

Week 28



THE ROSARY IN A YEAR

WITH FR. MARK-MARY AMES, CFR

PHASE 3: MEDITATING ON THE MYSTERIES

The Glorious Mysteries in Scripture

DESCENT OF THE HOLY SPIRIT



Pentecost by Jean Restout II (1732)

As the apostles are gathered in prayer with Mary, the Holy Spirit comes down upon them, strengthening them with gifts to proclaim the Gospel.

Fruit of this mystery: We pray for a wise heart.

Scripture: Acts 2:1–13

When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.

Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the

multitude came together, and they were bewildered, because each one heard them speaking in his own language.

And they were amazed and wondered, saying, “Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians, we hear them telling in our own tongues the mighty works of God.” And all were amazed and perplexed, saying to one another, “What does this mean?” But others mocking said, “They are filled with new wine.”

Reflection and Contemplation

After the Resurrection and Ascension, the apostles and Mary hide in the Upper Room, fearing the future. However, when the Holy Spirit, the Advocate Jesus said he would send, comes to them, they are filled with the seven gifts of the Holy Spirit, emboldening them to follow Jesus' Great Commission and bring him to the world. These are the gifts they need to spread the Good News of the Gospel: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Knowing that we received these gifts at our baptism and confirmation, this mystery encourages us to place our faith in the Holy Spirit and his gifts as we play our part in Christ's mission to spread the gospel message to everyone we encounter. Perhaps you find it difficult to evangelize. You may fear being ridiculed for your beliefs or being labeled by a world that seems to cast God and faith aside. Nevertheless, how can we bear the thought of those around us—neighbors, family, or friends—being cast aside?

Though hell is a possibility for all, God “desires all men to be saved and to come to the knowledge of the truth” (1 Timothy 2:4). And so should we. We need not quote Scripture or debate theology to reach others. We can show our faith through action, love, and compassion, as Jesus did. Sometimes, showing our faith creates a stronger impact than a thousand words. Jesus converted souls through love for all. It is the Holy Spirit who converts hearts, not us. We are messengers whom Jesus *commanded*—not suggested—*commanded* to “go into all the world and preach the gospel to the whole creation” (Mark 16:15).

Make It Your Own

What stood out to you about your Rosary experience this week?

This image shows a full page of a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a guide for writing. There are no margins, text, or other markings on the paper.

Scan the QR code to view *The Rosary in a Year* videos on the Ascension app. Download the prayer plan at <https://tinyurl.com/2p8s69yd>.

The Rosary in a Year is a daily podcast, produced by Ascension and hosted by Fr. Mark-Mary Ames, CFR. It takes Catholics on a journey to form a lasting habit of prayer and gain tools to enter more deeply into meditation on the lives of Jesus and Mary through the Rosary. This bulletin was adapted from the podcast and materials that complement the podcast.

Sunday Q&A

Your Faith in Focus



FROM SIN TO VIRTUE

I'm trying hard to grow out of sin and into virtue. How do I make real progress?

Wanting to get rid of sinful habits and become serious about them is important. Once we have that desire, the question is, *How?* In today's reflection, adapted from an episode of Ask Fr. Josh, Fr. Josh Johnson offers some perspective and counsel.

Letting Go of Vices

A great gift that we can give God is our sins—our vices—in the Sacrament of Reconciliation. What do we bring to the confessional? Scripture, as always, can help.

Every time I read the Word of God, the Lord inspires me. I become motivated to be a saint, but I'm also convicted. I'm challenged by how far I still need to mature—how much more I need to grow in my relationship with God, the Church, and my walk toward eternity. When I read the Bible, I become aware of where I am falling short of the glory of God.

For me, reading the Bible is like that first look in the mirror in the morning. You see that your hair is mussed, you have “sleep” in your eyes, and more. The mirror shows me things that I wouldn't have spotted if I had not looked. Scripture is our spiritual mirror. It reveals our sins to us.



“Remember, the saints struggled with one or more of the seven deadly sins.”

What does the Word of God reveal in, say, Proverbs 6:16? It says there are seven

abominations (vices) in our hearts. If you don't know what to bring to confession, take along those seven deadly sins: envy, greed, gluttony, sloth, lust, wrath, and pride.

