



St. John of the Cross



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Our Parish COMMUNITY

April 26, 2026

Fourth Sunday of Easter (A)

Acts 2:14a, 36–41 / 1 Peter 2:20b–25 / John 10:1–10



Good News!

April 26, 2026

Fourth Sunday of Easter (A)

Acts 2:14a, 36–41 / 1 Peter 2:20b–25 / John 10:1–10

MIGUEL DULICK

It is “**Good Shepherd Sunday**,” and the gospel quotes Jesus: “I am the gate for the sheep.” It seems the oddest of Jesus’ “I am” identities, until you realize that the shepherd himself was often the literal gate of the sheep’s pen, as he would lay his own body across the entrance to keep the sheep secure and safe from any predators. Actually, the predators that worry Jesus the most are other shepherds—“strangers” who came before him, all of whom Jesus flatly denounces as “thieves and robbers.”

Does that scare us today? Are we vulnerable to attacks, even from those supposedly in charge of our care? When Jesus opens the gate, we go in and out through him, through Jesus, to find pasture. We follow him because we recognize “his voice.” In the synodal Church that Pope Francis called us to, and to which we continue to be called by Pope Leo XIV, every voice is welcome and needed so that the Holy Spirit will fill the whole Church with truth.

Here in Honduras, where I live, folks with little education can offer profound witness to the love of God. It comes from their own intimacy with Jesus, recognizing his voice in their daily life. They are often the poor victims of widespread corruption, like “a thief [who] comes only to steal and slaughter and destroy.” Here in Honduras, we take refuge in Jesus, that we “might have life and have it more abundantly” (John 10:10). ●

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Mass Schedule

Saturday: 6:00 PM

Sunday:

7:30 AM & 11:00 AM ~ English

6:00 PM ~ Spanish

Daily Mass:

Mon., Tues., & Fri. ~ 8:00 AM

Thurs.(Sp.) ~ 6:00 PM

1st Saturday Mass: 8:00 AM

Adoration

Thurs.~ Spanish—6:30PM

Reconciliation

Thursday: 5:30 PM - 6:00 PM

Saturday: 5:00 PM - 5:30 PM

Sunday: 5:30 PM

Please contact Fr. Patrick by phone or email if you need to make an appointment for **Confession** or **Anointing of the Sick**.

Parish Office Hours

Mon, Tues, Wed, Thurs:

8:30 AM - 12:00 PM

1:00 PM - 4:30 PM

CLOSED FOR LUNCH
12:00 PM - 1:00 PM

OFFICE IS CLOSED
Fri., Sat., & Sun.

Worship, Prayer, & Ministries

MASS INTENTIONS FOR THIS WEEK

Sat.-25	6:00PM	† Filiberto Contreras by Luisa Mesa † Steve Meehan by Collen Meehan Pavlick The families of our parish
Sun.-26	7:30AM	† Tyler Craddock by Joe & Mary Ortiz † Damian Ray Garcia by Veronica Garcia
	11:00AM	† Jerry Cross by His Loving Family † Leo Cueva by His Family † María Guadalupe Orona de Galván (49 yrs.,) by Maria Galván-Gordon † Norma Mendez (4th anniv.) by Family
	6:00PM	† Florencio Diaz, † Juana Enriquez, † Manuel Diaz, † Javier Diaz por sus familias † Jose Rosario Becerril por Maria Ordoñez † Manuel Garcia (2 anos) por su esposa, Olga Garcia † Antonio Martinez, † Teresa Diaz, † Jovita Vega, † Clemencia Gomez por Familia Gomez Martinez
Mon.-27	8:00AM	† Chuck Mortenson by Friends Our First Holy Communion Students
Tues.-28	8:00AM	† Nora Nuñez (Heavenly birthday) by Janie Flores Our Confirmation Students
Thurs.-30	6:00PM	La fortaleza de las viudas y los viudos
	6:30PM	Adoración
Fri.-1 <i>St. Joseph the worker</i>	8:00AM	† Eulalio G. Bazan (anniv.) by Bazan Family Liza Ochoa's Family & Momo Ortiz's Family by Liza Ochoa

