



Most Holy Trinity

June 7, 2020

GOSPEL JOHN 3:16-18

God so loved the world that he gave his only Son,
so that everyone who believes in him might not perish
but might have eternal life.

For God did not send his Son into the world to condemn
the world, but that the world might be saved through
him.

Whoever believes in him will not be condemned,
but whoever does not believe has already been
condemned, because he has not believed in the name
of the only Son of God.

Most Holy Trinity

June 7, 2020

GOSPEL JOHN 3:16-18

From *Living Liturgy*, 2020

Our gospel today begins with one of the most well known lines in the Holy Scripture: God so loved the world that he gave his only Son. What does this action tell us about the one we call Father?

How do you invite God into your daily life?

On this feast of the Holy Trinity, how does it change you or affect your perception of God to think of God as a relationship of three persons: Father, Son, and Holy Spirit?

In the second reading St. Paul urges the Corinthians to encourage one another. Which individuals or groups within your community are in need of encouragement?





Most Holy Body and Blood of Christ (Feast of Corpus Christi)

June 14, 2020

GOSPEL JOHN 6:51-58

Jesus said to the Jewish crowds:

"I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the bread that I will give
is my flesh for the life of the world."

The Jews quarreled among themselves, saying,

"How can this man give us his flesh to eat?"

Jesus said to them,

"Amen, amen, I say to you,

unless you eat the flesh of the Son of Man and drink his blood,
you do not have life within you.

Whoever eats my flesh and drinks my blood
has eternal life,

and I will raise him on the last day.

For my flesh is true food,
and my blood is true drink.

Whoever eats my flesh and drinks my blood
remains in me and I in him.

Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me.

This is the bread that came down from heaven.

Unlike your ancestors who ate and still died,
whoever eats this bread will live forever."

Most Holy Body and Blood of Christ (Feast of Corpus Christi)

From *Living Liturgy*, 2020

The challenge of the Eucharist is not about spending time in private prayer before the Blessed Sacrament, though that is certainly good. Rather, the Eucharist demands that, as followers of Christ, we, too, allow ourselves to be broken for others, to be poured out. In so doing, we will be emulating Christ and living the Paschal Mystery.

The first reading from Deuteronomy reminds us that “not by bread alone does one live.” At this moment on your faith journey, which spiritual sources are nourishing you?

St. Paul tells the Corinthians that in receiving the Eucharist they become one body in Christ. Where is your parish community in need of healing or relationship building in order to more fully reflect this unity?

On the feast of Corpus Christi we revere the gift of the Eucharist in our lives. This past year, how has this gift of Christ’s Body and Blood affected your life?

How does your parish community, in receiving Jesus, “the living bread,” seek to be nourishment for others?





12th Sunday in Ordinary Time

June 21, 2020

GOSPEL MATTHEW 10:26-33

Jesus said to the Twelve:

“Fear no one.

Nothing is concealed that will not be revealed,
nor secret that will not be known.

What I say to you in the darkness, speak in the light;
what you hear whispered, proclaim on the housetops.

And do not be afraid of those who kill the body but cannot kill
the soul;

rather, be afraid of the one who can destroy
both soul and body in Gehenna.

Are not two sparrows sold for a small coin?

Yet not one of them falls to the ground without your Father’s
knowledge.

Even all the hairs of your head are counted.

So do not be afraid; you are worth more than many sparrows.

Everyone who acknowledges me before others

I will acknowledge before my heavenly Father.

But whoever denies me before others,

I will deny before my heavenly Father.

12th Sunday in Ordinary Time

June 21, 2020

From *Living Liturgy*, 2020

Fearlessness ought to be a mark of Christian discipleship. It is a quality that motivated Jesus throughout his earthly ministry and allowed him to face threats and violence. Fearlessness accompanied him even as he went to his death. Not many of us will be called to make the ultimate sacrifice required for being a disciple of Jesus, though this does happen in parts of the world even today. Instead, our own attitude of fearlessness can manifest itself in caring for those in need and for those in the margins of society. When we overcome our own prejudices and implicit biases, we are dying to ourselves and allowing the spirit of Christ to rise up within us. So let us live as disciples of Jesus, facing the world in a fearless manner, knowing that we are worth a great deal in the sight of our loving God.

