February 2, 2025

Presentation of the Lord

"Because he himself was tested through what he suffered, he is able to help those who are being tested." – Hebrews 2:18

There is comfort in knowing that others can empathize or sympathize with us when we are in pain or anxious. When we share our hurt or grief, it often makes it easier to cope with our own situation. While family members, friends or colleagues often can understand our circumstances, Jesus can as well. He suffered physical pain and anxiety, as well as the emotional pain of being criticized and betrayed. Share with Him. He understands. And as a gift to others, listen when they share their hardships. We are called to give not just of our resources and talents, but also of our time.

February 9, 2025

Fifth Sunday in Ordinary Time

"Then I heard the voice of the Lord saying, 'Whom shall I send? Who will go for us?' 'Here I am,' I said, 'send me!' " – Isaiah 6:8

How many times in a day or in a week could you have the opportunity to say "send me, Lord!"? We encounter those in need – in big ways and small ways – all of the time. Of course, the calls are not always for a big task, but rather sometimes for a simple gesture. Work on being more attentive to hearing God's call to spread His love and answering "send me."

February 16, 2025

Sixth Sunday in Ordinary Time

"Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man." – Luke 6:22

It is easy to talk about God and our Catholic faith when we are at church or with other Catholics. But we are not called to share God's message and love only when it is comfortable or easy. Standing up for the faith when it is uncomfortable or not easy takes courage. God will help you find that strength. Afterall, it is His message you are spreading.

February 23, 2025

Seventh Sunday in Ordinary Time

"... love your enemies and do good to them, and lend expecting nothing back..." – Luke 6:35

Loving one's enemies – that can be difficult to even imagine in some cases. But this is what we are called to do as disciples of Christ. This does not mean to allow oneself to be hurt or taken advantage of but we can pray for a change of heart for an enemy.