Masses for May 2 & 3

Sat.-2 <i>St. Athanasius, Bishop and Doctor of the Church</i>	8:00AM	† Gary Graham by Graham Family
	6:00PM	† Sostenes Contreras by Luisa Mesa Birthday Blessings for Sarah Silva by Dad & Mom
Sun.-3	7:30AM	† Steve Meehan by Ellie Meehan Domino † Stephen Menard by Joe & Mary Ortiz
	9:00 AM	First Holy Communion Students
	11:00AM	† Arturo Acuna, Jr. (Heavenly birthday) by Dad & Acuna Family † Margie Leon-Guerrero & † Maria Blas by Ellie Mankin & Leon-Guerrero Family † Irma Deanda Ulibarri by Diana Deanda Living and Deceased Members of the St. John of the Cross Altar Society
	2:00PM	First Holy Communion Students
	6:00PM	Las familias de la parroquia



The sanctuary light is offered for
Rain for all of God's creation and children
by Raquel S. Jimenez and Family

Sanctuary light and altar flowers ~ The sanctuary light and / or the altar flowers may be sponsored in honor of or for the repose of the soul of a loved one, or in celebration of special occasions like birthdays or wedding anniversaries. Please contact the parish office for more information. The sanctuary light is \$20 / weekend. The altar flowers are \$80/ weekend. Please contact the office for more information.

Ministry Schedule for Mass

Ministry Schedule



May 2—6:00PM—Lector: Anita Bazan
EM: San Juanita Gaza, Sharry Stipp, Luis Romanos
Head Usher: Carlos Alanis

May 3—7:30AM—Lector: Kimberly Tessanne
EM: Margie Svetlik, Maria Miller, Luz Paiz
Head Usher: Gerald Murray

9:00AM—Lector: First Holy Communion
EM: Jose Isais

11:00AM—Lector: Janie Flores
EM: Maria Galvan-Gordon, Jeri Alaniz,
Don and Kim Rokohl
Head Usher: Lonnie Rodriguez

2:00PM—Lector: First Holy Communion
EM: Anita Bazan

6:00PM—Lector: Jose Ordonez
EM: Mariela Ordonez, Esmeralda Castro
Head Usher: Jose Isais

PRAYER LIST

We continue to pray for the needs of those in our parish:

Rosa Arevalo, Beatrice Barron, Diana Cantu,
Karen Elyasevich, Art Forbes, Tyler Forbes,
Antonio Medrano, and Oscar Ortiz, Jr., and
Eva Soliz



The names of newly added persons will remain for three weeks. Contact the Parish Office if names need to be added to the prayer list.

Praying for expecting mothers and their babies:

**Theresa Laurienti, Ricki Rodriguez Choat, and
Celina Garcia**



Praying for our Military

**We remember these service personnel in each
'Mass for the Families of the Parish'**

Air Force: Vincent Gordon, Preston Holliday,
Christopher Lauer II, Alayah Moore,
Deborah Thomas

Army: Father Jim Craig, Madeleena Delaney,
Celine De Los Santos, Allen McDonald,
Jacob Madrid, Eduardo Perales, Robert Ponce,
Fernando Ramos III, Anthony Rios, and
Tyree Winstead

Coast Guard: Corey Bunton and Joshua Salinas

Marines: Aurora Alarcon, Hunter Frees, and
Andre Rodriguez

Navy: Cory Elyasevich, Diane Martinez, Aubrey McCown,
and Noah Vasquez

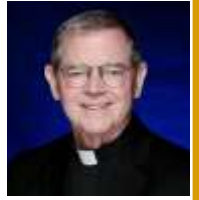


St. John of the Cross will send care packages to our parishioners serving in the military and veterans for Independence Day. Items requested include travel-size body wash, shampoo and deodorant, as well as chocolate-FREE snacks, reading material, puzzle books, and prayer cards. Please bring donated items to the church foyer or to the office by June 18.