Jesus tells his disciples, “Fear no one,” and twice he urges them, “Do not be afraid.” How might you embrace this fearlessness in your life?

Jesus says to the twelve, “Even all the hairs on your head are counted.” How have you experienced this abundant love of God in your life?

On Sunday, June 21, we celebrate Father’s Day. Pope Francis shares a few thoughts on fatherhood:

“Perhaps your experience of fatherhood has not been the best. Your earthly father may have been distant or absent, harsh or domineering. Or maybe he was just not the father you needed. I don’t know. But what I can tell you, with absolute certainty, is that you can find security in the embrace of your heavenly Father, of the God who first gave you life and continues to give it to you at every moment. He will be your firm support, but you will also realize that he fully respects your freedom.” (Pope Francis, *Christus Vivit* #113)

Where have you experienced God’s fatherly love in your life? Let’s resolve to pray for those who are father and father-figures in our life.





13th Sunday of Ordinary Time

June 28, 2020

GOSPEL [MT 10: 37-42](#)

Jesus said to his apostles:

“Whoever loves father or mother more than me is not worthy of me,
and whoever loves son or daughter more than me is not worthy of me;
and whoever does not take up his cross
and follow after me is not worthy of me.
Whoever finds his life will lose it,
and whoever loses his life for my sake will find it.

"Whoever receives you receives me,
and whoever receives me receives the one who sent me.
Whoever receives a prophet because he is a prophet
will receive a prophet's reward,
and whoever receives a righteous man
because he is a righteous man
will receive a righteous man's reward.

And whoever gives only a cup of cold water
to one of these little ones to drink
because the little one is a disciple—
amen, I say to you, he will surely not lose his reward.”

13th Sunday of Ordinary Time

June 28, 2020

GOSPEL MT 10: 37-42

From *Living Liturgy*, 2020

The paschal mystery is a paradox par excellence. Suffering and death lead to new life and resurrection. There can be no resurrection without death. There is not new life without casting aside the old. When we listen the words of Jesus in today's gospel, we might be especially attuned to the notion of paradox expressed in the saying about finding our lives—for to find our lives, we must lose them. We surrender ourselves to the will of God and thereby find ultimate meaning and purpose.

When we busy ourselves with projects, deadlines, and goals that give us a sense of urgency and meaning, we might be missing the quintessential meaning of our lives, which may be found in stillness and quiet. During this Sunday in Ordinary Time, we might pause to consider our ultimate purpose and meaning. Only by giving over our very selves will we receive even more. By embracing the cross, Christ experienced exaltation and new life, showing us the way to the same.

Jesus tells the apostles, “Whoever does not take up his cross and follow after me is not worthy of me.” What does the cross look like that you are called to carry?

In the Lord is found light, kindness, justice, strength, and protection. What would be your litany (list) of the blessings of the Lord in your life?

St. Paul urges the Romans to think of themselves as “dead to sin and living for God in Christ Jesus.” Within your daily life what are the actions or habits that show you are a person living for God?





14th Sunday of Ordinary Time
July 5, 2020

GOSPEL [MT 11: 25-30](#)

At that time Jesus exclaimed:

"I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father.

No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him."

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

14th Sunday of Ordinary Time

July 5, 2020

From Lectio Divina of the Gospels pp. 185-186

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Although you have hidden these things from the wise and the learned you have revealed them to little ones.

- When are you challenged to be a “little one” and learn from others?
- How do you grow in humility?

No one knows the Son except the Father and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

- What’s the difference between KNOWING someone and knowing ABOUT someone?
- Do I know Jesus and his Father OR just know about Jesus and the Father?
- How can I help others to know God in this deeper, more intimate way?

