

Dear Padre,

Is it sacrilegious to throw away a sacramental?

“Sacramentals do not confer the grace of the Holy Spirit in the way that the sacraments do, but by the Church’s prayer, they prepare us to receive and dispose us to cooperate with it” (*Catechism of the Catholic Church*, 1670). Therefore, sacramentals confer grace through the Church’s power of prayer and, if blessed, should not be thrown away but burned and/or buried. If the object has not been blessed, it can be discarded; however, it could also be donated to a Catholic ministry (school, prison, hospital, etc.) that would benefit from its distribution. (If a religious object was included in an unsolicited appeal letter from a charitable organization, it is safe to assume that it was not blessed.)

If the object is worn or broken, it should be substantially altered so that it loses its form as a sacramental and then returned to the earthly elements. For example, a worn scapular should be burned and the ashes buried; a damaged statue should be further broken into smaller fragments and buried. A European tradition on the Vigil of the Nativity of Saint John the Baptist (June 23) is to burn old sacramentals in bonfires and bury the ashes. Burning and/or burial respects the sacred nature once held by these items and prevents their adaptation for trivial use. Reverence and discretion are proper for whatever method of disposal. ●

Fr. Byron Miller, CSsR / DearPadre.org

Do you have a question for the Padre?

Go to [DearPadre.org](#) to send your question and to learn more about *Dear Padre*.



A WORD FROM POPE FRANCIS

To follow [Jesus]...means “carrying one’s cross”: shouldering, like him, one’s own burdens and those of others, making one’s life a gift, not a possession, spending it in imitation of his own generous and merciful love for us. These are decisions that engage the totality of our lives.

HOMILY, ROME,
SEPTEMBER 4, 2022



Monday

September 1
Weekday
1 Thes 4:13–18
Lk 4:16–30

Tuesday

September 2
Weekday
1 Thes 5:1–6, 9–11
Lk 4:31–37

Wednesday

September 3
St. Gregory the Great, Pope and Doctor of the Church
Col 1:1–8
Lk 4:38–44

Thursday

September 4
Weekday
Col 1:9–14
Lk 5:1–11

Friday

September 5
Weekday
Col 1:15–20
Lk 5:33–39

Saturday

September 6
Weekday
Col 1:21–23
Lk 6:1–5

Sunday

September 7
Twenty-third Sunday in Ordinary Time
Wis 9:13–18b
Phlm 9–10, 12–17
Lk 14:25–33

Our Parish COMMUNITY

August 31, 2025

Twenty-second Sunday in Ordinary Time (C)

Sirach 3:17–18, 20, 28–29 / Hebrews 12:18–19, 22–24a / Luke 14:1, 7–14



Life Out of Focus

FR. JOSEPH JUKNIALIS

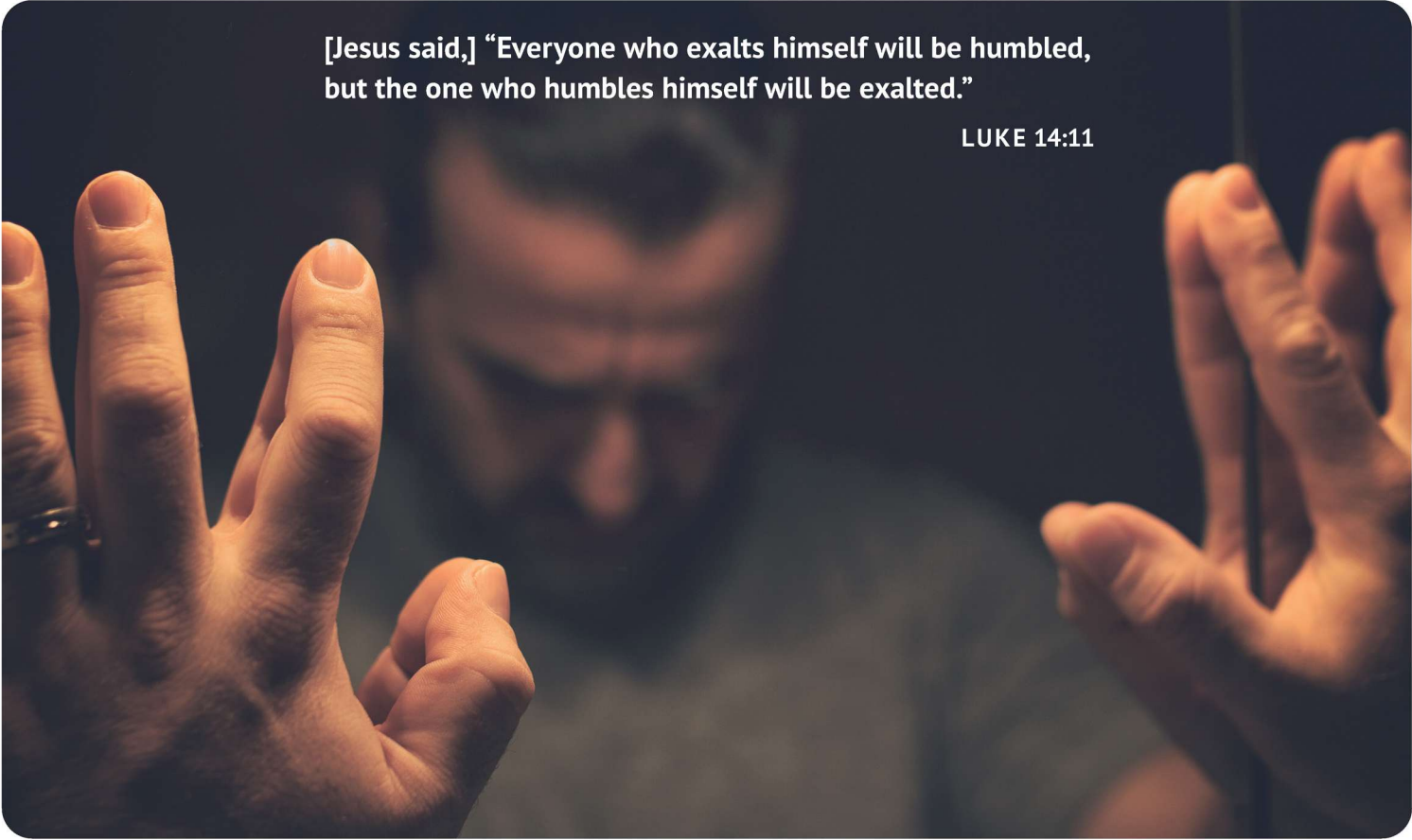
I found myself angry the other day, as we all do, I suppose, whenever we put our foot in our mouth, or forget about an important engagement, or scramble whatever it was we had hoped would be picture-perfect. What I had scrambled was a homily. For some reason, the image came out wrong, or the example did not fit, or it just did not come together the way I had hoped. And I was angry with myself to the point that it caught me off guard. It was an unexpected glimpse of what I didn’t want to admit: the fact that the way people might perceive me as a preacher had taken on more importance than preaching God’s word. Life had gotten out of focus. A perspective had been lost.

It happens to us all in the course of our lifetimes,

and more than once. Grades become more important than learning, or being right more important than the relationship, or the address of where we live more important than the people living together. It happens between parent and child when a parent places greater significance on the son’s or daughter’s profession than on that son’s or daughter’s happiness. Like in the parable of Jesus, where we sit at table takes on greater meaning than the people who gather or the meal that is shared. That is what pride does. It distorts what is real and shifts the focus of life to ourselves. The antidote? A prayerful awareness of who we are and who God is. ●

Reflect

What is more important to me than it should be?



[Jesus said,] “Everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

LUKE 14:11