

Sunday, Jun 07, 2026

A living liturgy

A document from the Second Vatican Council calls the liturgy the “summit toward which the activity of the church is directed; at the same time, it is the fountain from which all her power flows.” In other words, for members of the church, liturgy is the source of life, and also that toward which life is directed. Life should be a living liturgy, and liturgy should be alive. The communion you have with God in the Eucharist celebrates the communion you have with God at all times, and the sacrifice you offer with Christ and the church at Mass empowers you to go forth and give of yourself. When you pray before Mass and after Communion, think about how what happens in church connects to what happens in the rest of your life.

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

Deuteronomy 8:2-3, 14b-16a; 1 Corinthians 10:16-17; John 6:51-58 (167). *“My flesh is true food, and my blood is true drink.”*

Monday, Jun 08, 2026

Best sermon ever

You can think of the famous Beatitudes—“sermons” Jesus delivers from various elevations, in Luke 6:20-26 (on the plain) and Matthew 5:1-12 (on a mountain)—as a kind of job description God hands out to believers. Those who are “blessed” or “happy” in the eyes of God do some specific things. They are poor in spirit and they hunger and thirst for righteousness—in other words, they trust completely in God and dedicate themselves to doing God’s will. They are humble. They show mercy, are honest, bring peace, and are willing to suffer to remain faithful. By living in these ways, we help bring about the kingdom of God, now and to come, and set the world and ourselves on a path of profound blessedness and happiness.

1 Kings 17:1-6; Matthew 5:1-12 (359). *“When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them.”*

Tuesday, Jun 09, 2026

You get what you give

How many of us, during a time of drought and famine, would have sufficient trust in God to offer a stranger our last morsel of food, solely based on the promise that if we did so, God would provide for our own needs? A widow the prophet Elijah encounters does just that and she is rewarded with an unceasing bounty from God. Trusting God when the evidence may be scant is the challenge and wisdom of our faith. As the 13th-century Dominican Friar Saint Henry Suso says, “Abandon yourself utterly for the love of God, and in this way you will become truly happy.”

1 Kings 17:7-16; Matthew 5:13-16 (360). *“The God of Israel, says, ‘The jar of flour shall not go empty, nor the jug of oil run dry.’”*

Wednesday, Jun 10, 2026

Here comes the reign

Jesus preached constantly about the coming of the reign of God, which began on Earth with Jesus’ death and Resurrection. According to the church, it’s up to us Christians to further God’s reign until it’s brought into perfection at the end of time. Pope John Paul II wrote, “The kingdom of God is the manifestation and the realization of God’s plan of salvation in all its fullness.” A reign of

love, peace, and justice, extending to all and lasting forever—now that is something to work toward. We start by living as Christ did.

1 Kings 18:20-39; Matthew 5:17-19 (361). *“Whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven.”*

Thursday, Jun 11, 2026

A little encouragement goes a long way

Saint Barnabas earned his name—which means “son of encouragement”—because of his work for the early Christian community, taking the recent convert Saint Paul under his wing, representing the original apostles at Antioch, and with Paul going on missions to the Gentiles. Barnabas was willing to do his part, whether leading or supporting others, and always promoting the peace of Christ. How can you be a daughter or son of encouragement today?

MEMORIAL OF BARNABAS, APOSTLE

Acts 11:21b-26; 13:1-3; Matthew 5:20-26 (580/362).

“Barnabas ... was a good man, filled with the Holy Spirit and faith.”

Friday, Jun 12, 2026

What’s in your heart?

When a businessman turned 40, he began to realize he wasn’t really a self-made man, and he sought out his third-grade teacher to thank her for all she’d meant to him. She strained her aging eyes as he approached her in the nursing home, but recognition dawned along with a huge smile. “I’ve kept you in my heart all these years,” she told him. He knew just what she meant. The heart is the symbol of the inner life of a person. Jesus is often depicted with a heart on fire with love—for us! The fire in his heart can become the fire in our own. What’s in your heart today? Is there room for love?

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

Deuteronomy 7:6-11; 1 John 4:7-16; Matthew 11:25-30 (170). *“Come to me, all you who labor and are burdened, and I will give you rest.”*

Saturday, Jun 13, 2026

A simple yes will do

We live in a culture that doesn’t trust words to do what they are intended to do—that is, to communicate meaning. The ocean of words that engulfs us in advertising, media, paperwork, email, and voicemails can make small words like yes or no seem lost from view unless hooked up with powerful, charged language full of emotion or even profanity. When Mary spoke to the angel her answer to the divine question, she used gentle words: “Let it be done as you say.” Those quiet words still echo around the universe their mighty intention.

MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY

1 Kings 19:19-21; Matthew 5:33-37 (364). *“Do not swear at all; not by heaven, for it is God’s throne; nor by the earth, for it is his footstool.”*

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



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