

Sunday, Jun 07, 2020

SOLEMNITY OF THE MOST HOLY TRINITY

The power in three

Faith, hope, love; body, mind, spirit; life, liberty, the pursuit of happiness; executive, judicial, legislative: There's something satisfying and complete about a list of three. Good things come in threes, too: from "bacon, lettuce, and tomato" to "Peter, Paul, and Mary." Alert to the power of three, scripture uses it as the sum of completion. The prophet Jonah spends three days inside the fish to fully absorb a lesson in obedience. Jesus exits the tomb on the third day. We encounter God three ways: as Creator, Restorer, Sanctifier. O God of many faces—recreate, restore, bless our community!

TODAY'S READINGS: Exodus 34:4b-6, 8-9; 2 Corinthians 13:11-13; John 3:16-18 (164). *"The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you."*

Monday, Jun 08, 2020

The cure for what ails us

Pope Francis said that living the Beatitudes means "going against the flow" of the world. What the world tells us—that wealth brings security, that power gives us strength, that pleasure makes us satisfied—is the opposite of what Jesus says. Francis asks us to let the Beatitudes "unsettle us . . . challenge us, and . . . demand a real change in the way we live." We've clearly been upended in this sense by the current pandemic, and we have learned firsthand that nothing exempts us from vulnerability. Jesus was, is, and always will be our only hope. Live accordingly.

TODAY'S READINGS: 1 Kings 17:1-6; Matthew 5:1-12 (359). *"Rejoice and be glad, for your reward will be great in heaven."*

Tuesday, Jun 09, 2020

MEMORIAL OF EPHREM OF SYRIA, DEACON, DOCTOR OF THE CHURCH

Rise and shine!

Leave it to Saint Ephrem to derive beauty from pain. As we feel the ripple effects of coronavirus, let's learn from a man who died in 373 during a plague—from contracting the disease of the people he was ministering to. Ephrem, named a doctor of the church for the poetic nature of his theology, wrote: "We give glory to you, Lord, who raised up your cross to span the jaws of death like a bridge by which souls might pass from the region of the dead to the land of the living." Seek and share beauty today.

TODAY'S READINGS: 1 Kings 17:7-16; Matthew 5:13-16 (360). *"Just so, your light must shine before others."*

Wednesday, Jun 10, 2020

Most fulfilling of all

As children, many of us were required to memorize the Ten Commandments. It's likely we can still recite them and have a sense of their importance. However, the catechism teaches that it is the *Beatitudes* that "fulfill, refine, and surpass the old law to its perfection." And how many of us can recite *them* from memory or even know where to find them in the Bible? (Hint: For all eight,

try Matthew 5:3-12.) In these difficult and, for some, tragic days, as we seek God's presence in our midst, we ask for the grace to comfort those who mourn.

TODAY'S READINGS: 1 Kings 18:20-39; Matthew 5:17-19 (361). *"Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill."*

Thursday, Jun 11, 2020

MEMORIAL OF BARNABAS, APOSTLE

Make history

What was it like during the times of the apostle Barnabas, whose memorial is today? Thousands of people at a time were becoming Christians with no real formality or infrastructure yet in the church. There was the "grace of God" and "firmness of heart" at work, today's first reading tells us, but persecution and internal conflict too. Every era has its challenges and opportunities. How are you building the Body of Christ during your moment in history?

TODAY'S READINGS: Acts 11:21b-26; 13:1-3 (580); Matthew 5:20-26 (362). *"They sent Barnabas to go to Antioch. When he arrived and saw the grace of God, he rejoiced and encouraged them all."*

Friday, Jun 12, 2020

This most amazing day

Tucked within Muir Woods, a national memorial park in California, is a beautiful space called Cathedral Grove. Hikers are asked to maintain quiet as they behold the old-growth coastal redwood trees. Though not a "cathedral" in the ecclesial sense, the grove reminds us that nature is one of the surest places to experience the power and tenderness of God. Pope Francis writes in *Laudato Si'*: "The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God." How do you experience this "caress of God," even in the potted plant in your own home?

TODAY'S READINGS: 1 Kings 19:9a, 11-16; Matthew 5:27-32 (363). *"Go out and stand on the mountain before the LORD; the LORD will pass by."*

Saturday, Jun 13, 2020

MEMORIAL OF ANTHONY OF PADUA, PRIEST, DOCTOR OF THE CHURCH

Treasure the baby and the Bible

The traditional depiction of Saint Anthony (1195-1231) holding the infant Jesus began with a 1580 painting by El Greco showing the Franciscan priest with a large open Bible in which one can see the very tiny baby emerging from the text. Over time in Christian art the image of the baby grew to become a life-size child in the arms of the saint, sometimes standing on a much smaller book and sometimes with the Bible missing all together. In times of quarantine and isolation, when we may not be able to enjoy the consolation of Jesus in Holy Communion, we can experience the Lord's presence in the Bible, which may have gone missing in our lives. If that is the case, you can invoke Saint Anthony for a return of your lost Bible!

TODAY'S READINGS: 1 Kings 19:19-21; Matthew 5:33-37 (364). *"Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.'"*

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



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