



The Power of Being on Our Knees

Dear Sisters and Brothers,

God is good, all the time...All the time, God is good!

Time flies, and back-to-school time is already here. Parents are busy buying backpacks, books, and new shoes. But let us not forget another important spiritual backpack: a prayerful and respectful heart. We have to remind our children how to treat their teachers, classmates, and, above all, how to stand before God and walk with Him.

The Gospels rarely show Jesus kneeling. One striking moment is in Gethsemane, where He kneels in prayer before the Father (Luke 22:41). Today, let us reflect on the Canaanite woman's kneeling (Matthew 15:21–28) and what it teaches us about faith and prayer.

Early in life, I learned about kneeling. My mother was only 5'4", while my father was 6'3" and most of my siblings were tall. Especially after my father died, disciplining us was not easy, given our height and size. Whenever we got into trouble, we would kneel with our hands folded across our chests. Sometimes punishment followed, but often our mother simply forgave us. Before we even said a word, our humble posture helped to soften her heart.

This carried over to school. My friends, and I were often late because we stopped to play soccer. Before explaining ourselves to our teacher, we would kneel and ask for forgiveness. Seeing our humility, she would often reduce or even forgive our punishment. As I grew older, I understood the meaning of that posture: remorse, humility, and respect for authority. I am not asking our students to kneel, but to have the same spirit of respect and humility before others.

This connects beautifully with the attitude of the Canaanite woman in today's Gospel (Matthew 15:21–28). Desperate for her daughter's healing, she kneels before Jesus and cries out, "Lord, help me." Matthew uses the Greek verb *proskuneō*, meaning "to bow down" or "to prostrate oneself" in profound reverence. As an outsider, she humbles herself completely before Jesus, a Jewish teacher, expressing her deep faith and trust in Him.

The disciples want Jesus to send her away, but she refuses to give up. Her kneeling is not a sign of weakness; it is faith. Kneeling is not only a physical posture but a disposition of heart. Her miracle begins not with a demand, but with a humble posture before the Lord. When we kneel before God, we are not admitting defeat; we are declaring total surrender, trust and dependence on Him. She kneels before the Lord and rises with a miracle: Jesus told her, "Woman, great is your faith! Let it be done for you as you wish."

Our world teaches us to stand tall, depend on ourselves, and never bow down. But the Gospel reminds us that true strength often begins on our knees. Kneeling before God does not make us smaller; it places us where His grace can lift us higher. How do you stand before the Lord in your prayer?

In Parish News: Join us next Sunday for the Enthronement of the Image of Our Lady of Czestochowa at the 11:00 a.m. bilingual English-Polish Mass. All are welcome!

We warmly welcome back our students, teachers, and parents as we begin a new school year. We missed you and are so happy to have you back! This weekend, we will offer a special "Back-to-School Blessing" for all students and teachers. May this new year be filled with learning, growth, friendship, and God's abundant blessings.

St Elizabeth of the Trinity, Pray for Us! See you in church!

In Christ,

Fr Deo.