Resolution to live out this Gospel this week: _____





15th Sunday of Ordinary Time

July 12, 2020

GOSPEL MT 13: 1-23

On that day, Jesus went out of the house and sat down by the sea. Such large crowds gathered around him that he got into a boat and sat down, and the whole crowd stood along the shore. And he spoke to them at length in parables, saying:

"A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold. Whoever has ears ought to hear."

The disciples approached him and said, "Why do you speak to them in parables?" He said to them in reply, "Because knowledge of the mysteries of the kingdom of heaven has been granted to you, but to them it has not been granted. To anyone who has, more will be given and he will grow rich; from anyone who has not, even what he has will be taken away.

This is why I speak to them in parables, because they look but do not see and hear but do not listen or understand. Isaiah's prophecy is fulfilled in them, which says: You shall indeed hear but not understand, you shall indeed look but never see.

Gross is the heart of this people, they will hardly hear with their ears, they have closed their eyes,

lest they see with their eyes and hear with their ears and understand with their hearts and be converted, and I heal them.

"But blessed are your eyes, because they see, and your ears, because they hear. Amen, I say to you, many prophets and righteous people longed to see what you see but did not see it, and to hear what you hear but did not hear it.

"Hear then the parable of the sower. The seed sown on the path is the one who hears the word of the kingdom without understanding it, and the evil one comes and steals away what was sown in his heart. The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he immediately falls away. The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit. But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

15th Sunday of Ordinary Time

July 12, 2020

GOSPEL MT 13: 1-23

From Lectio Divina of the Gospels pp. 190-92

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

They look but do not see and hear but do not listen or understand.

What keeps me from paying attention to God's presence and action in my life?

Blaise Pascal famously wrote, On the occasions when I have pondered over men's various activities, the dangers and worries they are exposed to at Court or at war, from which so many quarrels, passions, risky, often ill-conceived actions and so on are born, I have often said that man's unhappiness springs from one thing alone, his incapacity to stay quietly in one room. (*Pensées* #168)

Share a time when you have "sit quietly in a room" to hear the voice of God, in meditation, in prayer, in silence....what was that like?

No one knows the Son except the Father and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

- What's the difference between KNOWING someone and knowing ABOUT someone?
- Do I know Jesus and his Father OR just know about Jesus and the Father?
- How can I help others to know God in this deeper, more intimate way?

Resolution to live out this Gospel this week: _____





Feast Day Celebration of St. Mary Magdalen

July 19, 2020

GOSPEL [JN 20: 1-2, 11-18](#)

On the first day of the week, Mary Magdalene came to the tomb early in the morning, while it was still dark, and saw the stone removed from the tomb. So she ran and went to Simon Peter and to the other disciple whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they put him."

Mary stayed outside the tomb weeping. And as she wept, she bent over into the tomb and saw two angels in white sitting there, one at the head and one at the feet where the Body of Jesus had been. And they said to her, "Woman, why are you weeping?" She said to them, "They have taken my Lord, and I don't know where they laid him."

When she had said this, she turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" She thought it was the gardener and said to him, "Sir, if you carried him away, tell me where you laid him, and I will take him."

Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni," which means Teacher.

Jesus said to her, "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers and tell them, 'I am going to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord," and then reported what he told her.

Feast Day Celebration of St. Mary Magdalen

July 19, 2020

GOSPEL JN 20: 1-2, 11-18

From Gregory the Great, Office of Readings, Liturgy of the Hours, July 22

Mary Magdalen: A Woman with a Mission....

We should reflect on Mary's attitude and the great love she felt for Christ; for though the disciples had left the tomb, she remained. She was still seeking the one she had not found, and while she sought she wept; burning with the fire of love, she longed for him who she thought had been taken away.

- **When have you felt a deep loss? If you feel comfortable, share.**

“At first she sought but did not find, but when she persevered it happened that she found what she was looking for. When our desires are not satisfied, they grow stronger, and becoming stronger they take hold of their object. Holy desires likewise grow with anticipation, and if they do not grow they are not really desires.”

