

Sunday, Aug 07, 2022

Tap into the power of faith

"The power of faith is enormous," Church Father Cyril of Jerusalem declared. "It is so great that it not only saves the believer: thanks to one person's faith others are saved also." But what does it mean to have this special power? Faith isn't about believing items listed in a creed. It's not about acceding to doctrines or to church authorities. Faith means trusting in God the way a child takes the hand of a beloved guardian and allows herself to be led in perfect confidence. "All shall be well," Julian of Norwich avowed. Share this faith that "all manner of things shall be well."

NINETEENTH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: Wisdom 18:6-9; Hebrews 11:1-2, 8-19; Luke 12:32-48 (117). *"Faith is the realization of what is hoped for and evidence of things not seen."*

Monday, Aug 08, 2022

Kick off your shoes

You may have seen the term *discalced* before—in the names of some religious orders, such as the Discalced Carmelites—and wondered what it meant. It comes from Latin for "unshod," or barefoot. Members of discalced orders go barefoot or wear sandals only. It was started by Saint Francis of Assisi, and his contemporary Saint Dominic traveled extensively by foot without shoes. Dominic didn't believe he'd convert many people if he was wearing shoes because authentic humility, poverty, and penance was as persuasive as his famous preaching. How do you walk the talk as a follower of Christ?

MEMORIAL OF DOMINIC, PRIEST, FOUNDER

TODAY'S READINGS: Ezekiel 1:2-5, 24-28c; Matthew 17:22-27 (413). *"Go to the sea, drop in a hook, and take the first fish that comes up."*

Tuesday, Aug 09, 2022

Never forget

The United Nations designates today International Day of the World's Indigenous Peoples. It's also the feast day of Saint Teresa Benedicta of the Cross, murdered in the Nazi Holocaust. Teresa Benedicta—a Jewish convert to Catholicism and Carmelite nun—is considered a Christian martyr, but it was her Jewish ancestry that caused her to be gassed at Auschwitz with countless others on this date in 1942. At her canonization Pope John Paul II chose words that also pertain to marginalized indigenous populations: "I raise an anguished cry: May such criminal deeds never be repeated against any ethnic group, against any race, in any corner of this world!" Pray that this be so.

MEMORIAL OF TERESA BENEDICTA OF THE CROSS, MARTYR

TODAY'S READINGS: Ezekiel 2:8—3:4; Matthew 18:1-5, 10, 12-14 (414). *"See that you do not despise one of these little ones."*

Wednesday, Aug 10, 2022

Seek the treasure that lasts forever

On this day in AD 258, Saint Lawrence was born in Roman Hispania. He followed the future Pope Sixtus II to Rome and was ordained a deacon after the pope's election in 257. Lawrence would serve as a treasurer in the cathedral for roughly a year before Emperor Valerian ordered all Christian clergy killed. The pope was murdered during Mass in 258, and Lawrence—ordered to hand over the church's money—gave away as much as he could before bringing the sick and the poor to the prefect instead,

calling them the "true treasures of the Church." He was swiftly executed thereafter. We would all do well to model his faithful resistance to evil and service to the needy.

FEAST OF LAWRENCE, DEACON, MARTYR

TODAY'S READINGS: 2 Corinthians 9:6-10; John 12:24-26 (618). *"He scatters abroad, he gives to the poor; his righteousness endures forever."*

Thursday, Aug 11, 2022

Focus on essentials, not the extras

Today is the memorial of Saint Clare, founder of the Poor Clares. Although raised in a noble family, inspired by Saint Francis, Clare zealously embraced asceticism. As the 21-year-old superior of a new religious order in the Franciscan tradition, she called for her sisters to forego shoes, meat, money, and even most conversation. While to modern Christians these practices seem harsh, Clare points the way toward a stripped-down life, laser-focused on God and unity with the poor. In the spirit of Saint Clare, we might ask ourselves if our pursuit of creature comforts sometimes separates us from God or from those in need.

MEMORIAL OF CLARE, ABBESS, FOUNDER

TODAY'S READINGS: Ezekiel 12:1-12; Matthew 18:21—19:1 (416).

"How often must I forgive . . . ? As many as seven times?" Jesus answered, 'I say to you, not seven times but seventy-seven times.'"

Friday, Aug 12, 2022

Look on the bright side

Saint Jane Frances de Chantal, founder of the Visitation order of nuns, advised her followers to let go chronic guilt: "We must never dwell on our sins during prayer. Regarding our offenses, a simple humbling of our soul before God, without a thought of this offense or that, is enough." Accept your imperfections (you're human!) and take a moment to feel gratitude for the good in your life.

MEMORIAL OF JANE FRANCES DE CHANTAL, FOUNDER

TODAY'S READINGS: Ezekiel 16:1-15, 60, 63 or 16:59-63; Matthew 19:3-12 (417). *"I pardon you for all you have done, says the Lord GOD."*

Saturday, Aug 13, 2022

Make it a policy to help the widowed and orphaned

When Blessed Father Michael McGivney was a parish priest in Connecticut 150 years ago, he was moved by the plight of migrant families where the breadwinner had died and left a widow and young children without resources. In 1882 he founded the Knights of Columbus, a Catholic fraternal organization, to support these struggling families. McGivney devised an insurance plan for the Knights to administer that would pay families a death benefit.

Today that insurance company is still going strong with more than 2 million policies representing \$100 billion in coverage.

McGivney's feast day is today. Pray for his canonization.

TODAY'S READINGS: Ezekiel 18:1-10, 13b, 30-32; Matthew 19:13-15

(418). *"Let the children come to me, and do not prevent them; for the Kingdom of heaven belongs to such as these."*

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



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