A Note From Our Pastor

Dear Brothers and Sisters in Christ,

**For me it was necessary to share this reflection on the Bishop's Stewardship Appeal with the parish and the mission on this BSA Weekend. Please read and reflect with an open heart.
Fr. Patrick**



One Body in Christ – The Impact of the Bishop's Stewardship Appeal
by Sofia Rodriguez from the South Texas Catholic, Spring 2026

On any given day in South Texas, the life of the Church unfolds in quiet but powerful ways.

A priest stands at the altar and elevates the Eucharist.

A college student kneels in adoration after a long week of classes.

A child in a Catholic classroom learns their first prayer.

A struggling family receives food, counseling, and clothing.

A homebound parishioner watches Mass through a livestream, united in prayer from afar.

These separate moments are deeply connected. They are our story. And together, through our Bishop's Stewardship Appeal, we make them possible. Each year, we are invited to live more intentionally as One Body in Christ, united in belief and in shared responsibility for the mission entrusted to us. In 2025, more than 13,800 gifts from faithful households across our Diocese strengthened ministries and services that reach every parish and every community. These are some of moments to reflect upon.

Caring for Those who Serve – Our Priests

Our priests walk with us through every season of life. They baptize our children, witness our marriages, anoint the sick, and preach the Gospel week after week. Their vocation is one of complete self-gift. After a lifetime of service, your contributions help provide for the needs of our retired priests, including transportation, meals, and housing at the St. John Vianney Clergy Residence. There, they are given a comfortable home and opportunities to continue celebrating Mass and participating in spiritual retreats. As they guide the faithful, they also help call forth the next generation of leaders.

Preparing Tomorrow's Shepherds – Our Future Priests

Hope for the Church's future is evident in the quiet discernment of a seminarian and the faithful preparation of a deacon candidate, balancing formation with family life. Each man responding to God's call represents a promise that will one day be witnessed in a homily, a baptism, or a parish strengthened in faith. In the summer of 2025, we rejoiced as three new priests were ordained for our Diocese. Today, we are blessed to support three seminarians who are prayerfully preparing to give their lives in service to Christ and His Church. Through the Vocation Office and the Permanent Diaconate Formation, your generosity helps ensure that future priests and deacons are formed in mind, heart, and soul as they respond to God's call. The Church does not exist only today. It is built for generations to come.

Sharing the Good News – Proclaiming the Gospel

In today's digital world, the Church's voice must reach beyond physical walls. Through diocesan communications, the Gospel is proclaimed in new and creative ways. Through the broadcast of Sunday Mass on digital media platforms, the South Texas Catholic magazine, Catholic Connect, and the Corpus Christi Catholic Network App, the diocesan communications team connects our entire diocese and amplifies the voice of our Church. When we support communications, we extend the reach of Christ's voice into homes, hospitals, dorm rooms, and workplaces throughout South Texas. Yet the Gospel is not proclaimed by words alone. It is also revealed through works of mercy.

One Body, One Mission – St. John of the Cross Church only exists within our Diocese of Corpus Christi

From altar to classroom, from campus chapel to the St. John Vianney Residence for retired priests, the story is the same. We belong to one another. The Bishop's Stewardship Appeal is not simply about sustaining programs. It is about living our identity as One Body in Christ. Every gift strengthens the mission entrusted to us. When we give, we care for those who serve, form future shepherds, educate young minds, guide young adults, proclaim the Gospel, and restore hope to the vulnerable.

Together, we are sent to serve.

Together, we build up the Church.

Together, we continue writing this story of faith across the Diocese of Corpus Christi.