- **Your holy desires? Have they been met? Or satisfied?**

Woman, why are you weeping? Whom do you seek?

This question of “whom do you seek” was asked by Jesus to his first followers on the shores of Galilee. He asks the same to Mary Magdalen. He asks the same to us.

- **How would you respond?**

Resolution to live out this Gospel this week: _____





17th Sunday of Ordinary Time

July 26, 2020

GOSPEL [MT 13: 44-52](#)

Jesus said to his disciples:

"The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field.

Again, the kingdom of heaven is like a merchant searching for fine pearls. When he finds a pearl of great price, he goes and sells all that he has and buys it.

Again, the kingdom of heaven is like a net thrown into the sea, which collects fish of every kind.

When it is full they haul it ashore and sit down to put what is good into buckets. What is bad they throw away.

Thus, it will be at the end of the age.

The angels will go out and separate the wicked from the righteous and throw them into the fiery furnace, where there will be wailing and grinding of teeth.

"Do you understand all these things?"

They answered, "Yes."

And he replied, "Then every scribe who has been instructed in the kingdom of heaven is like the head of a household who brings from his storeroom both the new and the old."

17th Sunday of Ordinary Time

July 26, 2020

GOSPEL MT 13: 44-52

From Lectio Divina of the Gospels pp. 202-203

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

The kingdom of heave is like a treasure buried in a field.

- What do I treasure most about my faith?
- What have I buried in my faith?

When he find s a pearl of great price, he goes and sells all that he has and buys it.

- What have I had to sacrifice for my faith?
- How can I become a better steward of God's gifts?

Resolution to live out this Gospel this week: _____





18th Sunday of Ordinary Time

August 2, 2020

GOSPEL MATTHEW 14: 13-21

When Jesus heard of the death of John the Baptist, he withdrew in a boat to a deserted place by himself.

The crowds heard of this and followed him on foot from their towns. When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, “This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves.”

Jesus said to them, “There is no need for them to go away; give them some food yourselves.” But they said to him, “Five loaves and two fish are all we have here.”

Then he said, “Bring them here to me, ” and he ordered the crowds to sit down on the grass.

Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over—twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children.

18th Sunday of Ordinary Time

August 2, 2020

GOSPEL MATTHEW 14: 13-21

From Lectio Divina of the Gospels pp. 206-207

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Although the crowds heard of this and followed him on foot from their towns.

- What encouraged me to follow Jesus or to be part of this small faith group?
- Where is God calling me to go today?

His heart was moved with pity for them.

- What pain do I need to entrust to the heart of Jesus?
- How can I be more compassionate toward others?

There is no need for them to go away; give them some food yourselves.

- How have I pushed people away from God because of my words/actions?
- How can I attend to others' needs more generously?
- What are my "loaves and fishes" that I need to bring to Jesus to multiply?

Resolution to live out this Gospel this week: _____





19th Sunday of Ordinary Time

August 9, 2020

GOSPEL MATTHEW 14: 22-33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone.

Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea.

When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear.

At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come."

Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!"

Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

19th Sunday of Ordinary Time

August 9, 2020

GOSPEL MATTHEW 14: 22-33

From Lectio Divina of the Gospels pp. 217-218

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.

- If you were Peter, what would you ask? Fill in the blank: “Lord, if it is you, command me to _____.”

But when he saw how strong the wind was he became frightened, and, beginning to sink, he cried out, “Lord, save me!”

- From what do I need Jesus to save me?
- What burdens make me feel like I might sink?

O you of little faith, why did you doubt?

- When have I doubted God?
- What renewed my faith and trust?

Resolution to live out this Gospel this week: _____





20th Sunday of Ordinary Time

August 16, 2020

GOSPEL MATTHEW 15: 21-28

At that time, Jesus withdrew to the region of Tyre and Sidon. And behold, a Canaanite woman of that district came and called out, "Have pity on me, Lord, Son of David! My daughter is tormented by a demon."