Most saints struggled with one or more vices. St. Teresa of Ávila had problems with pride; St. John XXIII, sloth; St. Francis de Sales, wrath; St. Augustine, lust. In your walk toward eternity, we probably will experience one or more troublesome vices. Address them in your heart, in prayer, and in confession. Doing so can help you eradicate sins born of vice.

Ponder and Pray

- What do I tend to struggle with?
- With God's grace, how can I work toward virtue?

Make It Your Own

The seven deadly sins can help us understand our weaknesses so that we can grow. Rank your top three struggles at this point in life, and look at the virtues that counteract sinful tendencies.

Rank	Sin	Counteracting Virtue	How I will pursue that virtue this week
	Envy	Charity	
	Greed	Generosity	
	Gluttony	Moderation/Temperance	
	Sloth	Diligence	
	Lust	Castity	
	Anger	Meekness	
	Pride	Humility	

Tip of the Week

Have trouble remembering what the seven deadly sins are?

Try EGGSLAP:

Envy
Greed
Gluttony
Sloth
Lust
Anger
Pride

Dive Deeper

To watch this episode of *Ask Fr. Josh*, scan the code

or visit the URL: <https://media.ascensionpress.com/video/how-to-make-a-resolution-to-combat-vice-and-grow-in-virtue/>



Encountering the Word

with Jeff Cavins

Fifteenth Sunday in Ordinary Time (C)

Deuteronomy 30:10–14 • Colossians 1:15–20 • Luke 10:25–37



Be the Samaritan

The parable of the Good Samaritan offers a timeless lesson on mercy, compassion, and what it means to truly love our neighbor. When asked, “Who is my neighbor?” (Luke 10:29), Jesus responds with a parable that turns expectations upside down. The priest and Levite, figures typically seen as righteous, walk past a man beaten and left for dead. But it’s the Samaritan—someone culturally despised—who becomes the unlikely hero, offering aid and showing mercy.

This parable reminds us that true compassion is not about status or convenience, but about taking action when others are in need. Jesus calls us to go beyond societal norms and expectations, to be the neighbor who extends mercy. Like the Samaritan, we are invited to bind wounds, care for the suffering, and love those who are hurting, even when it’s difficult or inconvenient.



Today, being a Good Samaritan is more accessible than we may realize. St. Teresa of Calcutta (Mother Teresa) exemplifies this—she didn’t hesitate to touch and care for the wounded, even when it meant sacrificing her own comfort. Her actions remind us that mercy and love are not remote ideals but practical choices that can transform lives.

The reading from Deuteronomy 30 tells us

this commandment is not too mysterious or distant. It is near to us, in our hearts and minds. The call to be a Good Samaritan is within our reach. This week, may we open our eyes to the people around us, and with hearts of compassion may we be the neighbor who shows mercy to those in need.

Living the Gospel

Jeff Cavins says, “Jesus’ words in the Good Samaritan parable join together the command to love God and people. We must love both—and everyone is our neighbor. Some find it hard to love and be compassionate toward all people. Scripture bolsters us, saying the commandment to love God ‘is not too mysterious and remote for you. ... It is something very near to you, already in your mouths and in your hearts; you have only to carry it out’ (Deuteronomy 30:11, 14). Be the Samaritan. Go and do likewise.”

Dive Deeper

Scan this code to watch:



Or go to

<https://media.ascensionpress.com/video/fifteenth-sunday-in-ordinary-time-c/>

Ponder and Pray

» How do you respond when you encounter someone in need? Like the priest and Levite, do you sometimes pass by? If so, why?

» Are there people in your life whom you struggle to see as your neighbor? How can you overcome those barriers and extend mercy to them?

» What may be stopping you from acting on the desire to love and serve that God has placed within you?

“ [Jesus said,] “Which of these three, in your opinion, was neighbor to the robbers’ victim?” He answered, “The one who treated him with mercy.” Jesus said to him, “Go and do likewise.”
—Luke 10:36–37 ”

Make It Your Own

You and others in your household may use this space to write anything about today’s Mass. It might be your view of Jeff Cavins’ reflection, your priest’s homily, your answers to the questions on this page—anything to help you and your household get the most out of today’s Mass.