As your Pastor, I have already made my pledge to the BSA. Please make your pledge. Fr. Patrick

Deacon's Corner

This is the Fourth Sunday of Easter. Happy Easter! The readings are from Acts 1:4a, 36-41; Psalm 22:1-3a, 3b-4, 5, 6; 1 Peter 2:20b-25; and the Gospel of John 10:1-10. I once asked a keeper of goats in the mission fields of Northern Mexico, where a mission was started by some Cursillistas back in the late 1970s which continued until about 2005, whether he would leave his goats unattended if one of them went astray. He said, "heck no, I'll lose another one to the Coyotes. If I'm around, they won't come near, but if I leave them unattended, they'll get another one." I asked him, "what about the one you lost?" He said, "it will have to fend for itself!" I was talking to them about the Gospel of Luke, on the passage about the lost sheep, where Jesus leaves the 99 to go after the 1. Today's Gospel reading is known as "The Good Shepherd." That's verse 11, not included in the reading. "I am the good shepherd. A good shepherd lays down his life for the sheep." In Luke's rendition, the Lord is shown to risk even the loss of another sheep in order to go after the "lost" one. The lost one is the sinner who has abandoned the Master and has gone astray without the protection offered by the Shepherd. In today's version, the Lord is willing to give himself for the lost one, as a ransom for the many. In Luke's version, I think the event suggests repentance, and in John's, I think it suggests redemption. Here's the difference: In Repentance, the Lord looks for us, and when we come to a mutual understanding we rejoice that we are reconciled. In Redemption he gives his life for ALL humanity, and we can choose to be redeemed or we can choose

to ignore it. All of humanity has an opportunity to be redeemed, but in addition to repentance, it takes a commitment to accept his sacrifice on the cross and live a life of Grace. The last part of verse 10 in today's Gospel reading says: "I came so that they (you, me, us) might have life and have it more abundantly." Then verse 11 says: "I am the good shepherd. A good shepherd lays down his life for the sheep." The first 10 verses emphasize that Jesus is the *gate*. John's Gospel makes a distinction between the sheep (who are faithful followers) and the Pharisees, who are "blind guides." See St. Jerome Biblical Commentary section 135, Commentary on John's Gospel, 1968. Those who choose the "gate" are they who made a distinction between the words of the Lord and the teachings of the Pharisees. Those who come through the "gate" are non-malevolent, and they can make a distinction between right and wrong. That describes for me, a system or process of repentance. Those for whom the "Good Shepherd" dies includes sinners and non-sinners. This idea reminds me of the passage in Revelation where the writer makes the statement: "I know your works; I know that you are neither cold nor hot. I wish you were either cold or hot. So, because you are lukewarm, neither hot nor cold, I will spit you out of my mouth." Rev. 3:15-16. I think this is repentance language, where we come to the Lord and make a commitment. Happy Easter. I recommend you use the rest of the Easter season in firming up your commitment to the Lord.

Deacon Cavada.

Stewardship of Treasure

Week #41	COLLECTION	Totals Prior Week -	Goal	Actual	Total Annual Over / (under)	YTD Goal	TOTAL OFFERTORY
4/19/2026	Envelope Collection	\$ (7,169.88)	\$ 2,100.00	\$ 2,475.00	\$ (6,794.88)	\$ 88,200.00	
	Loose Collection	\$ 20,388.92	\$ 1,200.00	\$ 2,198.75	\$ 21,387.67	\$ 50,400.00	
	On-Line Collection	\$ 11,753.96	\$ 1,400.00	\$ 2,057.86	\$ 12,411.82	\$ 58,800.00	
	TOTAL Collection	\$ 24,973.00	\$ 4,700.00	\$ 6,731.61	\$ 27,004.61	\$ 197,400.00	\$ 224,404.61



To access the St. John of the Cross online giving portal, scan the QR code. As always, feel free to contact the parish office if you need any assistance with setting up your online giving.



Catholic Home Missions Appeal—Strengthening the Church at home ~ In nearly 75 dioceses in the U.S. and its territories, funds from **Catholic Home Missions** are a lifeline for churches in rural areas where small catholic populations are unable to sustain basic pastoral ministries without outside assistance. Nearly 40% of dioceses in the U.S. and its current and former territories are considered home missions dioceses.



