

ASH WEDNESDAY



Path of Life

O God of reconciliation,
you are rich in kindness and slow to anger.
In your mercy,
you sent your Son, Jesus, to show us the
path of life.

As we begin our Lenten journey,
give us the courage to walk with Christ.
May our fasting, prayer, and almsgiving
create a deep hunger for you, O Lord,
and perfect the love we have for you and
our neighbors.

In this acceptable time,
grant us clean hearts and fill us with the love
of your Holy Spirit
so that we may show mercy to all those
we meet.

We ask this through our Lord Jesus Christ,
your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever. Amen.

Wednesday, February 10, 2016

Turn toward the Lord

Today's Readings: Joel 2:12–18; Psalm 51:3–4, 5–6ab, 12–13, 14 and 17; 2 Corinthians 5:20—6:2; Matthew 6:1–6, 16–18. Today, the Church embarks on a forty-day retreat to prepare for the celebration of Easter. We join with the elect, those preparing to receive the three sacraments of initiation at Easter, in slowing down and considering the places in our lives that need to be transformed. Where has sin consumed your heart and distracted you from your relationship with God? Sin sneaks in and often becomes habit. We are invited to examine each area of our lives to uncover this darkness. We are asked to change our hearts and turn back to God. The words of the prophet Joel still ring true today. We need to repent and return to the Lord. Conversion isn't easy and

doesn't happen overnight. It requires discipline, perseverance, and practice. The three disciplines of the Lenten season, prayer, fasting, and almsgiving, help us open ourselves to God's goodness and can draw us closer to the heart of Christ. Over these forty days, allow these disciplines to become habits that replace sin, move you to reflect on your life in Christ, and immerse you in the Paschal Mystery.

In the Gospel, Jesus instructs us not to publicly flaunt how we pray, fast, or give alms. As you meditate on the words of the psalm, think about what you might give up (fast), how you will set aside time for prayer, and to what you might give alms as a way of deeply entering the season of Lent and purifying your heart.



THIS WEEK AND BEYOND

Ordinary Time

With the celebration of Pentecost over, the Church enters into the second period of Ordinary Time. Over the summer and into the fall, the Body of Christ is invited to reflect on mission and discipleship. This period is filled with feasts and memorials of women and men who dedicated their lives to the Gospel; take time each week to read about a saint or feast. Contemplate how their story and the Scriptures for the day invite you to live more genuinely in hard times and celebrate joyfully in good times. This is just a sampling of feasts days, so consider finding a book about the saints to read.

Wednesday, June 29, 2016

Sts. Peter and Paul, Apostles

Try to map out the different journeys of Sts. Peter and Paul. Some Bibles will have a map of Paul's journeys. Read 1 and 2 Peter to get an idea of the homelands that Peter addresses. *Today's Readings: Acts 12:1-11; Psalm 34:2-3, 4-5, 6-7, 8-9; 2 Timothy 4:6-8, 17-18; Matthew 16:13-19.*

Monday, August 15, 2016

Solemnity of the Assumption

Research how the Eastern Churches celebrate this feast. *Today's Readings: Revelation 11:19a; 12:1-6a, 10ab; Psalm 45:10, 11, 12, 16; 1 Corinthians 15:20-27; Luke 1:39-56.*

Tuesday, May 31, 2016

Feast of the Visitation

Meditate on the *Magnificat*. Consider making it part of your daily prayer. *Today's Readings: Zephaniah 3:14-18a or Romans 12:9-16; Psalm: Isaiah 12:2-3, 4bcd, 5-6; Luke 1:39-56.*

Monday, June 6, 2016

St. Norbert

Explore this saint's passion for the Eucharist and Reconciliation. *Today's Readings: 1 Kings 17:1-6; Psalm 121:1bc-2, 3-4, 5-6, 7-8; Matthew 5:1-12.*

Wednesday, July 6, 2016

St. Maria Goretti

Pray for those who suffer from any form of abuse. *Today's Readings: Hosea 8:4-7, 11-13; Psalm 105:2-3, 4-5, 6-7; Matthew 10:1-7.*

Thursday, July 14, 2016

St. Kateri Tekakwitha

Kateri Tekakwitha had an inner strength to withstand disfigurement from smallpox at a young age. Later, her decision to be baptized led to estrangement from her family. *Today's Readings: Isaiah 26:7-9, 12, 16-19; Psalm 102:13-14ab and 15, 16-18, 19-21; Matthew 11:28-30.*

Thursday, September 29, 2016

Sts. Michael, Gabriel, and Raphael

Find a craft on Pinterest to make while talking about angels. *Today's Readings: Daniel 7:9-10, 13-14 or Revelation 12:7-12a; Psalm 138:1-2ab, 2cde-3, 4-5; John 1:47-51.*

Thursday, November 24, 2016

St. Andrew Dung-Lac and Companions

Pray for all who suffer religious persecution. *Today's Readings: Revelation 18:1-2, 21-23; 19:1-3, 9a; Psalm 100:1b-2, 3, 4, 5; Luke 21:20-28.*