HELP OTHERS, AND DO AS GOD SAYS



Deuteronomy 30:10–14 • Colossians 1:15–20 • Luke 10:25–37

Family Car Talk

In today's Gospel, we hear one of the most famous tales in the Bible: the story of the Good Samaritan. Talk on the way home from Mass today about how you can better serve others as a family—even if the “others” are different from you.



I Can you think of a time you saw a person no one paid attention to?



B What gifts does your family have that you can use to serve those in need?

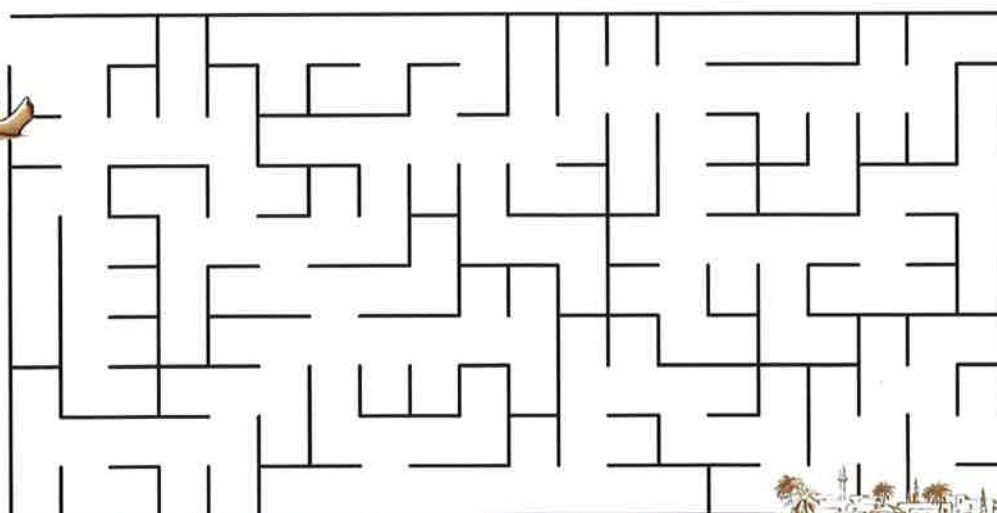


A Who has been a “Good Samaritan” for you in your life? Who has helped you when you needed help?



THE A-MAZE-ING GOOD SAMARITAN

Instructions: In today's Gospel reading, a man called the Good Samaritan helps a man who is hurt. Help the Good Samaritan bring the wounded man to the inn by completing the maze below.





1 COMMANDMENTS ARE MISSING WORDS

Instructions: Moses tells the people of God to follow God's commandments in today's first reading. Here, each of the Ten Commandments is missing a word! Fill in the missing words using the word bank.

WORD BANK:

LORD
WIFE

GOODS
KILL

GODS
ADULTERY

NEIGHBOR
HONOR

SABBATH
STEAL

1. You shall have no other _____
before me.
2. You shall not take the name of the
_____ in vain.
3. Remember the _____ day, to keep
it holy.
4. _____ your father and your mother.
5. You shall not _____.
6. You shall not commit _____.
7. You shall not _____.
8. You shall not bear false witness against your
_____.
9. You shall not covet your neighbor's
_____.
10. You shall not covet your neighbor's
_____.

The answers are in the Book of Exodus 20:3–17.

Week Twenty-Eight

Days 190–196



Exile Narrative: 2 Kings 24–25; Isaiah 1–10 | Supplemental: 2 Chronicles 35–36; Tobit 1–12; Proverbs 8:22–10:12

WHEN BOOKS OF THE BIBLE SIMPLY TEACH



The Tomb of King Cyrus in Iran

The fall of Judah to the Babylonians and the resulting Babylonian Exile, recorded at the end of 2 Kings and 2 Chronicles, does not bring the story of God's work with his people to a close. Second Chronicles ends with a note about the conqueror of the Babylonians, Cyrus of Persia, declaring that God instructed him to rebuild the Temple. The other readings this week take us to the period just after the fall of Israel to the Assyrians. The book of Tobit recounts the life of a faithful Israelite family living in Assyrian exile. Isaiah records the activities of a who warns about the destruction of Israel.