Parish Organizations

PARISH COUNCIL

NEXT MEETING: MAY 11 @ 6PM

ALTAR SOCIETY

NEXT MEETING: APRIL 27 @ 6PM

Monthly processional - May 3 - Mary Villarreal



ALTAR DUTY CLEANING SCHEDULE

April 30 -May 3—Paid Professional

May 7-9—Mrs. Mary Ortiz, Mrs. Frances Matheny, Mrs. Janet Graham and Evy, Ms. Ashley Munoz, Mrs. Sugar DeLaPaz

SOCIEDAD GUADALUPANA

NEXT MEETING: JUNE 15 @ 6PM

Hostess grp # 4: Isabel Alanis



Corporate Mass—May 17 @ 7:30AM

Rosary at 7:00AM

Leader: Isabel Alanis

Offertory: Aurora B. Garcia, Diana DeAnda, and Amanda Sanchez

Roses provided to Our Lady of Guadalupe—by Luz Paiz and Kathleen Garza

KNIGHTS OF COLUMBUS # 8335

NEXT MEETING: MAY 5, 2026

Rosary: 6:40 PM at the KOC Building Men 18 yrs. & older are welcome

BBQ 1/2 Chicken plate fundraiser ~ Sunday, April 26, 11:00AM—1:00PM

Plates come with pinto beans and potato salad.

DRIVE THRU with delivery to vehicle ONLY.



CASA DE LUCY MEETS ON TUESDAYS @ 9AM



Case de Lucy Helping Hand Quilting Ministry sews Prayer Quilts for the terminally / critically ill persons needing prayers. Please contact the office if you know anyone in need of a quilt.

Works of Mercy

Loom Knitting ~ Parishioners are invited to meet in the parish hall on Mondays at 9AM to knit hats for patients at Driscoll Children's Hospital Oncology Department. Contact the parish office or Bertha Forbes for more information.

The next bread and pastries distribution will be at 9AM at **SJoC** on **Wednesday, May 13** and at **St. Francis** on **Saturday, May 9**.



Coastal Bend Food Bank distributions at 9AM at **St. John of the Cross** on **Thursday, May 7** and at **St. Francis of Assisi** on **Saturday, May 23**.



Religious Education



First Holy Communion Masses: Sunday, May 3, at 9AM (Sanchez) and 2PM (Alanis).
 Practice and third reconciliation Saturday, May 2, at 9AM (Sanchez) and 10:30AM (Alanis).

Confirmation Mass: Wednesday, May 13, 6:00PM, at SJoC.
 Practice: Wed., May 6, at 6PM.



If you volunteered to be a Sacramental prayer partner, please return the cross and/or rosary to the parish office first thing Monday morning.

Altar Servers

Attention Youth of the Parish!

Are you feeling a call to serve the Lord? Would you like to be more active in our faith? Do you want to participate hands-on during Mass? Here's your chance!



The SJC Altar Server Ministry will hold our **Annual New Server Orientation** on May 16 at 9:30 AM in the church.

Any youth of our parish grades 3-12, who has received the Sacrament of the Eucharist (FHC) and has a desire to serve the Lord in an active way at Mass is welcome join our ministry! To register or for more information, please contact the Parish Office.

Senior Corner

The St. John of the Cross Joint and the Knights of Columbus Scholarships deadlines are SOON:

The KC Scholarship deadline is Thursday, April 30, and the Joint Scholarship deadline is Monday, May 4.

Graduation Mass—
Sunday, May 17, at 11AM. Please let the parish office know if your graduating senior will participate.



One Mission. One Movement.
 One Million Connected.

Scan QR Code

CONNECTION CHANGES EVERYTHING

Newman Connection is the bridge helping students stay connected to their faith after high school.

Powered by partnerships with dioceses, parishes, high schools, and campus ministries, this mission is made possible thanks to generous donors and ministry partners working together through the Faith Forward Movement.

www.newmanconnection.org

Community



Journey to Damascus (JTD) is a 3-day Christian weekend for those who want to deepen their relationship with God, strengthen their faith, and experience true Christian brother/sisterhood. It is open to all denominations and centers on renewal through prayer, reflection, and community. **JTD** is for those seeking a stronger foundation in Christ and deeper unity with other believers.

