



Discovering **hope** and **joy** in the Catholic faith.

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The Catholic Communities of Stapleton, Arnold and Callaway
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One Minute Meditations

St. Bernard of Clairvaux

Although born into wealth, St. Bernard desired a life of simplicity, holiness, and austerity. Born in 1090 in Fontaines, France, he entered the monastery at Cîteaux in his twenties, followed by most of his family. Recognizing his holiness and noting the overcrowding of the monastery, the abbot sent St. Bernard to establish a new monastery in Clairvaux. St. Bernard went on to found monasteries for nuns, worked for the Holy See, and preached the Second Crusade.

More than the mission

No matter our age, we all need to hear these words: "I love you without measure." At the Transfiguration, the Father declared of Jesus, "This is my beloved Son, with whom I am well pleased" (Matthew 17:5). He means those words for us as well. Before all else, we are God's beloved children.

Significantly, the Father speaks these words before Jesus goes to the Cross, before His saving mission is complete. We often reverse that order, allowing our identity to depend on our accomplishments or faithfulness. We assume God will love us once we have fulfilled our mission. But the Gospel reveals the opposite. God's love is not earned but freely **given**. Our mission flows from our identity, not the other way around.

"For I have redeemed you; I have called you by name, you are mine" (Isaiah 43:1).

Be Like Christ. Love Like Christ.

What does it mean to "be like Christ" in the context of our everyday lives? The key is to love as He loves. Here are five practical ways to love like Jesus.

Learn His pattern. The Gospels show us how Jesus responded to the sick, the brokenhearted, the marginalized, and even His enemies. Scripture provides the pattern, while prayer and the Sacraments provide the grace to live it. The more we immerse ourselves in Christ's life, the more naturally His way of loving becomes our own.

Cultivate His heart. Jesus describes Himself as "gentle and humble of heart" (Matthew 11:29). His humility comes from His complete obedience to the Father's will. His gentleness is strength under perfect self-control, expressed in His patience, mercy, and compassion, even toward those who rejected Him. As we imitate His way of love, our own hearts are slowly transformed as His.

Show genuine interest. Jesus often asked open-ended questions, not because He lacked the answers, but to draw people out. "What do you seek?" (John 1:38). "What are you discussing

with each other?" (Luke 24:17) Genuine love begins with genuine interest. Asking thoughtful questions communicates that people are seen, heard, and valued.

Choose the charitable interpretation. St. Theresa Margaret of the Sacred Heart wrote, "If the actions of our neighbors have a hundred sides, we ought always to look at them on the best side." Love resists rushing to judgment and gives others the benefit of the doubt, creating space for understanding rather than

"Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls" (Matthew 11:29).

suspicion.

Always act out of love. St. Paul exhorts us, "Whether you eat or drink, or whatever you do, do everything for the glory of God" (1 Corinthians 10:31). Jesus lived every moment in perfect love for His Father and for us. Love was not merely one aspect of His life; it was the motive behind everything He did. Following Christ means allowing love to shape not only our greatest sacrifices but also our smallest daily actions.

Why Do Catholics Do That?

Formula prayers are not a substitute for personal prayer but a time-tested way of entering into it and deepening it. When the disciples asked Jesus how to pray, He gave them the Our Father (Matthew 6:9-13; Luke 11:2-4), a prayer to be prayed repeatedly. Scripture also contains many communal prayers, especially the Psalms, which

Why do Catholics pray formula prayers?

served as Israel's prayer book and remain the Church's today. By praying these inspired words, Catholics join generations of believers in worship. Whether at Mass or beside a hospital bed, formula prayers unite the faithful, expressing not only personal devotion but also the shared faith of the whole Church.

What to do when you don't feel like praying

Not feeling like praying is something even faithful Christians experience. In fact, seasons of dryness can be a normal part of spiritual growth. While they may have different causes, they do not necessarily mean something is wrong. Here are three ways to respond:

Pray about not wanting to pray. Bring your reluctance to God. You don't have to overcome your feelings before coming to Him. Honest prayer is still prayer, and God meets you with love exactly where you are.

