

Dear Padre,

For the past year or so, I have been trying to pray on a regular basis, but I am constantly distracted. My mind wanders so easily. Do you have any suggestions?

Distractions in prayer are an inescapable part of the human condition and the results of our imagination. Even great saints experienced distractions in prayer. Some of their suggestions may help. For example, when St. Thérèse of Lisieux struggled with prayer, she would recite an Our Father or Hail Mary or read from the gospels. Praying as an act of faith or returning to God’s presence and love can turn our focus away from other concerns, but, even then, distractions may still arise.

When we become aware of distractions, we should calmly renew our focus and continue our prayer. Saint Teresa of Ávila wrote in *The Interior Castle*, “We should not be distressed by reason of our thoughts, nor allow ourselves to be worried by them.... [Thoughts are] inevitable. Do not let [them] disturb or grieve you.” No matter how often distractions return or how long they last, they are not sinful; rather, they are opportunities to show God that we are sincere about praying.

Saint Alphonsus, another great teacher of prayer, reminds us that prayer is necessary, beneficial, and always possible. He advises us to hang in there, because the devil would like nothing better than for us to stop praying. ●



MARCUS AURELIUS / PEXELS

The Redemptorists / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 22	June 23	June 24	June 25	June 26	June 27	June 28
Weekday	Weekday	The Nativity	Weekday	Weekday	Weekday	Thirteenth
2 Kgs 17:5–8, 13–15a, 18	2 Kgs 19:9b–11, 14–21, 31–35a, 36	of St. John the Baptist	2 Kgs 24:8–17	2 Kgs 25:1–12	Lam 2:2, 10–14, 18–19	Sunday in Ordinary Time
Mt 7:1–5	Mt 7:6, 12–14	Is 49:1–6	Mt 7:21–29	Mt 8:1–4	Mt 8:5–17	2 Kgs 4:8–11, 14–16a
		Acts 13:22–26				Rom 6:3–4, 8–11
		Lk 1:57–66, 80				Mt 10:37–42