It is for those who:

- *want to grow spiritually,
- * need time away from distractions to reconnect with God,
- * value community, faith, and encouragement.

The weekend is full physically, emotionally, and spiritually, so pilgrims should set aside outside responsibilities and come ready to be present.

The upcoming 2026 Weekend Schedule is

<u>Men's</u>	<u>Women's</u>
June 18-21	July 30—August 2
September 17-20	October 15-18

Weekends are held at OLCC Campus on Lantana and the Weekend Fees are \$225 (assistance is available for those with need).

More information can be found at www.journeytodamascus.org or you may contact Bud Coldwell @ (361) 779-1971.

ORANGE GROVE RIFLE CLUB'S MAYFEAST

Sunday, MAY 3RD
 400 HARROD ST. ORANGE GROVE, TX 78372

BBQ PLATE LUNCH
 Brisket, Sausage, Beans, Potato Salad & Fixings
 Plates Served 11:30AM - 1:00PM
 \$20 per Plate

PARADE AT 2:00 PM!
 Pumpen Races by the ORANGE GROVE VFD
 3:00 PM

Dance 5:00PM - 9:00PM
 TIMOTHY NOEL & THE BAND
 Crowning of the **MAYFEAST QUEEN** at 8:00 PM!

Diocesan News



“**World Day of Prayer for Vocations**” is Sunday, April 26. The purpose of **World Day of Prayer for Vocations** is to publicly fulfill the Lord's instruction to "Pray the Lord of the harvest to send laborers into his harvest" (Mt 9:38; Lk 10:2).

Will you make a special effort to ask the Lord for vocations to the priesthood and religious life? Pray for the priests who have ministered to you throughout your life, both living and dead. Encourage your children, grandchildren, or other young people to consider a vocation as a priest or religious brother or sister. Pray a rosary for more young men and women in our diocese to respond to God's call.

The Inaugural Corpus Christi Cathedral Gala a Family Reunion

with Special Guest Speaker

The Most Reverend Daniel E. Flores Bishop of Brownsville

Friday, May 22, 2026, 7:00PM, at
the Omni Corpus Christi Hotel.

Tickets and more information at
cathedralgala.com



Celebration of the Feast of Corpus Christi Solemnity of the Body and Blood of Christ

Reception of the Bishop into his Cathedral and
consecration of the new altar

Thursday, June 4, 2026

Mass beings at 6PM with procession to follow.

This will be a truly historic moment in our
diocese. Please save the date. We look forward to
celebrating with you united as the Body of Christ.

High School Leadership Retreat ~ Applications are now available for the upcoming High School Diocesan Leadership program and retreat. The retreat will be on June 8th and 9th at Our Lady of Corpus Christi.

The cost is \$30 per person. Apply at <https://form.jotform.com/communicationsdofcc/leadership-liability>



Father Walsh's Summer Camp—designed for
adults 10 yrs. and up with a special ability, blind,
deaf, or hard of hearing.

June 9 –11

9:00AM—2:00PM

Check-in & Breakfast: 9:00AM

St. John Paul High School

Register at

<https://catholiccharities-cc.org/summercamp>



Registration ends May 15

Father Walsh's VBS—a fun-filled day of adventure
and faith, designed for children ages 4-13 with a special
ability, blind, deaf, or hard of hearing.

June 12

9:00AM—2:00PM

Check-in & Breakfast: 9:00AM

St. John Paul High School

Register at

<https://catholiccharities-cc.org/vbs>



SAVE THE DATE ~ CAMP ROOTED, Diocesan camp, will be held July 9th through July 11th at the Spirit Center.

The cost to participate is \$75. Registration details are coming soon.

This will be an amazing experience and parish youth leaders are encouraged to bring their groups of teens to be a part of this gathering that will focus on leadership, fellowship, and faith.

Liturgy & Sacraments

Anointing of the Sick: Upon request – please call the office. Any person who is sick (either homebound or in the hospital) or about to have surgery, is encouraged to receive Anointing of the Sick. As current Federal Law prohibits hospitals from the release of any patient's name. Father will not know you are in the hospital unless you call the office.