Keep it simple. We value brief messages from those we love: "I love you," "Good luck today," or "Thinking of you."

Prayer can be that simple. The goal is relationship, not length. A heartfelt "God, help me," "Jesus, I trust in You," or "Come, Holy Spirit" is enough.

Choose presence over performance. Approach prayer the way you would spending time with a close friend. We don't cancel plans with someone we love simply because we're tired.

In the same way, keep showing up. God delights in your company (Proverbs 8:31). He is not looking for a perfect performance but for a heart that continues to seek Him, even when prayer feels dry or difficult.

from Scripture

Matthew 16:21-27, God's ways are not our ways

At first glance, this passage seems like bad news. Jesus predicts His own death, a revelation that must have stunned the disciples. They had just come to recognize Him as the long-awaited Messiah. Instead of leading a triumphant victory over Rome, Jesus spoke of suffering, rejection, and execution. To them, it looked like failure, not triumph.

Peter responded as many of us do when faced with suffering: he resisted the Cross. He wanted Jesus to avoid it and was sharply rebuked. Yet had Jesus turned aside, we would have remained

in our sins, separated from God. Instead, He freely embraced the Cross. He chose us. From the perspective of the Resurrection, what appeared to be defeat was in fact Christ's decisive victory over sin and death.

God desires our happiness, not merely our temporary comfort. He desires our eternal joy. The Christian life is not about avoiding the crosses God permits but embracing them with trust, as Jesus did. And we never carry them alone. Christ walks beside us, bearing the heavier end of every cross.

Q & A

Can the Pope make mistakes if he's infallible?

Yes. The pope is human and, like anyone else, can make mistakes in his personal opinions, decisions, or everyday statements. Papal infallibility does not mean the pope is incapable of error. Rather, it means that, under specific conditions, the Holy Spirit preserves him from definitively teaching error in matters of faith and morals (*Catechism of the Catholic Church*, 891).

Papal infallibility applies only when the pope is:

Defining a doctrine of faith or morals. The teaching must concern divine revelation or truths closely connected to it. It does not apply to scientific claims, political views, interviews, homilies, or personal opinions. For example, in 1950, Pope Pius XII infallibly defined the dogma of Mary's Assumption into heaven.

Speaking ex cathedra ("from the chair"). The pope must speak in his official capacity as the successor of St. Peter and clearly intend to proclaim a doctrine that is binding on the entire Church. In *Munificentissimus Deus*, Pope Pius XII explicitly invoked his apostolic authority to "pronounce, declare, and define" the Assumption as a divinely revealed dogma.

Feasts & Celebrations

August 7—St. Cajetan (1547). St. Cajetan was born in Italy to a noble family. He went on to study civil and canon (Church) law at the University of Padua. He worked to reform the Church by founding the Theatines, a religious order modeled on the teachings of the Apostles.

August 9—St. Edith Stein (1942). Formerly Jewish, she was an atheist intellectual in Germany. After studying St. Teresa of Ávila, she converted to Catholicism, and became a Carmelite nun. Although her order tried to shelter her from the Nazis, she was taken to and executed at Auschwitz.

August 15—The Assumption of Mary. Declared a dogma of faith in 1950 by Pope Pius XII, the Assumption celebrates Mary's being taken up into Heaven body and soul at the end of her life. This feast highlights the Church's respect for the dignity of the body in view of our future resurrection. Note: This year, it is not a holy day of obligation.

August 24—St. Bartholomew (First Century). One of the Twelve Apostles and the son of Tolomai, Bartholomew is thought by some scholars to be the apostle, Nathanael, who went with Philip to see Jesus. After Jesus's Ascension, Nathanael spread Christianity to India and in Armenia, where he was martyred. He is the patron saint of Armenia and Belgium.

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