- A central theme from Proverbs is that the foolish are always disconnected from God, whereas the wise see and value things correctly; they can hear the voice of the Lord.
- Isaiah, a major prophet, preaches primarily to Judah, the Southern Kingdom. His ministry spans the lives of at least four kings.
- Of the Lord's universal kingdom, Isaiah writes, "The mountain of the house of the Lord shall be established as the highest of the mountains and shall be raised above the hills; and all the nations shall flow to it, and many peoples shall come, and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob'" (Isaiah 2:2–3). This will be fulfilled in Jesus through the Church he establishes.
- Tobit, from Israel, is faithful, performing corporal works of mercy, and continuing to worship even when Israel turns away from the Lord.
- Though Tobit is faithful to the Lord, he is exiled. Nonetheless, Tobit 1 and 2 says that no matter who or what surrounds us, we can always do what God asks us to do.
- We also read about the miraculous journey of Tobias with his angelic protector, Raphael. The angel helps Tobias find and secure his wife.
- Tobias and Sarah are an example of spouses who pray together. They praise God for his goodness, they treat each other well, and they grow old together in love.

Dive Deeper

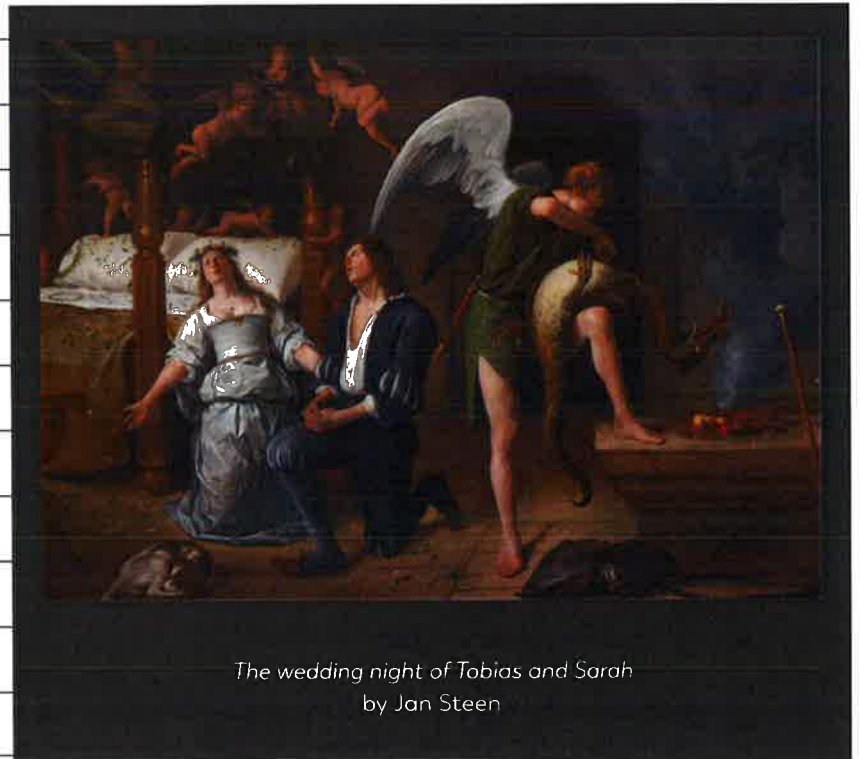
So many voices and distractions threaten our focus, but the Lord's voice is the one we should pay attention to. Identify one thing in your life you can change this week to cut down on distractions and keep your eyes on the Lord—and then make that change!

Bible Answers

Did the events recorded in Tobit actually happen?

They are not necessarily historical, although the book of Tobit is set in a historical period—the time of the Assyrian exile. We do not know if Tobit, Tobias, or Sarah existed. The story of Tobit may be an account of actual events or a divinely inspired story that teaches theological truths.

