Sunday, Oct 13, 2019
TWENTY-EIGHTH SUNDAY IN ORDINARY TIME
A grateful heart goes a long way
In a somewhat unscientific survey, Jesus noted that nine out of 10 people fail to be grateful even in circumstances of wonderful fortune. We might all take a lesson from A. A. Milne's Winnie-the-Pooh: "Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." Our small hearts are capable of holding whatever we choose to store there: resentment or forgiveness; past injuries or present opportunities; envy for what others have or appreciation for all that is ours. The ability to be grateful is a sign of mental wellness. Choose thankfulness.

TODAY'S READINGS: 2 Kings 5:14-17; 2 Timothy 2:8-13; Luke 17:11-19 (144). *"Has none but this foreigner returned to give thanks to God?"*

Monday, Oct 14, 2019
MEMORIAL OF CALLISTUS I, POPE, MARTYR
To err is human
Callistus was a pope who was once a slave—and made some mistakes in his life, including losing his master's money, running away to avoid punishment, and brawling with debtors. It's only natural that he would have a forgiving nature toward sinners, for which he was sharply criticized by his enemies and eventually martyred. During this Respect Life Month, remember Callistus as we pray for the abolishment of the death penalty, which our bishops teach is an affront to the inviolability of life and the dignity of the human person.

TODAY'S READINGS: Romans 1:1-7; Luke 11:29-32 (467). *"This generation is an evil generation; it seeks a sign, but no sign will be given it."*

Tuesday, Oct 15, 2019
MEMORIAL OF TERESA OF JESUS, VIRGIN, DOCTOR OF THE CHURCH
The soul has boundless capacity
When religion consisted mostly of externals and clergy were the only intermediaries to God, Teresa directed attention within, saying "We are not hollow inside;" the soul's amplitude could never be exaggerated. A "late bloomer," she reformed the Carmelites, wrote *The Interior Castle,* danced gracefully around the Inquisition, and became the first woman doctor of the church. Spend a few minutes thinking of yourself in Teresa's metaphor, as a beautiful castle, the dwelling for a good Sovereign at the very center.

TODAY'S READINGS: Romans 1:16-25; Luke 11:37-41 (468). *"But as to what is within, give alms, and behold, everything will be clean for you."*

Wednesday, Oct 16, 2019
MEMORIAL OF MARGARET MARY ALACOQUE, VIRGIN
Love compels us
Saint Margaret Mary Alacoque was a 17th-century sister often "visited by the presence of God." Those who experience divine visions tend to have their detractors and Margaret Mary did indeed face criticism from other sisters and some priests. Nonetheless, she developed a devotion to Jesus' Sacred Heart that the church practices even today. While some may think of this devotion as contemplation of an image of the Sacred Heart, it actually encourages active imitation of Jesus' unconditional love and mercy for every human being. Look for a way today to imitate that Divine love.

TODAY'S READINGS: Romans 2:1-11; Luke 11:42-46 (469). *"But there will be glory, honor and peace for everyone who does good."*

Thursday, Oct 17, 2019
The ending of poverty must always be with us
Today is International Day for the Eradication of Poverty, inspired by Father Joseph Wresinski (1917-88). Born into poverty himself, he became a priest, served those in emergency housing in France, and started an international movement to fight poverty in collaboration with the poor themselves. His goal was to unite everyone, in all walks of life, around those in extreme poverty. In the words of United Nations Secretary-General António Guterres, "Let us remember that ending poverty is not a matter of charity, but a question of justice."

TODAY'S READINGS: Romans 3:21-30; Luke 11:47-54 (470). *"You have taken away the key of knowledge. You yourselves did not enter and you stopped those trying to enter."*

Friday, Oct 18, 2019
FEAST OF LUKE, EVANGELIST
Eat, drink, and be Jesus
Jesus may have been the first foodie of the Christian era, at least according to the Gospel of Luke. Throughout the gospel, it seems Jesus is on his way to a meal, at a meal, or returning from a meal! His critics insulted him for this, calling him a glutton and a drunk. Luke highlights Jesus' love of meals, not for the food, but because of his radical commitment to welcoming all to the table. No one was excluded, no one went hungry. It was a place where Jesus could teach the people and share life and nourishment with them. How is the table a place of hospitality in your life?

TODAY'S READINGS: 2 Timothy 4:10-17b; Luke 10:1-9 (661). *"Stay in the same house and eat and drink what is offered to you."*

Saturday, Oct 19, 2019
MEMORIAL OF JOHN DE BRÉBEUF AND ISAAC JOGUES, PRIESTS, AND COMPANIONS, MARTYRS
Witness with respect
John de Brébeuf had a singular talent for languages and spent much of his time with the Huron people learning theirs, from his arrival to what was then part of "New France" in present-day Canada in 1625 to his martyrdom in 1649. He spent years studying the native language and culture and translating as best he could between two very different worldviews and sets of beliefs. Though the record of missionaries to the "New World" ("new" to them, that is) is a mixed one, we can honor the memory of those who with sincere hearts tried to communicate the love of Christ to people in language they could understand.

TODAY'S READINGS: Romans 4:13, 16-18; Luke 12:8-12 (472). *"Everyone who acknowledges me before others the Son of Man will acknowledge before the angels of God."*