

Dear Padre,

Should Christians avoid practicing qi gong or tai chi? Or even meditation in which you empty your mind? Thank you.

This is one of those questions that has been debated for a long time. Social media offers many so-called experts with vastly different opinions. It can be very confusing, particularly if you are looking for a black-and-white answer, a yes or a no.

The pope who provides us with the most helpful direction to answer this question is Pope Benedict XVI. He did not forbid Eastern spiritual practices entirely but warned against their integration into Christian life without proper discernment. His perspective was rooted in a theological understanding that Christian spirituality is a unique path focused on a relationship with Christ. He emphasized that our Catholic spiritual tradition is distinct from the goals and methods of non-Christian traditions. He believed the practice of such non-Christian traditions, without preparation and without awareness of the challenge they present, could lead to spiritual error if not approached with caution and discernment.

So, the answer is nuanced. If you are using the practice as a spiritual practice, you should proceed with the utmost caution. If, on the other hand, you are using these practices for the more common physical or psychological—not spiritual—reasons, then it is permissible. ●



Fr. Thomas M. Santa, CSsR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 27	April 28	April 29	April 30	May 1	May 2	May 3
Easter Weekday	Easter Weekday	St. Catherine of Siena, Virgin and Doctor of the Church	Easter Weekday	Easter Weekday	St. Athanasius, Bishop and Doctor of the Church	Fifth Sunday of Easter
Acts 11:1-18 Jn 10:11-18	Acts 11:19-26 Jn 10:22-30	Acts 12:24-13:5a Jn 12:44-50	Acts 13:13-25 Jn 13:16-20	Acts 13:26-33 Jn 14:1-6	Acts 13:44-52 Jn 14:7-14	Acts 6:1-7 1 Pt 2:4-9 Jn 14:1-12



A WORD FROM POPE LEO XIV

Our faith is authentic when it embraces our whole life, when it becomes a criterion for our decisions, when it makes us women and men committed to doing what is right and who take risks out of love, even as Jesus did.... Jesus is the true measure of our faith; he is the gate through which we must pass in order to be saved.

ANGELUS, ROME, AUGUST 24, 2025

St. Agnes • St. Boniface • St. John the Evangelist

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Open Door

MIGUEL DULICK

It is "Good Shepherd Sunday," and the gospel quotes Jesus: "I am the gate for the sheep." It seems the oddest of Jesus' "I am" identities, until you realize that the shepherd himself was often the literal gate of the sheep's pen, as he would lay his own body across the entrance to keep the sheep secure and safe from any predators. Actually, the predators that worry Jesus the most are other shepherds—"strangers" who came before him, all of whom Jesus flatly denounces as "thieves and robbers."

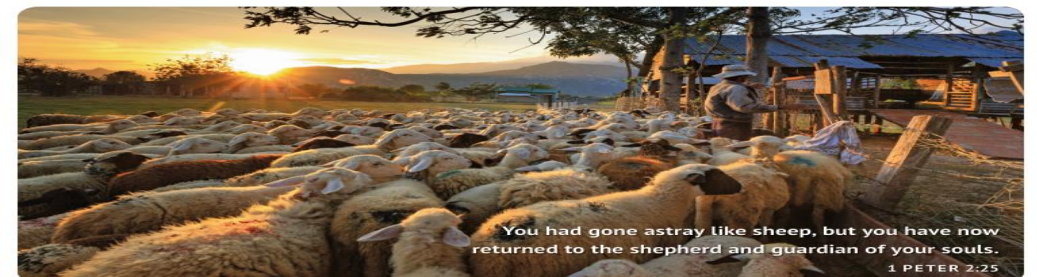
Does that scare us today? Are we vulnerable to attacks, even from those supposedly in charge of our care? When Jesus opens the gate, we go in and out through him, through Jesus, to find pasture. We follow

him because we recognize "his voice." In the synodal Church that Pope Francis called us to, and to which we continue to be called by Pope Leo XIV, every voice is welcome and needed so that the Holy Spirit will fill the whole Church with truth.

Here in Honduras, where I live, folks with little education can offer profound witness to the love of God. It comes from their own intimacy with Jesus, recognizing his voice in their daily life. They are often the poor victims of widespread corruption, like "a thief [who] comes only to steal and slaughter and destroy." Here in Honduras, we take refuge in Jesus, that we "might have life and have it more abundantly" (John 10:10). ●

Reflect

How can we recognize voices that speak the truth? How do we recognize Jesus' voice?



You had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.

1 PETER 2:25

Fourth Sunday of Easter (A) April 26, 2026

This fourth Sunday of the Easter season is sometimes called Good Shepherd Sunday because in each of the three lectionary cycles, the Gospel reading invites us to reflect on Jesus as the Good Shepherd. In each cycle the reading is from the tenth chapter of John's Gospel. This chapter sets the framework for Jesus' teaching about himself as the Good Shepherd.