We might think that a biblical book is true only if its contents are historically or scientifically accurate. But the author's intent may not have been to write history. The stories in Tobit are meant to teach. We must try to discover the author's intention in order to see the truths he is trying to convey. The book of Tobit is inerrant and divinely inspired because it is in the Scripture canon.



The wedding night of Tobias and Sarah
by Jan Steen

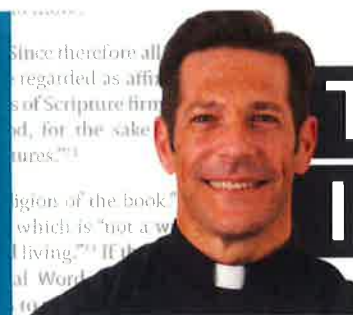


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The Bible in a Year is a daily podcast, produced by Ascension and hosted by Fr. Mike Schmitz, where we read the whole Bible following *The Great Adventure* Bible-study program created by Jeff Cavins. This bulletin was adapted from *The Bible in a Year Companion* books that complement the podcast.

Week 28

Paragraphs 1384-1433



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

By "analogy of faith" we mean th

How We Worship PART TWO: THE CELEBRATION OF THE CHRISTIAN MYSTERY

HOW TO APPROACH THE EUCHARIST

The Eucharist is not a symbol. It is the real Body and Blood of Jesus. Many documented Eucharistic miracles reveal the truth of Jesus' Real Presence. When we receive Holy Communion, we receive the very heart of God. The Eucharist transforms us, preparing us for God's heavenly presence and kingdom. We should approach the Eucharist by recognizing our sinfulness, seeking healing in confession, and receiving the Lord with confidence, humility, and boldness.

Keep in Mind

- The Eucharist is the source and summit of Christian life; all graces flow from it.
- In Scripture, Jesus states his own real presence in the Eucharist.
- Just as Jesus' divinity was hidden during his earthly life, Jesus' presence in the Eucharist is hidden under the appearance of bread and wine.
- The Passover sacrifice and consumption of an unblemished lamb's flesh and blood prefigure the Sacrifice and consumption of the Body and Blood of Jesus, the Lamb of God.
- In the consecration of the Eucharist at Mass, time and eternity unite, giving us a foretaste of heaven.
- Receiving Holy Communion has transformative effects: It intensifies our relationship with Christ, removes venial sins, and strengthens us against future mortal sins. It also fortifies our capacity to love God and others amid the challenges of everyday living.
- Catholics ages eighteen to fifty-nine are obligated to fast for one hour before receiving Holy Communion and to receive the Eucharist at least once yearly, but preferably more often.



Dive Deeper

Mass is a foretaste of heaven, as elegantly illustrated in the well-known painting *The Adoration of the Mystic Lamb Ghent Altarpiece* ("The Ghent Altarpiece"), completed in 1432 by Hubert and Jan Van Eyck.

Conversion is an ongoing process. How is God continually calling you to conversion? Do you reject sin and love virtue?

- The conditions for receiving Holy Communion are baptism, a genuine belief in the real presence of Jesus, and unity with one's bishop and the Church.
- Catholics who are not in full unity with the Church due to mortal sin or other irregularities should not receive Holy Communion.
- If we have serious sins, we must abstain from receiving the Eucharist until we have gone to Confession.
- Jesus offers us healing through the Church's Sacraments of Reconciliation (confession) and Anointing of the Sick.
- Confession absolves us of our sins and restores our relationship with God and the Church.
- Conversion involves a deep change of the heart to reject sin.
- External actions are important, but they remain empty without interior conversion.
- Conversion is a lifelong process; patience is necessary, but action should not be delayed.

Use the space below to reflect on this week's content.

Take It to Prayer

God our Father, thank you for the gift of the Eucharist and the Sacraments of Healing. Help us not to be blind or numb to your gifts. Help us to worship you as you deserve. Help us to be who you've created and redeemed us to be. Help us to receive the Eucharist as a foretaste of the heavenly joy that awaits us. We pray this through Jesus Christ, Our Lord. Amen.



The best place to listen along is the Ascension app. Scan the QR code to get exclusive bonus content and transcripts for every episode.

The Catechism in a Year is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companions* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.