Baptisms of Infants: (0 to 5 yrs.): Please bring the child's civil birth certificate to the parish office to register the child, their parents & the Godparents for the one-hour Pre-Baptismal Preparation Class. Godparents must be able to provide Certificates for Catholic Baptism, Communion, and Confirmation, & if married, Marriage Certificate in the Catholic Church. Donation for the class and Baptism is \$30.00, for the class only is \$15.00. Date & time for the Baptism is scheduled after attending the Baptismal Class.

Confessions: The Sacrament of Reconciliation (or Confessions) is available on Thursday from 5:30 PM—6:00 PM and on Saturdays from 5:00 PM—5:30 PM and at any time by appointment with the Priest.

Quinceañeras: The honoree and their family must be registered and participating in the parish for two years prior to the year of the Quinceañera (or Quinceañero). The young person must have Baptism & Communion in the Catholic Church, & be attending the parish Religious Education Program. The family is strongly encouraged to contact the Church for **2 years** before the intended date.

Marriage: Arrangements must be made with the priest or deacon, preferably one year before the intended date, (minimum of six months in advance) to complete the necessary requirements. At least one person must be an active and registered member of this parish. No wedding date is guaranteed until ALL diocesan requirements have been fulfilled.

Blessing of Civil Marriages – If you were married before a judge, or a non-Catholic minister, and wish to be readmitted to Holy Communion, there needs to be a Blessing of your Civil Marriage. Please call the parish office and set up an appointment with Father Patrick so he can hear your particular situation and can guide you through the process. Father Patrick is always saying “Don't wait! Start the process NOW!”

Dear Padre,

Should Christians avoid practicing qi gong or tai chi? Or even meditation in which you empty your mind? Thank you.

This is one of those questions that has been debated for a long time. Social media offers many so-called experts with vastly different opinions. It can be very confusing, particularly if you are looking for a black-and-white answer, a yes or a no.

The pope who provides us with the most helpful direction to answer this question is Pope Benedict XVI. He did not forbid Eastern spiritual practices entirely but warned against their integration into Christian life without proper discernment. His perspective was rooted in a theological understanding that Christian spirituality is a unique path focused on a relationship with Christ. He emphasized that our Catholic spiritual tradition is distinct from the goals and methods of non-Christian traditions. He believed the practice of such non-Christian traditions, without preparation and without awareness of the challenge they present, could lead to spiritual error if not approached with caution and discernment.

So, the answer is nuanced. If you are using the practice as a spiritual practice, you should proceed with the utmost caution. If, on the other hand, you are using these practices for the more common physical or psychological—not spiritual—reasons, then it is permissible. ●

Fr. Thomas M. Santa, CSsR / DearPadre.org



VLADKA KAMRNOCH / PEXELS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 27	April 28	April 29	April 30	May 1	May 2	May 3
<i>Easter Weekday</i>	<i>Easter Weekday</i>	<i>St. Catherine of Siena, Virgin and Doctor of the Church</i>	<i>Easter Weekday</i>	<i>Easter Weekday</i>	<i>St. Athanasius, Bishop and Doctor of the Church</i>	<i>Fifth Sunday of Easter</i>
Acts 11:1-18 Jn 10:11-18	Acts 11:19-26 Jn 10:22-30	Acts 12:24-13:5a Jn 12:44-50	Acts 13:13-25 Jn 13:16-20	Acts 13:26-33 Jn 14:1-6	Acts 13:44-52 Jn 14:7-14	Acts 6:1-7 1 Pt 2:4-9 Jn 14:1-12



MARCO IACUCCI EPP / SHUTTERSTOCK

A WORD FROM POPE LEO XIV

Our faith is authentic when it embraces our whole life, when it becomes a criterion for our decisions, when it makes us women and men committed to doing what is right and who take risks out of love, even as Jesus did.... Jesus is the true measure of our faith; he is the gate through which we must pass in order to be saved.

ANGELUS, ROME, AUGUST 24, 2025