

Sunday, Mar 14, 2021

FOURTH SUNDAY OF LENT

Don't look at me

During Lent, it's easy to imagine we're scoring points with heaven by all this fasting, praying, and almsgiving. Giving up binge-watching for a season, spending 15 minutes daily in contemplation, or funding a different cause each Friday are all worthy activities that may deepen our commitment to faithful living. None of these practices will actually buy us a ticket to paradise, however. Grace is free and unearned, so we can't boast about it. Our Lenten practices are simply our way of saying "Thank You" to the Giver of all good gifts.

TODAY'S READINGS: Year B: 2 Chronicles 36:14-16, 19-23; Ephesians 2:4-10; John 3:14-21 (32). *"It is the gift of God; it is not from works, so no one may boast."*

Monday, Mar 15, 2021

LENTEN WEEKDAY

Engender cooperation

There have been some famous male/female teams in the history of Catholic religious orders. Benedict and Scholastica, Francis and Clare, Teresa of Ávila and John of the Cross. Another team included Vincent de Paul and Louise de Marillac, whose feast day is today. While Vincent founded the Vincentians, together he and Louise cofounded the Daughters of Charity. Today, there are 14,000 Daughters of Charity serving the poor all over the world. Commit to improving gender relations in your daily interactions. When woman and men feel free to make their unique contributions, great things can happen.

TODAY'S READINGS: Isaiah 65:17-21; John 4:43-54 (244). *"Unless you people see signs and wonders, you will not believe."*

Tuesday, Mar 16, 2021

LENTEN WEEKDAY

Healing water everywhere

The custom of dipping a finger into holy water and making the sign of the cross upon entering a church serves to remind us of our Baptism, whereby we first entered the Catholic Church. But the waters of Baptism do much more, altering our metaphysical makeup in a profound way. Christians adopted the ritual from John the Baptist, but the practice has even more ancient roots. It's tied to the Jewish use of *mikvahs*, purifying pools—including those mentioned in the Bible, like Bethesda and Siloam—that believers visited to cleanse themselves of sickness and sin. Let your own bathing rituals remind you of your baptismal promises.

TODAY'S READINGS: Ezekiel 47:1-9, 12; John 5:1-16 (245). *"They shall be watered by the flow from the sanctuary."*

Wednesday, Mar 17, 2021

OPTIONAL MEMORIAL OF PATRICK, BISHOP, MISSIONARY

Offer an Irish-inspired blessing

As the church and the Irish, and all who are "Irish for the day," celebrate the feast of Saint Patrick, let's also celebrate what we know of this remarkable fifth-century saint who brought the message of Christ to Ireland. Patrick writes in his *Confession* of his homeland (Roman Britain), his youthful captivity by pirates, his conversion, and his deepening desire to proclaim God's presence. There is no mention of snakes or shamrocks, but there is strong testament to Patrick's missionary zeal: *"That is why I cannot be silent . . . about such great blessings and such a gift that the Lord*

so kindly bestowed in the land of my captivity." Look for God's presence in this day and share your own good news.

TODAY'S READINGS: Isaiah 49:8-15; John 5:17-30 (246). *"I cannot do anything on my own; . . . because I do not seek my own will but the will of the one who sent me."*

Thursday, Mar 18, 2021

MEMORIAL OF CYRIL OF JERUSALEM, BISHOP, DOCTOR OF THE CHURCH

Explore the roots of your faith

Saint Cyril of Jerusalem was a scholar and catechist at heart, but he spent years embroiled in the Arian heresy, which denied the divinity of Christ. He spent 16 of his 35 years as Jerusalem's archbishop in exile over Arianism and political wrangling. Although he died in 386, it took until 1882 for him to be declared a doctor of the church for his significant theological contributions, many written for adults joining the church. In keeping with Saint Cyril's dedication to catechesis, devote some time today to learning more about your faith.

TODAY'S READINGS: Exodus 32:7-14; John 5:31-47 (247). *"The works that the Father gave me to accomplish . . . testify on my behalf that the Father has sent me."*

Friday, Mar 19, 2021

SOLEMNITY OF JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY; DAY OF ABSTINENCE

Try a little tenderness

When God's plans collided with his, Joseph attended to a calling beyond the law or custom of his day. He must have felt angry, betrayed, confused. But he also knew something greater was at stake than simply following rigid Mosaic code, which would have demanded stoning a woman found to be "with child" before marriage. Instead, he trusted Mary and trusted the dream that brought him angelic counsel. As Pope Francis said in his homily on this feast day in 2013, "in [Joseph's] heart we see great tenderness, which is not the virtue of the weak but rather a sign of strength." Practice tenderness—the sign of a strong heart!

TODAY'S READINGS: 2 Samuel 7:4-5a, 12-14a, 16; Romans 4:13, 16-18, 22; Matthew 1:16, 18-21, 24a or Luke 2:41-51a (543). *"He did as the angel of the Lord had commanded him and took his wife into his home."*

Saturday, Mar 20, 2021

LENTEN WEEKDAY

Lie low to be raised high

In 1812, six young women joined to devote their lives to providing care and education for Catholic families living in Kentucky. Nineteen-year-old Catherine Spaulding from Maryland was chosen to lead the group that became the Sisters of Charity of Nazareth (S.C.N.). Mother Catherine guided the congregation for 45 years, until her death on March 20, 1858. Today 550 S.C.N. sisters serve in 20 states and four foreign countries. Find your own quiet path of humility so that you, too, can be exalted.

TODAY'S READINGS: Jeremiah 11:18-20; John 7:40-53 (249). *"Never before has anyone spoken like this man."*

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



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