

Sunday, Jun 06, 2021

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

Remember those who must fast

Many faithful Catholics have been unable to approach the Eucharist in person for many months. Age and health, coupled with necessary protocols, have made this pandemic an unanticipated time of spiritual fasting. The words of the ancient sequence *Laud, O Zion* sung on this solemnity are especially poignant this year: "Thousands are, as one, receivers./ One, as thousands of believers." Those with access to the sacraments receive them for all of us. Those who embrace a spiritual communion continue to find ways to be the grateful "receivers" of a wondrous mystery: Christ's life dwelling in us.

TODAY'S READINGS: Exodus 24:3-8; Hebrews 9:11-15; *Lauda, Zion*; Mark 14:12-16, 22-26 (168). *"Take it; this is my body."*

Monday, Jun 07, 2021

Don't rule it out

Rules are restrictive, right? Or can they be liberating? The word "rule" comes from the Greek word for "trellis," and a trellis supports living things so they can grow up and out and bloom. The best rules create space for your priorities, turn your values into practices, and give you the freedom to live intentionally with God at the center. Why not create your own "rule of life" that helps you do that? Many Christians do. Monastic orders, starting with the Benedictines, began this tradition and all follow a rule of life to govern every aspect of life, including prayer, work, and community interaction. Rules of life can also address diet, exercise, recreation, relationships, and mental stimulation. The point is healthy balance. Thankfully, there are no rules to creating a rule of life—it's up to you and God to decide.

TODAY'S READINGS: 2 Corinthians 1:1-7; Matthew 5:1-12 (359). *"Rejoice and be glad; for your reward will be great in heaven."*

Tuesday, Jun 08, 2021

SOS: Save our seas!

In the beginning, says Genesis 1, God not only created the seas but made the "waters teem with swarms of living creatures." Today, designated World Oceans Day by the United Nations, we're reminded that God's creation is in real danger. As Pope Francis writes in his 2015 encyclical *Laudato Si'*, these formerly teeming waters are increasingly a graveyard, "due largely to pollution which reaches the sea as the result of deforestation, agricultural monocultures, industrial waste and destructive fishing methods," all of it "aggravated by the rise in temperature of the oceans." Visit the *Laudato Si'* Movement for ways to make a difference.

TODAY'S READINGS: 2 Corinthians 1:18-22; Matthew 5:13-16 (360). *"Your light must shine before others, that they may see your good deeds."*

Wednesday, Jun 09, 2021

Faith fulfills life

The definition of *fulfill* is "to put into effect, to convert to reality." Jesus teaches that the best way to bring the Kingdom into effect is to practice mercy and humility, to hunger and thirst for righteousness, to work at making peace, and to understand that

persecution can befall those who preach and live his message. In Jesus, the law of the prophets was not abolished but fulfilled. How do you choose to live your faith in a fulfilling way?

TODAY'S READINGS: 2 Corinthians 3:4-11; Matthew 5:17-19 (361). *"I have come not to abolish but to fulfill."*

Thursday, Jun 10, 2021

Mercy me

It is hard to overstate the centrality of forgiveness within the Christian tradition: both God's forgiveness when we do wrong and our forgiveness when others hurt us. Forgiveness is so foundational, we have a sacrament for it; it's in our creed; it's part of The Lord's Prayer; Pope Francis declared 2016 the Year of Mercy; and the list goes on. Do you need to forgive or be forgiven, or perhaps both? Now is the acceptable time to seek or extend mercy.

TODAY'S READINGS: 2 Corinthians 3:15—4:1, 3-6; Matthew 5:20-26 (362). *"Leave your gift there at the altar, go first and be reconciled with your brother."*

Friday, Jun 11, 2021

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

Promise with all your heart

The devotion to the Sacred Heart, which dates back centuries, includes consecrating oneself to, and benefiting from, the promises of the Sacred Heart. In honor of today's feast, consider committing to the following: Consecrate all your actions to glorify the Sacred Heart; consecrate all your weakness within the strength of the Sacred Heart; consecrate all your confidence in the faithfulness of the Sacred Heart. Do this and the peace of Christ, who is our peace, will be with you.

TODAY'S READINGS: Hosea 11:1, 3-4, 8c-9; Ephesians 3:8-12, 14-19; John 19:31-37 (171). *"For this reason I kneel before the Father . . . that Christ may dwell in your hearts through faith."*

Saturday, Jun 12, 2021

MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY

May your heart be on fire with love

Yesterday we celebrated the Sacred Heart of Jesus, and today we commemorate the Immaculate Heart of Mary: two hearts on fire with love and made one in suffering. The Sacred Heart symbolizes the love of God for people, pierced by the thorns of rejection. The Immaculate Heart symbolizes the love of people for God, wounded with a sword of suffering in solidarity with Christ. Remembering that Jesus identified with the struggles of the least of our sisters and brothers, today we can pray for those refugees driven from their homes by violence and poverty and waiting for help at our southern border.

TODAY'S READINGS: 2 Corinthians 5:14-21; Luke 2:41-51 (364; Gospel 573). *"His mother kept all these things in her heart."*

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



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