

Recently the husband was going through lot of anxieties, worries and depression. So, he visited a psychiatrist. When he came back home after the visit, he looked more worried than before. So, his wife asked him “Honey what is the problem? Did everything go well with the psychiatrist?” Man said, “The doctor told me I could have perfect peace of mind if I take a pill every day for the rest of my life,” he explained. ““So what? Lots of people have to take a pill every day their whole lives,” the wife replied. “I know,” said George, “but the doctor gave me only four pills!”

Main theme of this Sunday is finding peace and solace and tranquility amid worries and anxieties.

Just yesterday we celebrated the Independence Day of this country. If you ever visited the Statue of Liberty, symbol of universal freedom, symbol of those immigrants coming to USA to have freedom and better lives. there is poem inscribed at the base of statue composed by Emma Lazarus, which reads,

“Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door!”

Coincidentally, today’s readings, especially the Gospel, give the same message in a more powerful way: “Take my yoke . . . and you will find rest”

Most of you may not have seen a yoke. The yoke is the wooden crossbeam that joins the two animals at the neck and that crossbeam drags the farm implement, cart, or other loads. During the time of Jesus in Palestine all the plowing was done by this method. It is still used in many developing countries including India. As a young boy I also used to plow our family fields with yoke attached to a pair of bullock or oxen pulling the plowing equipment. In this way heavy weights could be carried from one place to another. If you ever visit India during farming season this will be a common sight.

Jesus also certainly knew all about yokes. As a carpenter he would have been asked from time to time to make wooden yokes for farmers or at least he might have helped his father Joseph in making yokes.

Why yoke is used? The scientific principle of the use of yoke is sharing. This way burden is shared equally between two animals. And it is in this sense Jesus is saying that my yoke is easy.

Jesus does not promise a life without burdens or weariness. On the other hand, he offers a way of overcoming them. His is not an easy way out of problems but rather a liberating way into solutions.

The yoke of Christ can be seen as our Christian responsibilities and duties. To take the yoke of Christ is to enter a relationship with Christ as his loving servants and subjects and to conduct ourselves accordingly.

The yoke of Christ is not just a yoke from Christ but also a yoke with him. So, we are

not yoked alone to pull the plow by our own unaided power; we are yoked together with Christ to work with Him using His strength.

In today's fast society life is full of burdens, worries, anxieties and depression and stress.

That is why Jesus invited us a long time ago when He said: "Come to me all of you who labor and are heavy laden and I will give you rest"

So, let us come to him and unload our burdens on the Lord. And some of the means available to us are prayers, Eucharist, sacrament of reconciliation, adoration of the Blessed Sacrament and Rosary etc.

If we pull the yoke of our stress, anxieties, depression etc. with Jesus, then it will become light.