



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

October 2025

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

St. Paul of the Cross

Born in seventeenth-century Ovada, Italy, to a noble Catholic family, Paul Francis Danei had a great devotion to the Cross of Christ since he was young. He turned down a respectable marriage to devote his life to prayer, penance, preaching, and works of charity. In 1720, he was called to found an order honoring Jesus' Passion. The Passionist Order received papal approval. The order elected St. Paul as their superior general until his death in 1775.

Celebrating All Hallows Eve

Halloween is a Catholic holy day — it's the vigil of All Saints Day. It even has its own liturgical prayers! One way to recapture a sense of the sacred on this holy vigil is to pray Evening Prayer (Vespers) in the Liturgy of the Hours. It is easily found online and takes about 15 minutes. It's a beautiful, deeply liturgical way to celebrate All Hallows Eve with the Church. Because solemnities "start" the evening before, after Vespers, the party can start!

"If you read history you will find that the Christians who did most for the present world were just those who thought most of the next... Aim at Heaven and you will get earth 'thrown in'; aim at earth and you will get neither" C.S. Lewis.

Simple ways to stay rooted in God's love every day

God meets us in powerful ways through the Sacraments, especially at Sunday Mass. But we're not meant to leave His presence at the church door. Our souls need daily contact with His love—through small, intentional acts that anchor us in grace, even during busy or chaotic days.

Start with a Morning Offering. This short prayer dedicates everything you do — your work, joys, and struggles — to God. It turns your entire day into an offering, a prayer in motion. Even when events feel out of control, you've already placed them in His hands. That changes how you carry each moment.

Wearing a crucifix, saint medal, or carrying a Rosary is another way to stay grounded. These sacramentals aren't lucky charms—they're signs of faith and reminders that we belong to God. When worn or used with devotion, they offer quiet strength and speak to the world, even without words.

Next, carry a line of Scripture with you. Choose a verse that speaks to your heart and keep it where you'll see it—on your phone, dashboard, or mirror. Reflect on it throughout the day. God's Word is alive and personal. Even a single verse can give light when your path feels dim.

"Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

Lastly, surround yourself with sacred art. A holy card in your wallet, an image of Christ in your kitchen—these aren't just decorative. They teach, inspire, and prompt prayer. They gently turn your attention toward Heaven in the middle of daily routines.

None of these habits takes much time, but over time, they shape your heart. They help you live with peace, stay open to grace, and remember: God is near, always ready to meet us where we are.

Why Do Catholics Do That?

Many Protestant versions of the Our Father include the doxology: "For thine is the kingdom, and the power, and the glory, forever." While this line is theologically rich and spiritually uplifting, it was not part of the original prayer Jesus gave His disciples. It does not appear in the earliest and most reliable Gospel manuscripts. Scholars believe it began as a marginal note—

Why does the Catholic Our Father have a different ending?

possibly added for liturgical use—that was later copied into the text. Its inclusion in the King James Bible helped establish it in Protestant tradition, where it remains a beloved conclusion. Though not found in the original biblical text, the doxology reflects the heart of Christian praise and continues to express the glory of God in worship across many denominations.

Holy Hospitality - let love lead during the holidays

We may not have to host the Messiah and twelve hungry disciples on short notice, but the stress St. Martha felt is all too familiar during the holiday season. The good news? Grace can do what we cannot.

To find peace amid pressure, Pope Leo XIII said to begin with silence. Even a few moments of quiet prayer each day can create the space needed for God to work in your heart. Then, he offered two essential practices:

Focus on what matters most. Jesus' friend, Martha, was "*anxious and troubled about many things*," but Jesus reminded her of the "*one thing... necessary*" (Luke 10:41-42). Hospitality isn't about perfection—it's about presence. Pope Leo encourages us to make space for real human connection:

to care, to listen, and to truly see those around us. Resist the urge to multitask. And yes—put the phone away.

Choose understanding over offense. The holidays can magnify tensions, but they also offer a sacred opportunity for growth. "It takes effort," Pope Leo admitted, "to understand one another in disagreements, and to forgive when mistakes are made." Approach family gatherings with humility and grace. Assume the best. Be patient, flexible, and quick to forgive. Small acts of mercy often go unseen—but "*your Father who sees in secret will reward you*" (Matthew 6:18).

This season, let love—not logistics—lead. That's the heart of holy hospitality.

from Scripture

Luke 18:9-14, Divine mercy responds to humility

In this Gospel passage, Jesus contrasts two prayers: one from a respected Pharisee, the other from a despised tax collector—a comparison that would have shocked His audience.

In first-century Jewish society, Pharisees were seen as models of religious observance, while tax collectors were viewed as collaborators with the Roman occupiers and often as corrupt and dishonest.

The Pharisee confidently takes a prominent place in the temple and offers what appears to be a prayer—but it's really a self-congratulatory speech. He thanks God not for grace

received, but for his own perceived righteousness. In contrast, the tax collector stands at a distance, won't even lift his eyes, and offers a single, sincere plea: "God, be merciful to me, a sinner."

Jesus tells us it was the tax collector—not the Pharisee—who went home justified before God

This parable reminds us that true prayer begins with humility. God isn't impressed by performance or flowery words. He desires contrition, honesty, and a heart open to grace. He already knows us, loves us, and simply asks for our love in return.

Q & A Why do Catholics have different types of Masses?

Liturgical diversity has always been part of the Church's life. Today, when people refer to "different Masses," they may be referring to the different forms, such as the Traditional Latin Mass (also called the Extraordinary Form) and the more familiar post-Vatican II Mass (Novus Ordo, or Ordinary Form).

The Traditional Latin Mass, shaped over centuries, is known for its reverence, use of Latin and chant, and the priest facing *ad orientem*—toward the altar along with the people. It fosters an atmosphere of silence and awe.

The Novus Ordo emerged after the Second Vatican Council, which called for a renewed, simplified liturgy that would be more accessible and participatory. At that time, Latin was no longer widely taught or understood.

Both forms are authentic expressions of the same Eucharistic mystery—the meeting of Heaven and Earth at the altar. When celebrated reverently, each reveals the beauty and depth of the Church's liturgical tradition in distinct but complementary ways.

Feasts & Celebrations

October 7 – Our Lady of the Rosary (1571). This feast was originally named, "Our Lady of Victory" by Pope Pius V, on the victory of the Battle of Lepanto, when the Christians won a critical victory against the Ottomans after praying the Rosary. Pope Gregory XIII later renamed this feast in recognition of this powerful prayer.

October 10 – St. Francis Borgia (1572). St. Francis was a nobleman who served in the Spanish imperial court. After the death of his wife, he gave away all his possessions and joined the Jesuits. He proved to be a good administrator, and as superior

general of the Jesuits, he helped to spread their presence all over Spain and Portugal.

October 14 – St. Callixtus I (222). Born a slave in a Roman household, Callixtus was ordained a deacon by Pope Zephyrinus, whom he later succeeded. Callixtus's election caused an eighteen-year schismatic movement. He fought against heresy and showed tolerance toward sinners. In a time of trial and confusion, he re-opened the Church to all. He was later martyred.

October 28 – Saints Simon and Jude (1st century). St. Simon was a Zealot – Jews who believed the Messiah would free them from political oppression. St. Jude was a fisherman. After following Jesus, they eventually traveled to Persia where they preached the Gospel until they were martyred.

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