But Jesus did not say a word in answer to her. Jesus' disciples came and asked him, "Send her away, for she keeps calling out after us."

He said in reply, "I was sent only to the lost sheep of the house of Israel."

But the woman came and did Jesus homage, saying, "**Lord, help me.**"

He said in reply, "It is not right to take the food of the children and throw it to the dogs."

She said, "Please, Lord, for even the dogs eat the scraps that fall from the table of their masters."

Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish."

And the woman's daughter was healed from that hour.

20th Sunday of Ordinary Time

August 16, 2020

GOSPEL MATTHEW 15: 21-28

From Lectio Divina of the Gospels pp. 222-223

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Jesus did not say a word in answer to her.

- Silence from God can seem intolerable or worse yet, like punishment. Why would Jesus seemingly ignore a plea for help?
- Has this silence from God ever happened in my life? How have I handled it? Has Jesus been silent in others' lives? How have others handled it?

O woman, great is your faith.

- When has my faith been solid ground for me? When have I really relied on it?
- Has anyone ever noticed my faith?

And the woman's daughter was healed from that hour.

- How do I practice intercessory prayer?
- For whom do I need to intercede?

Resolution to live out this Gospel this week: _____





21st Sunday of Ordinary Time

August 23, 2020

GOSPEL MATTHEW 16: 13-20

Jesus went into the region of Caesarea Philippi and he asked his disciples, “Who do people say that the Son of Man is?”

They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.”

He said to them, “But who do you say that I am?”

Simon Peter said in reply, “You are the Christ, the Son of the living God.” Jesus said to him in reply, “Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.”

Then he strictly ordered his disciples to tell no one that he was the Christ.

21st Sunday of Ordinary Time

August 23, 2020

GOSPEL MATTHEW 16: 13-20

From Lectio Divina of the Gospels pp. 227-228

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Who do you say that I am?

- How do I answer this question?
- How has my image and understanding of Jesus changed through my life?

Flesh and blood has not revealed this to you but my heavenly Father.

- How do I come to know the truths of the faith....? From what I see on media? From other Catholics? From Church teachings? Where/Whom do I go to grow in my faith?
- How can I be a witness to that learning/growing?

Upon this rock I will build my Church.

- How do I support my ministry or my Church in this new virus and distance-era?
- Whom do I know that needs the sturdy rock of the Church in their life?

Resolution to live out this Gospel this week: _____





22nd Sunday of Ordinary Time

August 30, 2020

GOSPEL [MATTHEW 16: 21-27](#)

Jesus began to show his disciples that he must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised.

Then Peter took Jesus aside and began to rebuke him, “God forbid, Lord! No such thing shall ever happen to you.”

He turned and said to Peter, “Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do.”

Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life?

Or what can one give in exchange for his life?

For the Son of Man will come with his angels in his Father’s glory, and then he will repay all according to his conduct.”

22nd Sunday of Ordinary Time

August 30, 2020

GOSPEL MATTHEW 16: 21-27

From Lectio Divina of the Gospels pp. 232-233

- What word or passage caught your attention?
- What in this passage comforted you? Challenged you?

Jesus began to show his disciples that he must go to Jerusalem and suffer greatly.

- How can I grow in gratitude for Jesus' suffering and the salvation it brought?
- What daily sufferings and difficulties can I offer to the Lord?

You are not thinking as God does, but as humans beings do.

- When do I place the world's values above God's commandments?
- How can I learn to discern what God wants from me?

Whoever wishes to come after me must deny himself, take up his cross and follow me.

- The cross is not an option in the Christian walk. It is a powerful means that Jesus allows to sanctify us. What cross am I bearing right now?
- We are not called to bear our cross alone. Who can help me carry my cross? Who can I assist in carrying their cross?

Resolution to live out this Gospel this week: _____

