

Sunday, Oct 11, 2026

A place set for you at the table

That tiny wafer we receive at Communion and the little sip we take from the cup doesn't seem like much of a feast. But look at it this way: As it says in one of the Mass prayers, it's the "foretaste and promise of the Paschal feast of heaven." Our little banquet in church is a sacrament, the visible sign of an invisible reality. What we don't yet see is the fullness and completeness of life to which the sign points, described in scripture as a wedding reception. The nice thing about this wedding is that we, as the church, are not simply guests—we are the bride!

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

Isaiah 25:6-10a; Philippians 4:12-14, 19-20; Matthew 22:1-14 or Matthew 22:1-10 (142). *"Tell those invited: 'Behold, I have prepared my banquet ... and everything is ready; come to the feast.'"*

Monday, Oct 12, 2026

Preserve and protect

Nineveh was an ancient Assyrian city located across the banks of the Tigris River from modern-day Mosul, Iraq. It gained biblical fame for being spared by God because it heeded the prophet Jonah's call to repentance. Today, lack of protection from natural elements and looters has led to the ancient city's 3,000-year-old ruins being included on a Global Heritage Fund list of world sites on the verge of irreparable loss and destruction. The unrepentant of Jesus' day seem to have forgotten all about Nineveh. Let's not make the same mistake. Be a voice for the protection and preservation of great historical sites that remind us of our roots.

Galatians 4:22-24, 26-27, 31-5:1; Luke 11:29-32 (467). *"At the judgment the men of Nineveh will arise with this generation and condemn it."*

Tuesday, Oct 13, 2026

Honor the sorrowful mysteries

"I am a man of constant sorrow." So goes the bluegrass song popularized in the movie *O Brother, Where Art Thou?* Many of us have seen our share of sorrow, but few have made a hard-and-fast vocation of it. Mary of Nazareth, too, was warned that the sword of sorrow would pierce her heart. Seasons of suffering afflicted her, but they did not deter her from experiencing the joy, light, and glory of others. When faith works through love, the whole spectrum of life finds its balance. Tuesdays are for honoring—in Rosary-speak—the "sorrowful" mysteries of life.

Galatians 5:1-6; Luke 11:37-41 (468). *"For in Christ Jesus, neither circumcision nor uncircumcision counts for anything, but only faith working through love."*

Wednesday, Oct 14, 2026

The God of all

Because of their demand that people follow every prescription of Mosaic law and tradition, the scribes and Pharisees excluded many people, especially the poor and the sick, from the ranks of the righteous. Today we'd say they "sweated the small stuff" while ignoring the people most in need, sealing God behind a wall of regulations. Jesus, on the other hand, ignored and removed barriers, welcoming everyone. Perhaps Jesus had a bit of Robert Frost's Yankee wisdom: "Something there is that doesn't love a

wall." In our own zeal for being right and law-abiding we need to remember Jesus who knew that God is not the property of the best and brightest or even the "rightest." God is the God of all, especially those who have no one to depend on but God.

Galatians 5:18-25; Luke 11:42-46 (469). *"If you are guided by the Spirit, you are not under the law."*

Thursday, Oct 15, 2026

An insightful example

Today we honor one of the great women of the church, Saint Teresa of Avila, also known as Teresa of Jesus. Teresa's life seemed rather routine on the surface—she was a cloistered nun in the 1500s. But as her mystical encounters with Jesus emerged, along with her desire for a simpler, less "worldly" way of being, she began to write about the spiritual life and advocated for reform of her religious order, against strong opposition. Declared a doctor of the church in 1970, Teresa's reforms and enduring spiritual insights still carry weight. What reform, small or large, can you work toward today that can help bring about peace and spiritual growth for yourself and others?

MEMORIAL OF TERESA OF JESUS, DOCTOR OF THE CHURCH

Ephesians 1:1-10; Luke 11:47-54 (470). *"Woe to you, scholars of the law! You have taken away the key of knowledge."*

Friday, Oct 16, 2026

The fungus among us

The famous 17,000-year-old cave paintings in Lascaux, France have, in recent history, faced recurring threats from black and grey mold and fungal outbreaks. These outbreaks were triggered by disruptions to the underground microclimate from artificial lighting, upgraded air conditioning systems, and human breath, causing damage to the beautiful art that had withstood the test of time. In a similar way, Jesus saw the danger in allowing the leaven of the Pharisees—another kind of fungus—to take up residence in the lives of his followers. Hypocrisy is a great temptation for us religious-minded folks: to profess one thing while doing another.

Ephesians 1:11-14; Luke 12:1-7 (471). *"Beware of the leaven—that is, the hypocrisy—of the Pharisees."*

Saturday, Oct 17, 2026

Clarity under pressure

Map the distance between Antioch, Syria, and Rome: 3,716 kilometers, 39 hours by car—without traffic. Now imagine traveling that distance in chains around the year 107, with hungry lions awaiting your arrival. Even with all that, Ignatius of Antioch, approaching a brutal martyrdom, writes from the road to the Ephesians: "I do not issue orders to you, as if I were some great person. For though I am bound for His name, I am not yet perfect in Jesus Christ." His focus is on the privilege of dying for God's glory: "Being blessed in the greatness and fullness of God," he sends readers "abundant happiness through Jesus Christ, and His undefiled joy." When you face frightful realities, call on Ignatius to help you stay strong and see beyond the moment.

MEMORIAL OF IGNATIUS OF ANTIOCH, BISHOP, MARTYR

Ephesians 1:15-23; Luke 12:8-12 (472). *"Hearing of your faith in the Lord Jesus . . . I do not cease giving thanks for you."*

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



© 2026 TrueQuest Communications. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. **Signup for free daily email available at TakeFiveForFaith.com/subscribe.**