

Sunday, Aug 02, 2026

Thought for food

“Give them something to eat” was Jesus’ mandate to his disciples concerning the hungry masses. It is still his mandate to us today as more than 800 million people—one-tenth of the world’s population—live in extreme poverty on less than three U.S. dollars a day. With grain and fertilizer prices skyrocketing, the world’s poorest have never been more vulnerable. If we want people to be able to feel the loving presence of God in their lives, let’s first make sure they aren’t feeling the wracking pain of chronic hunger. Gather ideas on how to help.

EIGHTEENTH SUNDAY IN ORDINARY TIME

Isaiah 55:1-3; Romans 8:35, 37-39; Matthew 14:13-21 (112).

“Jesus said to them, ‘There is no need for them to go away; give them some food yourselves.’”

Monday, Aug 03, 2026

Look to the star

Jesus’ mother Mary has many titles—one of them is Our Lady, Star of the Sea, as protector of seafarers. But Mary is a guiding star for all of us as we seek her son through the storms of life. Saint Bernard of Clairvaux wrote: “If the winds of temptation arise; if you are driven upon the rocks of tribulation look to the star, call on Mary. If you are tossed upon the waves of pride, of ambition, of envy, of rivalry, look to the star, call on Mary.” Don’t lose sight of her, and you won’t lose your way to Christ.

Jeremiah 28:1-17; Matthew 14:22-36 (407/408). *“Lord, if it is you, command me to come to you on the water.”*

Tuesday, Aug 04, 2026

You can run but you can’t hide

If you’ve ever wanted to get away from it all, Saint John Vianney is your man. In his youth, he deserted the French army and hid from Napoleon’s police. After the general pardon of 1810 he resumed his studies for the priesthood despite his less-than-stellar grades. His first priestly assignment was the village of Ars. Though the parishioners at first opposed him because of his poor mental and physical state, Vianney won their hearts through his total dedication to them—including remarkable abilities as a confessor, relentless work, and a life of holiness. Three times he sought to leave parish work only to be persuaded by his people to come back. The challenge we all face, as the Curé of Ars did, is to find balance between work and rest and care for others and ourselves.

MEMORIAL OF JOHN VIANNEY, PRIEST

Jeremiah 30:1-2, 12-15, 18-22; Matthew 14:22-36 (408).

“People brought to him all those who were sick.”

Wednesday, Aug 05, 2026

Let’s meet and talk

Religious prejudices and tensions between Jews and their Gentile neighbors are highlighted in the gospel story where a Canaanite woman asks Jesus to heal her daughter only to receive a stern rebuke. Tensions are exposed, but at the end of the day, the Canaanite woman finds a way to break through, and Jesus responds with admiration and compassion. The lesson for all of us is to seek the path beyond our own prejudices. As Pope Francis said in a meeting with Ecumenical Patriarch Bartholomew, the spiritual leader of the Orthodox Church, “Dialogue and encounter are the only viable path for overcoming conflicts and all forms of violence.” Let your prejudices be teachable moments!

Jeremiah 31:1-7; Matthew 15:21-28 (409). *“She said, ‘Please, Lord, for even the dogs eat the scraps that fall from the table of their masters.’”*

Thursday, Aug 06, 2026

Behold what the eyes of love can see

The word *transfiguration* is seldom used outside of the New Testament, except in the Harry Potter series at Hogwarts, where it is a course taught to young wizards. But there is a piece by composer Arnold Schönberg that is more in line with the biblical concept of transfiguration. In “Transfigured Night,” a woman’s confessed shame is surprisingly and completely changed by the forgiveness offered by the man who loves her. The music’s passion and beauty portray the transformation wrought in the woman by love: The dark night and the lovers themselves become bright with joy. Transfiguration is not magic, but rather a revelation of a hidden or ignored reality of the beauty in each soul. The unconditional love of God manifest in Jesus reveals that beauty in Jesus and in each of us, and our own unconditional love can also reveal the blinding beauty of others.

FEAST OF THE TRANSFIGURATION OF THE LORD

Daniel 7:9-10, 13-14; Matthew 17:1-9 (614). *“And he was transfigured before them; his face shone like the sun and his clothes became white as light.”*

Friday, Aug 07, 2026

Courage always meets the moment

Since the first followers of Jesus, the church has had its struggles, but always, the Holy Spirit keeps the church faithful. Courageous people in every age rise up to lead renewal within the church. In the early 1500s in Italy, that person was Cajetan who felt the pain of the Body of Christ and dedicated himself to doing something about it. With other clergy friends, he founded the Theatines, dedicated to trusting in God’s providence and claiming no property nor money from the people—the opposite of clergy at the time who were becoming wealthy off the backs of the people. In the time, the same church that Cajetan sought to reform recognized him as a saint. Who are the courageous ones in your life who help you stay faithful? Draw strength from them to help institute necessary reforms in our time.

MEMORIAL OF CAJETAN, PRIEST

Nahum 2:1, 3; 3:1-3, 6-7; Matthew 16:24-28 (411). *“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”*

Saturday, Aug 08, 2026

How to live with and for God

Contemplation and action seem to be two things going different directions—something you have to choose between. You’ve got things to do, a job, a home, and a family to take care of. Who has time for contemplation? Eight hundred years ago, Saint Dominic, the founder of the Order of Preachers, the Dominicans, tried to find a balance between living in God’s presence—contemplation—and living out a mission of sharing God’s word with others. His solution, according to Dominican Fabian Parmisano, O.P., was the insight that “action in the world is also to be contemplative.” It is not a frenetic action impatient for outcomes, says Parmisano, but, rather, “a quiet action that leaves room for God and is patient for God’s results in God’s time.” Make space for God in your action, and you will become a true contemplative.

MEMORIAL OF DOMINIC, PRIEST

Habakkuk 1:12—2:4; Matthew 17:14-20 (412). *“For the vision still has its time, . . . If it delays, wait for it.”*

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



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