

Sunday, Sep 06, 2026

It's OK not to talk about it

For many people it helps to talk about how they feel when something traumatic happens to them or they have suffered a loss. But not everyone. A university study found that people who did not talk about their inner pain “can cope quite successfully,” said researcher Mark Seery, “and, according to our results, are likely to be better off than someone who does want to express his or her own feelings.” So express yourself—or not—in a way that is healthy for you and, in the spirit of Christian love, respect the ways others choose to express themselves.

TWENTY-THIRD SUNDAY IN ORDINARY TIME

Ezekiel 33:7-9; Romans 13:8-10; Matthew 18:15-20 (127).

“Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

Monday, Sep 07, 2026

Seek the spirit of the law

Treating the sabbath as a special day has a long and somewhat mixed history in the United States. In colonial times, minor violations were punished with fines, while serious offenses could face physical punishment. Variations on the so-called “blue laws” continue today in many states, fortunately without the extreme penalties. To pause from our labors is good. But to lose sight of the purpose of the sabbath is not. Jesus reminds us that compassion and good works rise above the letter of the law. Don't get caught up in legalisms—seek the greater good and extend a helping hand, no matter the circumstances.

LABOR DAY

1 Corinthians 5:1-8; Luke 6:6-11 (437). *“I ask you, is it lawful to do good on the sabbath rather than to do evil, to save life rather than to destroy it?”*

Tuesday, Sep 08, 2026

The Queen has arrived

On today's liturgical feast, placed nine months after Mary's Immaculate Conception, we rejoice in the arrival of the New Eve to the world. Joachim and Anna first lifted up their newborn, looked into her eyes, and could know that she was free from sin. Though the tiniest and weakest among humanity, she was its queen even then. As is recited in the Byzantine prayer, “Today the barren Anna claps her hands for joy, the earth radiates with light . . . for she who is Queen and the Father's immaculate bride buds forth from the stem of Jesse.” Imagine, therefore, that the greatest of the world's revelations was first disclosed in this newborn girl.

FEAST OF THE NATIVITY OF THE BLESSED VIRGIN MARY

Micah 5:1-4a or Romans 8:28-30; Matthew 1:1-16, 18-23 or Matthew 1:18-23 (636). *“The Book of the genealogy of Jesus Christ, the son of David, the son of Abraham.”*

Wednesday, Sep 09, 2026

A horse of a different color

A famous Chinese folktale tells of an old man whose horse runs away. His neighbors comfort him on his loss, but he says, “I'm not sure this is a bad thing.” The following day the man's horse returns with another horse. His neighbors congratulate him on his gain, but once again he refuses to judge, saying, “I'm not sure this is a good thing.” The story continues in this vein, with ups and downs flowing one from another, so that it is impossible to tell whether

anything that happens is ultimately “good” or “bad.” Life is change. Health can turn into illness and sadness can change into happiness very quickly. All we can do is live in the blessing of love no matter the good and bad that comes our way.

1 Corinthians 7:25-31; Luke 6:20-26 (439). *“Blessed are you who are now hungry, for you will be satisfied.”*

Thursday, Sep 10, 2026

Unchain your heart

Through the sacrament of Penance and Reconciliation, Catholics are forgiven for their sins. You must be contrite and confess and then be granted absolution. By the sacrament, the errant individual is reconciled with God and the community. So, when others are forgiven, they are reconciled with you. As a member of the church, you participate in their freedom from transgression. Catholics are called to forgive even those who are not sorry. Forgiveness, whether you are the giver or receiver, releases you from the anger, hate, or shame that keeps you in chains.

1 Corinthians 8:1b-7, 11-13; Luke 6:27-38 (440). *“Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.”*

Friday, Sep 11, 2026

Hidden costs that are worth it

In Paul's First Letter to the Corinthians, he says that God offers the “gospel free of charge.” While it's true the gospel is preached for free, it never comes without a cost. We are obliged both to hear the word of God and keep it. What does that look like? Doctor of the Church Saint Peter Canisius put it this way: Such is a disciple, “that the sick may find healing; the sad, joy; the desperate, hope; the ignorant, instruction; those in doubt, advice; the penitent, forgiveness and comfort; and finally, everyone, whatever is necessary for salvation.” That's quite a to-do list for followers of Christ. Let's get to work!

1 Corinthians 9:16-19, 22b-27; Luke 6:39-42 (441). *“What then is my recompense? That, when I preach, I offer the Gospel free of charge.”*

Saturday, Sep 12, 2026

Hearts turn on a dime

Saint Celestine I began his papacy in September of 422. He was pope for 10 years and is remembered as the pope who founded the papal diplomatic service. He is also known for saying that “absolution or reconciliation should never be refused to any dying sinner who sincerely asked it; for repentance depends not so much on time as on the heart, which can be changed in a moment when God so wills.” Let's pray for transformed hearts, our own and others'.

1 Corinthians 10:14-22; Luke 6:43-49 (442). *“A good person out of the store of goodness in his heart produces good.”*

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



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