

**Thoughts on the Daily Word**

*4<sup>th</sup> Week of Year. Friday 7<sup>th</sup> February. Readings of Day: Hebrews 13:1-8; Psalm: 26; Gospel: Mark 6:14-29.*

The power of a meal, or banquet, is presented here in the Gospel. Herod wants to protect John either because he was afraid of him or because he saw something special in him. All of this was overcome in the solidarity of a shared meal with the rich and powerful. This famous story speaks so powerfully to all of us. We all see our weakness when carried away by good food, wine, and company! To say nothing of a dancing girl. This is the power that is touched on in the first reading. The call for solidarity and communion made in Hebrews builds on the natural desire to belong and be a part of something powerful. The difference is that one is out of control and the other is a choice, an act of faith. We so often find ourselves with the same, sometimes agonising, choices in our lives. It is easy to condemn the Herod's and Herodias' of the world but there is something of them in all of us. There but for the grace of God...