MARISA CZL / CATHOPIC

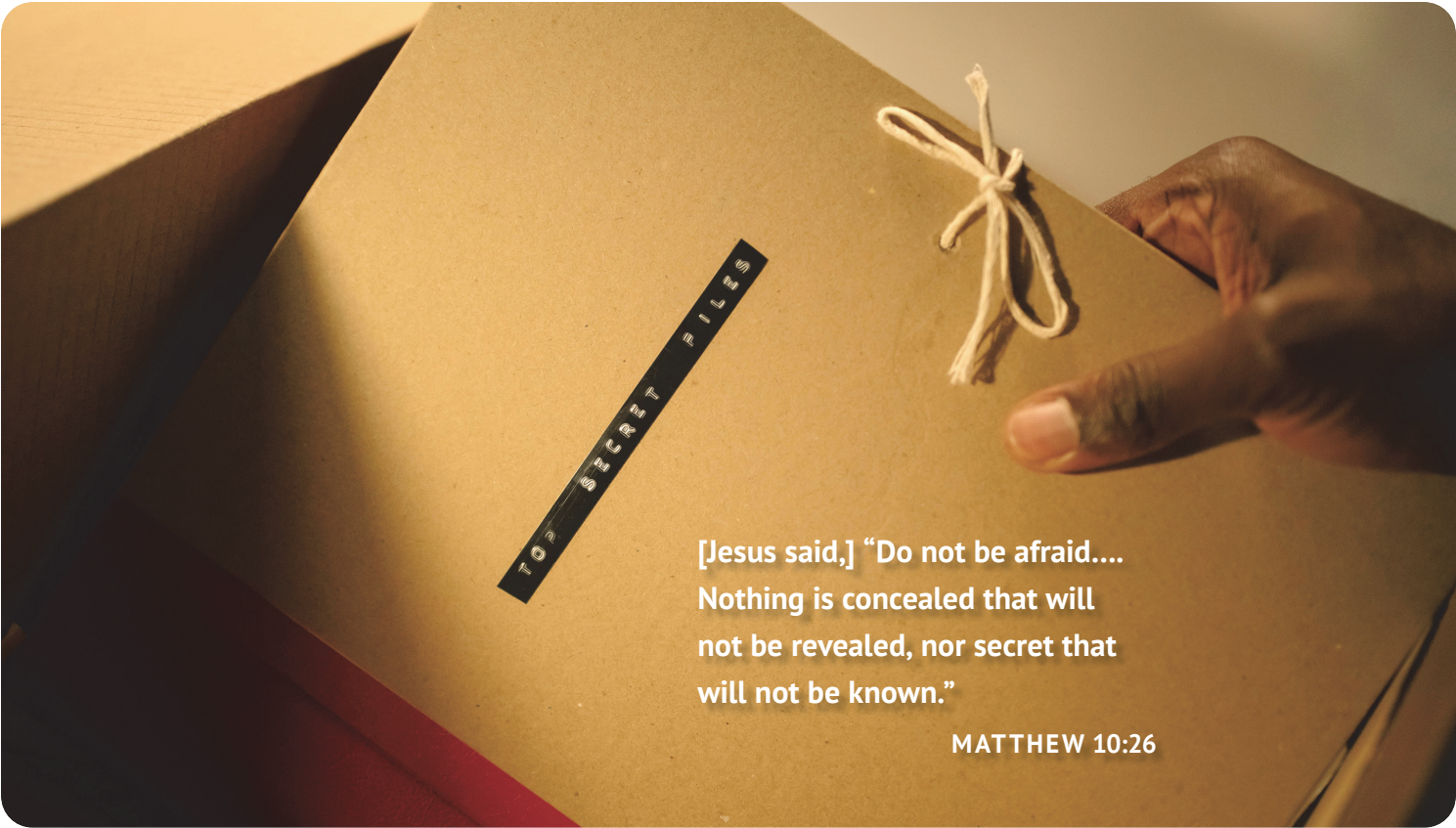
A WORD FROM POPE LEO XIV

It is wonderful to think that, when we consider our individual calling...each of us can say with confidence: “Despite my weakness, the Lord is not ashamed of my humanity. Instead, he comes to dwell within me. He accompanies me with his Spirit; he enlightens me and makes me an instrument of his love for others, for society, and for the world.”

REGINA CAELI, ROME, MAY 25, 2025

Our Parish COMMUNITY

June 21, 2026
Twelfth Sunday in Ordinary Time (A)
Jeremiah 20:10–13 / Romans 5:12–15 / Matthew 10:26–33



The Freedom of Letting Go of Secrets

FR. THOMAS M. SANTA, CSSR

Secrets. The disabling fear of discovery. Trying so hard to conceal something that we do not want others to know. Often, we guard secrets closely because we believe we will be embarrassed, punished, or excluded if our secrets are made known.

Sometimes, we hold tightly to secrets because we are ashamed. We keep other secrets because of the dynamics of family life: “We do not share our family business with anyone.” All secrets can be difficult to keep—some more than others. Perhaps the most difficult secret to hold is one that we fear defines our personal integrity and authenticity. It is the fear not only of discovery but also of perception: How will I be perceived if this is made known? Will I still be accepted? Or, even more painful: Will I be rejected, and how complete will the rejection be?

The “good news” of the gospel is that “nothing is concealed that will not be revealed” (Matthew 10:26). In other words, there is nothing that can remain tucked away forever. Everything is revealed in one way or another. Gospel grace and freedom result when a person chooses to freely release whatever it is that burdens them, including closely held secrets. It is the ultimate experience of dying to self to claim eternal life. ●



LEARN ABOUT THE AUTHORS OF OUR PARISH COMMUNITY

Reflect

What am I afraid to reveal to others? Can I try telling God?