Dear Friends,

Happy Feast Day of Saint Mark the Evangelist! The first reading for Mass today is from the First Letter of Saint Peter. I think it offers us a good message for our prayer and reflection today:

So humble yourselves under the mighty hand of God,
that he may exalt you in due time.
Cast all your worries upon him because he cares for you.
Be sober and vigilant.
Your opponent the Devil is prowling around like a roaring lion
looking for someone to devour.
Resist him, steadfast in faith,
knowing that your brothers and sisters throughout the world
undergo the same sufferings.
The God of all grace
who called you to his eternal glory through Christ Jesus
will himself restore, confirm, strengthen, and establish you
after you have suffered a little.
To him be dominion forever. Amen.

Father Fred