

Sunday, Apr 19, 2026

It's time to talk

When was the last time you called a friend just to say hello? In our digital culture, spontaneous socializing and getting together “just to talk” often gets squeezed out. Yet it was in conversation on the road to Emmaus that the disciples made important discoveries about the meaning of Jesus’ life and mission. Their hearts “burned within them” as Jesus explained the mysteries of their faith to them. Conversation is an important path to discovery and growth. Make it a priority this Easter season to talk with loved ones about the things that matter most.

THIRD SUNDAY OF EASTER

Acts 2:14, 22-33; 1 Peter 1:17-21; Luke 24:13-35 (46). *“Were not our hearts burning within us while he spoke to us on the way?”*

Monday, Apr 20, 2026

Read the signs

When we speak of “signs,” we mean that a sign will point us to something larger that we do not see. When Jesus multiplied five loaves of bread to feed a large crowd, he intended the loaves to be a sign of eternal life. But many in the crowd believed the bread to be just bread. And the fact that he could feed them all with five loaves was all the miracle they needed. It is good that their stomachs were filled, but Jesus was offering them—and us—so much more. Today try to imagine the deeper meaning behind the good fortune and unexpected blessings that come your way. Do they lead you to become more generous and loving to others? If so, you are reading the signs right.

EASTER WEEKDAY

Acts 6:8-15; John 6:22-29 (273). *“You are looking for me not because you saw signs but because you ate the loaves and were filled.”*

Tuesday, Apr 21, 2026

Let's get together

This seems to be the human condition: We grow attached to behaviors and habits that are not good for us, and the more we indulge, the stronger the attachment grows. Addictions are a “prison,” said Pope Leo XIV in a recent address, “and we are all called to freedom. We seek peace and joy; we thirst for them. And many deceptions can delude and even imprison us in this quest.” Leo’s solution, echoing Jesus’, was to “look around,” and “read in each other’s faces a word that never betrays: *together*. We conquer evil together. Joy is found together. Injustice is fought together. The God who created and knows each one of us—and is more intimate to me than I am to myself—made us to be together.” The first and best place to find togetherness is at the table of the Lord.

EASTER WEEKDAY

Acts 7:51-8:1a; John 6:30-35 (274). *“Sir, give us this bread always.”*

Wednesday, Apr 22, 2026

Free to do God's will

Are we free to make our own moral choices, or are our volitions and decisions predetermined? From Plato to Aristotle to Augustine to Aquinas and a host of deep thinkers from every field, the question of free will has been a central concern in determining the nature of being human. Catholic doctrine supports the theory of free will, asserting that human beings are basically good and naturally drawn to the good, but they are free to choose evil. Choosing the good becomes easier with practice. Conversely,

consistently poor choices make self-control more difficult, and we place ourselves in danger of becoming slaves to our desires. Strengthen your moral freedom today by making a few good choices. Or, in other words, follow the advice of Saint Jerome: “Be ever engaged, so that whenever the devil calls, he may find you occupied.”

EASTER WEEKDAY

Acts 8:1b-8; John 6:35-40 (275). *“I came down from heaven not to do my own will but the will of the one who sent me.”*

Thursday, Apr 23, 2026

Martyrs then and now

In England hundreds of Catholic men and women were martyred for their beliefs during and after the Reformation. For refusing to take the Oath of Supremacy recognizing the monarch as head of the church, they were labeled treasonous and condemned to death. Over the centuries many of the more well-known Catholic martyrs were privately venerated and remembered. Now they are even recognized by the British Council of Churches. Today Catholics continue to die for the sake of their faith around the globe. Like Jesus, they offer themselves for the life of the world. “All who want to live righteously in Christ will suffer persecution,” warned Saint Raymond. Each Christian must ask: What am I willing to sacrifice for Christ’s sake?

EASTER WEEKDAY

Acts 8:26-40; John 6:44-51 (276). *“The bread that I will give is my flesh for the life of the world.”*

Friday, Apr 24, 2026

It's bigger than all of us

For many people, the high point of Mass is receiving Communion. But what does it really mean? It’s so much more than only feeling close to God; it’s about what you do with that closeness. By taking Christ in, Jesus becomes part of you, and the next obvious step is to be more like him. His sacrifice of love becomes the model for your loving sacrifice of self for the world around you. The Eucharist, the source and summit of Catholic faith, is about more than “me and Thee.” More like “me and Thee and us and everyone and everything.” That’s true Communion.

EASTER WEEKDAY

Acts 9:1-20; John 6:52-59 (277). *“Whoever eats my flesh and drinks my Blood remains in me and I in him.”*

Saturday, Apr 25, 2026

Let's get to work

Today the church celebrates one of the apostles, Mark. The Greek word *apostolos* means “one who is sent,” in particular one God sends. But sends where? To do what? The short answer is: Apostles are sent everywhere to proclaim the Good News. Every Christian, by virtue of Baptism, shares this same mission. “Jesus doesn’t tell the apostles—and us—to form an exclusive group of elite members,” says Pope Francis. “Jesus says: ‘Go and make disciples of all nations.’” It seems we have our work cut out for us. Better start sharing some Good News of God’s love today.

FEAST OF MARK, EVANGELIST

1 Peter 5:5b-14; Mark 16:15-20 (555). *“They went forth and preached everywhere, while the Lord worked with them.”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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