken cisterns for themselves" Mt 13, 10-17: "Anyone who has will be given more, and he will have more than enough"
Anniversaries	1816, the young Marist aspirants Marcellin Champagnat, Jean-Claude Colin and others pledged to form a Marist Society at the Marial shrine of Fourvière. 1911, first brothers left for the Democratic Republic of Congo 1938, departure of the first Brothers for the Solomon Islands
Reflection	**WATER FROM THE ROCK** Young people are attracted to this simple spirituality. The images of God we offer them, and the language, experiences and symbolism we use, are accessible and touch the heart. The more our evangelisation and catechesis are rooted in our distinctive Marist spirituality, the more effective they become. (No.,35)
Intentions	For love of our Marist vocation and mission For all the branches of the Society of Mary
July 24 Friday of the 16th Week in Ordinary Time Psalms: Week 4	
Liturgy	Jer 3:14-17: "I will give you shepherds after my own heart and all nations shall gather to Jerusalem" Mt 13, 18-23: "When anyone hears the word without understanding, the evil
Anniversaries	1816 in Fourvière, at the feet of the Virgin, Marcellin received the inspiration to found the Marist Brothers. A plaque there commemorates this event.
Reflection	**WATER FROM THE ROCK** This spirituality of simplicity shapes the whole life of the disciples of Marcellin. In humility, we seek to know ourselves in our strengths and weaknesses and readily accept the help we may need. We grow to be at peace with the person God has created. (No.,36)
Intentions	For local superiors and bursars in our Province For the Commissions in our Province
July 25 Saturday - FEAST OF ST JAMES, APOSTLE Proper Liturgy	
Liturgy	James was the brother of John and the son Zebedee; one of the three apostles Jesus called in important moments of his life. He was beheaded by Herod Agrippa in about 42 AD 2 Cor 4, 7-15: "We carry with us in our body the death of Jesus" Mt 20, 20-28: "Can you drink the cup that I am going to drink? – They replied, We can"
Reminder	National feast of Spain, a country under the patronage of the Apostle St James
Reflection	**WATER FROM THE ROCK** Approaching others with openness and gratitude, we accept them as they are, and readily listen to how they experience us. We willingly offer forgiveness and take the first step toward reconciliation (No. 37).
Intentions	For the Spanish Brothers For all domestic workers in our communities. Marist Saturday: we thank Mary for the gift of our vocation
July 26 17th SUNDAY IN ORDINARY TIME Year B Psalms: Week 1	

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Liturgy	2 Kgs 3:5.7-12: "You have asked for yourselves understanding" Rom 8:23-30: "He predestined us to be conform to the image of his son" Mtt 13:44-46: "He sells all that he has and buys all the field"
Reminder	"Independence Day" in Liberia
Reflection	**WATER FROM THE ROCK** This same spirit encourages us to develop a simple style of life. This implies that we avoid consumerism, with its accumulation of disposable goods and wasteful use of resources. We choose to be responsible for creation, a precious gift of God to humanity. This attitude encourages us to join with others in actions necessary to preserve our environment, to enhance the harmony between humanity and nature, and to collaborate with the Creator in bringing creation to its fullness. (No.,38)
Intentions	For our Brothers and works in Liberia For those suffering and do not have anyone to help them.
July 27 Monday of the 17th Week in Ordinary Time Psalms: Week 1	
Liturgy	Jer 13:1-11: "This people shall be like this waistcloth, which is good for nothing" Mt 13, 31-35: "The kingdom of heaven is like a mustard seed"
Birthday	Brother Kone Bruno (1985) from Côte d'Ivoire
Anniversaries	In 1939 Brother Lycarion was killed by the revolutionaries in Barcelona, Spain
Reflection	**WATER FROM THE ROCK** Our desire to be in communion with nature is expressed in a number of ways. The Marist tradition places great value on manual work because it brings us into direct contact with creation, with other living beings, and with inanimate objects. It involves … caring for nature, in conserving and transforming it. It teaches … patience and precision. As well, such labour affirms both the value of working with our hands and the example of indigenous peoples who live with great respect in close relationship to their land. (No. 39)
Intentions	For the grace to grow in unity and collaboration within our Province and its works. In thanksgiving to God for Br Bruno, for his family, personal intentions and his studies.
July 28 Tuesday of the 17th Week in Ordinary Time Psalms: Week 1	
Liturgy	Jer 14:17-22: "Remember Lord and do not break your covenant with us" Mt 13, 36-43: "The virtuous will shine like the sun in the kingdom of their Father"
Reflection	**WATER FROM THE ROCK** This love of manual work reveals a wider attitude in the heart of the Marist that encompasses the values of making do, frugality, service, industriousness, and devoted-ness. In summary a simple lifestyle. This manner of living comes from a Marist tradition that seeks to live from the work of our hands. This chosen simplicity of life creates a greater capacity to minister with the poor (No. 40)
Intentions	For our students and their parents. For our Brothers preparing for perpetual vows.
July 29 Wednesday of the 17th Week in Ordinary Time Psalms: Week 1	
Memorial	Saints Martha, Mary, and Lazarus

Liturgy	Jer 15:10,16-21: "Why is my pain unceasing? If you return, you shall stand before. Mt 13, 44-46: "The Kingdom is like a merchant looking for fine pearls"
Reflection	**WATER FROM THE ROCK** All of this ensures that, like Marcellin, our journey with God is also one of simplicity. We approach God with transparency, honesty, openness and trust. We consciously seek uncomplicated ways to help us in this journey. (No. 41)
Intentions	For laymen and women with whom we share the mission of education For all our students going through challenges in their studies.
July 30 Thursday of the 17th Week in Ordinary Time Psalms: Week 1	
Liturgy	Jer 26:1-9: "All the people gathered about Jeremiah in the house of the Lord" Mt 13, 54-58: "Is not his mother the woman called Mary?"
Reminder	Online Provincial Council Meeting
Reflection	**WATER FROM THE ROCK** Our present age is characterized by a thirst for spirituality. We disciples of Marcellin believe that our way to God is a gift to be shared with the Church and the world. We are invited to join with Mary in a journey of faith. If we are able to give witness in our daily lives to the vitality of this spirituality, people - particularly youth and children - will feel themselves attracted and invited to take it up as their own way to become "living water." (No. 41)
Intentions	For our all our families members who are going through difficult situations. For peace in the world, especially in our African region,.
July 31 Friday of the 17th Week in Ordinary Time Psalms: Week 1	
Memorial	St Ignatius of Loyola, priest and founder
Liturgy	Jer 26:1-9: "All the people gathered about Jeremiah in the house of the Lord" Mt 13, 54-58: "Is not his mother the woman called Mary?"
Reflection	**WATER FROM THE ROCK** The story of our spirituality is indeed a simple one. It is a story of women and men who find within a thirst that only God can quench. Having drunk deeply, they find themselves filled with Jesus' own desire – to give flesh to God's Good News. Moved by the Spirit, urged by God's own longing to bring life to the world, we become streams of living water, flowing through the personal, communal, and ministry aspects of our lives. (No. 42)
Intentions	Thanksgiving for God's blessings during this month. For the Jesuit institute working in our countries.