

Sunday, Oct 24, 2021

THIRTIETH SUNDAY IN ORDINARY TIME

Adopt an attitude of gratitude

Here's an intriguing take on a familiar commission: Thankful people become missionaries. "To be 'in a state of mission' is a reflection of gratitude," Pope Francis declares on this World Mission Sunday. Yet this "state of mission" belongs to the whole church, not just to those brave souls who pack up and go off to foreign lands. Jesus commissions his friends to take the Good News wherever we go. Grateful folks do this cheerfully. How can we keep from singing, when a song's been placed in our hearts? Pray the Rosary's Glorious Mysteries and live the mission of gratitude.

TODAY'S READINGS: Jeremiah 31:7-9; Hebrews 5:1-6; Mark 10:46-52 (149). *"Immediately [the blind man] received his sight, and followed Jesus on the way."*

Monday, Oct 25, 2021

Good for what ails you

Research suggests that regular meditation may help reduce blood pressure, digestive problems, anxiety and depression, and insomnia, among other ailments. Prayerful meditation also heals your soul. Catholics have a lot of help at their disposal here—from the Rosary to *Lectio Divina*. "There are as many and varied methods of meditation as there are spiritual masters. Christians owe it to themselves to develop the desire to meditate regularly," says the catechism. "But a method is only a guide; the important thing is to advance, with the Holy Spirit, along the one way of prayer: Christ Jesus." Take the best medicine of all!

TODAY'S READINGS: Romans 8:12-17; Luke 13:10-17 (479). *"Woman, you are set free of your infirmity."*

Tuesday, Oct 26, 2021

Care for the caregivers, too

In November 2017 European members of the World Medical Association convened at the Vatican for a conversation on ethical issues surrounding palliative care. Nearby, the International Confederation of Catholic Health Care Institutions was meeting to discuss inequalities in health care. Pope Francis addressed them all: "The categorical imperative is to never abandon the sick." No matter the graveness of the medical condition, "we are called to show love and closeness." Recognizing that "visit the sick" is one of the seven corporal works of mercy, how can you show or send care today—perhaps by supporting Catholic chaplains during this Pastoral Care Week?

TODAY'S READINGS: Romans 8:18-25; Luke 13:18-21 (480). *"Sufferings of this present time are as nothing compared with the glory to be revealed for us."*

Wednesday, Oct 27, 2021

Gentle reminder: Pray today

Benedictine monk Father Godfrey Diekmann, O.S.B., a pillar of the liturgical movement of the last century, tells the story of picking watercress one day on his monastery's grounds and landing in a swamp. Try as he might he couldn't extricate himself. He was eventually rescued by his fellow monks. He wrote of the incident: "What now bothers me is that during the entire ordeal of about 25 minutes I didn't have a single pious thought! What does that say of my more than 50 years of monastic life? Do I have to start all over

again?" Forgetting to pray happens to the best of us. But it is never too late to start. A simple prayer of blessing, petition, intercession, thanksgiving, or praise will suffice. Better yet, start with *Veni, Sancte Spiritus!*, "Come, Holy Spirit!"

TODAY'S READINGS: Romans 8:26-30; Luke 13:22-30 (481). *"The Spirit comes to the aid of our weakness; for we do not know how to pray as we ought."*

Thursday, Oct 28, 2021

FEAST OF SIMON AND JUDE, APOSTLES

Strive for decreasing returns

Saints Simon and Jude have countless images and namesakes, yet we know almost nothing about these apostles whose feast day is today. They were among the 12 apostles, and tradition has it they spread the Good News in Persia. We honor their memory anyway, knowing that for the faithful, "He must increase, and I must decrease," as John the Baptist put it. To be remembered after death as a faithful apostle is not a bad legacy for any Christian! Do one small act today that makes you recognizable as a faithful apostle.

TODAY'S READINGS: Ephesians 2:19-22; Luke 6:12-16 (666). *"Jesus went up to the mountain to pray, and he spent the night in prayer to God."*

Friday, Oct 29, 2021

Tender mercies

Depression, anxiety, profound sadness, or grief—these can sometimes make us feel like we're no good or God has abandoned us. But it is at these times especially when God tenderly draws close to us. Though it may be difficult to lift our hearts in prayer when we are suffering, we can pray this prayer for ourselves and one another (attributed to Saint Augustine): "Watch, O Lord, with those who wake or watch or weep tonight, and give your angels and saints charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. And all for love's sake." Amen!

TODAY'S READINGS: Romans 9:1-5; Luke 14:1-6 (483). *"I have great sorrow and constant anguish in my heart."*

Saturday, Oct 30, 2021

MEMORIAL OF THE BLESSED VIRGIN MARY

Room to grow

We've all heard that the "humble will be exalted." Sounds nice, but where can we look for examples, for a role model? Look no further than Mary, Mother of God. Saturday is the traditional day of the week to recall Mary's example of exalted humility. Mary was humble enough to "make room" for God—literally, in her womb. She was willing to trust God with everything—her reputation, her envisioned marriage, her very body. Do you trust enough to make room so that God can be born in you?

TODAY'S READINGS: Romans 11:1-2a, 11-12, 25-29; Luke 14:1, 7-11 (484). *"For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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