

The lacrimal gland and its associated ducts and canals provide tears which lubricate and clean the eyes.

Far from being homogenous and uniform, there are three layers of tears coating your eyes at any given moment.

Right on the surface of the eye is a layer of mucous. Above that is an aqueous layer – consisting of water, electrolytes, and proteins. And on the outer surface is a lipid layer - made of oils to protect the aqueous layer.

Every blink spreads the lacrimal fluid across the surface of the eyes. And excess fluid tends to drain through the nose.

There are also three types of tears: basal tears are the normal tears that coat the eye, reflex tears are defensive tears that try to expel a foreign object, and crying tears that are secreted in response to strong emotions.

In today's readings from Revelation and Saint Luke's Gospel there are references to weeping and crying.

In Revelation, the writer cries because no one was found "worthy to open the scroll and break its seals". No one, that is, until the coming of "[t]he lion of the tribe of Judah, the root of David, [who] has triumphed".

The writer of the Apocalypse, most likely Saint John the Evangelist, portrays the emotion of a world waiting for redemption with strong emotions – awaiting the coming of the Messiah who would be able to open the scroll and fulfill God's plan.

And in the Gospel, Jesus weeps over Jerusalem – knowing of His coming passion – and realizing that nothing He can say or do will change the hardened hearts of the people or their leaders.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray for a deeper longing for God's plan to be fulfilled through us ... may we join with Christ in fulfilling His mission ... as members of His Body ... true disciples of His Gospel ... conformed to God's Will ... and filled with the Holy Spirit.