



Discovering **hope** and **joy** in the Catholic faith.

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Church of the Incarnation, Mantua, NJ

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One Minute Meditations

St. Lawrence Justinian

Born into a noble Venetian family, St. Lawrence Justinian desired sanctity from an early age. He entered the Order of the Augustinian Canons Regular of St. George, where he became known for his zeal, penitential lifestyle, and deep charity—especially toward the poor. He eventually became the general of the order. Recognized for his holiness, he was appointed Bishop, and later Patriarch, of Venice by the pope. He served faithfully until his death at the age of seventy-five.

Jesus turns sorrow into joy

Each September, the Church celebrates the Exaltation of the Holy Cross—not because we glorify suffering, but because the Cross reveals a Love that is total, faithful, and fearless. Christ embraced suffering, rejection, and death—and triumphed over them. His Cross is the ultimate sign that love is stronger than pain. When we bring our trials and sorrows to Jesus, He transforms them—through a kind of divine alchemy—into strength, healing, joy, and even glory. In Him, suffering is never the end of the story.

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

Holiness in everyday life

Pier Giorgio Frassati — to be canonized on September 7 — was known for blending intense spirituality with fun—he loved mountain climbing, practical jokes, and friendship. He taught that holiness can be simple, joyful, and practical, woven into daily life. In a 1923 address to young people, he summed up the Christian life: "Our religion is based on charity, which is nothing other than the most perfect Love." He proposed three ways to live that love: by example, through compassion, and by joyful invitation.

By example: Blessed Pier believed that our lives should reflect our faith without needing words. "We Catholics must strive to have our whole life guided by Christian moral law," he said. That includes building our schedules around the Eucharist, practicing reverence, treating others with dignity, and living generously. These everyday choices silently proclaim who we are—and whose we are.

With compassion: Blessed Pier encouraged personal, thoughtful acts of

love: visiting the lonely, offering a kind word, or putting others first. He reminded us that holiness begins with small, intentional acts of compassion.

By joyful invitation: Blessed Pier's faith was magnetic, marked by laughter,

"Jesus is with me. I have nothing to fear."

Blessed Pier Giorgio Frassati

adventure, and prayer. He urged others to draw people to Christ with warmth and sincerity: "Persuade [those who are far from the Church] to follow the ways of God." A quiet chapel visit or simple prayer can be a powerful invitation to grace.

He urged Catholics to stay rooted in the Eucharist: "Approach the Eucharistic Table as often as possible... from which you will draw strength." His life reminds us that sainthood is not about perfection, but about choosing love—daily, faithfully, and joyfully.

Why Do Catholics Do That?

Why do Catholics believe in angels?

In the Nicene Creed, professed at every Sunday Mass and solemnity, we affirm belief in "all things visible and invisible"—a direct reference to spiritual beings, including angels. Throughout Scripture, angels appear as messengers, protectors, and servants of God's will. Jesus' words in Matthew 18:10,

referencing angels who "behold the face of [His] Father"—form the basis for the Church's belief in guardian angels. These faithful spirits, who remained loyal to God, continue to watch over and guide us. Belief in angels is not optional but a vital part of Catholic teaching and tradition.

Hearing God's voice in the everyday

Discernment isn't limited to religious vocations—it's a way of seeking God's will in all areas of life. Whether you're considering a marriage, a job change, or a move to a new city, discernment helps you respond to God's loving plan with clarity and peace. Here are three tips to avoid common pitfalls:

Learn to recognize His voice: It's difficult to discern God's will if we don't know His character. A healthy relationship with God—nurtured through prayer and Scripture, especially the Gospels—helps us become familiar with His voice. The more time we spend with Him, the easier it becomes to distinguish His promptings from fear, pressure, or personal bias.

Take a practical step: Discernment requires action. You can't always think your way to clarity. Take the interview, visit the new city, introduce your intended to your family. These steps don't commit you for life—they give you real-world experience that sharpens your perspective and brings peace to your decision-making.

Narrow your focus: Too many options can paralyze progress. At some point, discernment involves commitment and trust. Begin by eliminating options that clearly don't fit. The path may shift as you go, but each step—taken prayerfully—leads you closer to the right destination. God's guidance is often gradual but unmistakable.

from Scripture

Luke 16:19-31, Doing the good we ought to do

In this Gospel passage, Jesus tells a parable aimed at those who are indifferent to the suffering around them. A rich man enjoys daily luxury while Lazarus, a poor and sick man, lies just outside his gate, starving and ignored. Though the rich man likely passed by Lazarus often—and even knew his name—he offered no help.

After death, their roles are reversed. Lazarus is carried to the side of Abraham, a place of comfort and honor. The rich man finds himself in torment and pleads for relief. He asks Abraham to send Lazarus with water,

and later to warn his brothers. Both requests are denied.

Jesus' parable does not condemn wealth but the failure to love. The rich man's sin was not what he did, but what he refused to do. He saw suffering and remained unmoved.

This passage challenges us to examine our own hearts. Do we see those in need and look away?

True Christian living means turning prayer into mercy, and faith into action. When we love as Christ commands, the reward is eternal joy.

Q & A

Why do Catholics display crucifixes instead of crosses?

Jesus is risen in glory, having conquered sin and death. Yet we, though united to Him in Baptism, remain on our earthly journey, still vulnerable to temptation and suffering. The Crucifix stands as a powerful reminder of the cost of sin and the price of our redemption.

More than a symbol of pain, the Crucifix reveals the depth of God's mercy and love: *"God so loved the world that He gave His only Son"* (John 3:16). It reminds us that Jesus is *"a compassionate high priest"* (Hebrews 4:15) who knows human suffering firsthand—rejection, sorrow, and even death (cf. Psalm 22:14; 69:20).

In every Catholic church, the Crucifix also points to the reality of the Eucharist. The sacrifice of the Mass is not separate from Calvary—it is the same sacrifice, made present to us (*Catechism*, 1545). Christ offers Himself to the Father, and we receive the fruits of that offering: grace, healing, and strength.

The Crucifix is not just a symbol—it is the visual proclamation of love that saves, heals, and invites us into deeper communion with Christ.

Feasts & Celebrations

September 12 – The Holy Name of Mary. Mary has many titles. Begun in Spain in 1513, this feast celebrates her as the Blessed Virgin and is the counterpart to the Feast of the Holy Name of Jesus. Pope Innocent XI extended this feast to the entire Church after the King of Poland, with Mary's protection, defeated an advancing Muslim army in Vienna in 1683.

September 14 – The Exaltation of the Holy Cross (c. 326). St. Helena (mother of Emperor Constantine) discovered what is believed to be the True Cross while on pilgrimage in Jerusalem. On that site, Constantine built the Basilica of the Holy Sepulcher.

September 16 – Saints Cornelius and Cyprian (c. 253). A renowned theologian and orator, he was ordained a priest and served as the bishop of Carthage. He helped Pope St. Cornelius defend the Church against the Novatian heretics. Pope Cornelius was exiled and died from harsh treatment in 253. Cyprian was arrested for refusing to worship idols. He was exiled and subsequently beheaded.

September 19 – St. Januarius (c. 305). Not much is known about this saint, except that he was the Bishop of Benevento, Italy, and that he was martyred with six companions under the Diocletian persecutions. For reasons unknown, a vial of his blood has miraculously liquified annually, several times a year, since at least 1389.

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