Today's reading falls between the stories of Jesus' healing of the man born blind and the raising of Lazarus. Both stories were proclaimed in the Gospels found in this year's season of Lent. Following the controversy that ensued when Jesus healed the man born blind, Jesus directs his allegory about the sheep and the shepherd toward the Jewish religious leaders of his time, the Pharisees.

Throughout John's Gospel the Pharisees fail to accept Jesus' ministry and teaching. They show themselves to be "robbers and thieves" because they try to lead the sheep without entering through the gate, Jesus. Through these metaphors, Jesus is telling his listeners that those who follow him and his way will find abundant life. He identifies himself both as the shepherd and the gate. The shepherds who are faithful to him are the ones whom the sheep (Jesus' disciples) should follow.

Today's Gospel also gives us the opportunity to reflect on Christian leadership. Jesus' words suggest to us that those who will lead the Christian community will be known by their faithfulness to Jesus. The leaders will recognize that Jesus is the gate for all the sheep and that having a good relationship with Jesus is the primary characteristic of a Christian leader. Jesus' allegory also suggests that faithful Christian leadership requires a good relationship with the community: the shepherd knows his sheep, and they know him. Christian leaders follow the example of Jesus, the Good Shepherd, by being faithful to him and by being a good shepherd.

**Mass Schedule & Intentions
For the week of April 27, 2026**

Mon.	Apr.	27	7:00 AM	SJ	No Mass
Tues.	Apr.	28	7:00 AM	SJ	Kolbe J. Walz
Wed.	Apr.	29	5:30 PM	SJ	Ivan Schacher
Thurs.	Apr.	30	5:30 PM	SB	Iris Anderson
Fri.	May	01	8:30 AM	SJ	Marie Lemmer †
Sun.	May	03	8:00 AM	SJ	John Schacher †
Sun.	May	03	9:30 AM	SA	Lee Eastburn †
Sun.	May	03	11:00 AM	SB	People of the Parish



Ann Rosfeld April 30th
Coleman Sierks May 2nd

The holy land group will be visiting our parishes on April 26th on behalf of the Christian families in Bethlehem and Jerusalem. Their mission is to support those families in the holy land. When the holy land group visits our parishes they will have hand carved nativity sets, statues, crosses, rosaries, and many other pieces of beautiful olive wood art. We kindly invite you to visit their display and to consider purchasing a piece of art from the holy land. In doing so you will help support the many families who depend on this form of art for their living. Your purchase will make a difference in the lives of many Christian families.

Ministry Schedule

Date: May 3	St John's	St Agnes	St Boniface
Time	<u>Sunday 8:00 AM</u>	<u>Sunday 9:30 AM</u>	<u>Sunday 11:00 AM</u>
Hospitality	Luke & Tara B.	Aleta & Conrad P.	Steve & Rhonda P.
Lector	Molly W.	Mary A.	Tristan B.
Server	Kelsey A. & Wyatt D.		Wyatt B. & Amelia P.
EMHC	Rex & Kristie W.	Aleta & Conrad P.	Hannah P. & Diane P.
	Music: Toby K.		<i>Communion to shut ins</i> Kristen B.

St. John's
Our Gifts to God & Church
April 19, 2026
Total Collection: **\$1108.46**

CCD Wed, April 29
April 29th is the last CCD class!
Mass at 5:30 PM for all CCD kids and families. Followed by barbecue and games.

Mass next Sunday May 3rd will be Sunday at 8 AM due to the school function Saturday.

St. Agnes
Our Gifts to God & Church
April 19, 2026
Total Collection: **\$1058.46**

Diocesan Appeal
Dollar Goal the GOAL is MET!!!
Thrift Store
Open May 8 9AM to 4PM
CCD Wed April 29
Elementary 3:40 PM
High School 7:30 PM

Please consider giving a donation towards the care of the lawn so we can keep the church looking nice this summer.

St. Boniface
Our Gifts to God & Church
April 19, 2026
Total Collection: **\$787.00**

Diocesan Appeal
Dollar Goal the GOAL is MET!!!
CCD Wed, April 29
PreK to 2nd 4-5 PM
Supper 6:10
Class 6:30 to 7:30 PM
Last Class

CCW Meeting Tuesday April 28 at 6 PM all women are encouraged to attend.

Totus Tuus registration

Click on the link here : [Totus Tuus](#) . Arnold will be hosting it June 21-26. For anyone who have completed grades K-12 by the summer of 2026. No code is needed.

Mark your calendar: Holy Day of Obligation Ascension of the Lord

St Boniface May 13th 6:30 PM
St. Agnes May 14th 5:30 PM
St John's May 14th 7:00 PM