



# *Somedays' Meditations*

*a meditation journal*

*for middle and*

*high schoolers*

*May 2026*

Sunday, May 10, 2026

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Mary treasured all these things and pondered them in her heart.

Luke 2:19

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Today is Mothers' Day, and who better to consider than St. Mary, mother of Jesus. We don't know much definite about Mary, but we do know that Christians honored her from a very early date. We honor her, because she was Jesus' mom, and because it seems that she was an important person in the early Church. Many images of Pentecost (the tongues of flame and the coming of the Holy Spirit, remember?) have Mary front and center along with the disciples.

We often honor a person because of who they are or what they do. Today, Mothers' Day, we thank our mothers, because they have raised us into who we are today. We remember that we couldn't be ourselves without the gift of other people, and mothers are very special "other people!"

We also thank God for Mary, because she helped form Jesus to be the loving, caring person who he was as an adult. We also honor her, because she was a normal person given a very, very big job: to raise the Son of God! She must have been a strong, loving, and courageous person to be given such tough work. Your mother is also strong, loving, and courageous, and so we thank God both for our moms and for Jesus' mom on this day.

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### Activity

Look up a picture of St. Mary with your parents. Try a picture or icon of the Annunciation or Pentecost. What do you see? How does the artist draw Mary? How would you draw her?

Wednesday, May 17, 2026

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And taking the five loaves and the two fish, he looked up to heaven, and blessed and broke them, and gave them to the disciples to set before the crowd. And all ate and were filled. What was left over was gathered up, twelve baskets of broken pieces.

Luke 9:16-17

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When we think of saints, we usually think of the people in the Bible or old Christians who lived hundreds of years ago. These people are saints, yes, but the Episcopal Church also recognizes people who lived lives of virtue in our own age. Today is the feast day of just such a person: Francis Perkins.

If you know anything about Francis Perkins, you may be surprised! Perkins lived in the mid-20th century and was the Secretary of Labor under President Francis D. Roosevelt. She didn't just work in politics, though; Francis understood that her Baptism meant that she should work for those in need. As Labor Secretary, she asked Congress and the President to look at the poor working conditions of the people of the United States. Many people worked for long hours and didn't get to see their family (much less get vacations!), and they weren't paid all that much. Perkins wanted to change that, and one of the reasons why we have so many laws protecting workers is because Francis Perkins fought hard and won.

Our job as Christians is to look to those in need and help them. Sometimes this means praying for them. We can donate food or our time to care for them. We can get jobs that respect people and work for the common good. Or we can, like Francis Perkins, go into politics and make sure that laws are written to protect the poor. Francis Perkins followed Jesus in politics. How can you follow Jesus in your life?

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### Activity

We ended this meditation with a question, so let's answer it! How can you follow Jesus in your world today? How do your parents follow Jesus with their work? Ask them and see!

Saturday, May 24, 2026

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When the day of Pentecost had come, the disciples were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Acts 2:1-4

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Now here is a wonderful thing! Fifty days after Jesus had died, the disciples (and some say St. Mary with them) were together for a miracle: a rushing wind, tongues of flame, and the ability to speak in different languages! This is the day when the Holy Spirit first came among the followers of Jesus, and because of this new connection with one another and, through languages, other people around them, we consider this day to be the birthday of the Church. Happy Birthday Church!

Pentecost is also seen as the “reversal of Babel.” Do you remember the story of the Tower of Babel? Humans tried to be equal to God and to get to her by building a HUGE tower. God cursed them with different languages for this sin, so they couldn’t work together. But on Pentecost, God reversed this curse. She gave the disciples the ability to speak the Good News of Jesus Christ and to create a real community of love and service.

God is so curious about us. She wants to know about us. She also wants us to be curious about our fellow human beings. And not just curious from a distance, but to get into people’s lives and live with them. We serve others by working beside them. We don’t preach the Gospel of Love in our own words, but in words that will help other people understand how wonderful it is to be loved by God. This is yet another way that we are given gifts by the Holy Spirit to help Jesus heal the world

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Activity:

Does anyone in your family speak a different language? If they do, listen to them recite the Lord’s Prayer. If they don’t, go online and listen to the Lord’s Prayer in a different language than English. What does it sound like? What is it like to hear a prayer you know so well but in a different culture’s mother tongue?

Wednesday, May 27, 2026

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So Jesus called them and said to them, ‘You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many.’

Mark 10:42-45

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It took Jesus’ disciples a long time to understand what Jesus was talking about here. They argued among themselves about who was the most important and who was the best student. They thought that Jesus would become a king, and each of them wanted to be the most powerful.

Jesus taught, however, that to be great means to be small. The most powerful are the weakest, and the best student is the one who becomes a servant. Jesus even uses the word “slave,” not because he thought slavery was a good thing (it’s not. It’s a horrible thing), but because he wanted his disciples to understand how extreme, and how difficult, following him would be.

Do you remember the story of Jesus washing his disciples’ feet? Or the one where he visited the lepers and touched them - even though touching them might give Jesus the disease, too! Do you remember how often Jesus spoke to the poor instead of the rich, or the lonely instead of the popular, or the bullied instead of the bully? Jesus’ ministry was to the poor, the lonely, and the bullied much more than it was to those in power. Unlike the disciples in this story, do you understand what it means to serve others?

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### Activity

Think about your life in school, at practice, in church, and at home. Think about all your friends, your classmates, and even the people who you don’t get along with. Also, think about the people who aren’t all that popular, who are different than others, who are new at school, who speak with an accent or don’t know English at all. Think of all the people who Jesus would talk to, help, and serve. What are some ways that you can serve them, too? How can you be someone who cares for others first?

Sunday, May 31, 2026

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*Read Genesis 1:1 to 2:4a (which means just the first sentence of the verse).*

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How was the universe created? Wow, what a question! Many of us (maybe *most* of us), go through the day without thinking much about this question. You could go through your whole life without asking, let alone *answering*, this question and still live a pretty happy life. Knowing how things began, however, can help us understand how things came to be, and knowing how things came to be help us understand how they are now.

No one (except God) was there when the universe began, so we don't know exactly what happened. Through prayer, conversation with one another and with God, and with some healthy imagination, Jewish people came up with our Creation Story that you read in Genesis. Scientists have thought, studied space, and talked with each other, and came up with some different details. They call this story the Big Bang. Which of them is right?

Well, both of them. We Christians borrow our Creation Story from Jews, and we borrow the Big Bang from scientists. The story in Genesis tells us about what God was thinking during creation, and what he thought (his work was good). The Big Bang tells us about the state of matter (of gas, liquid, and solids) looked like and acted when everything began. Both are important ways to understand God and the universe.

Unfortunately, some people believe that you can only believe in one: the Creation Story or the Big Bang. But we Episcopalians, along with some other Christians, aren't so picky. We like knowing lots of things about God and lots of things about the world we live in. Science and religion are brothers, not enemies. The more we learn, the more we understand, and the greater our love for God, for our neighbor, and for ourselves can be.

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### Activity

What do you like to learn about? What excites you to know? What are you so excited about that you just can't keep it in anymore? Tell your parents, priest, or someone at church about this thing that you love. Ask them about what they love, too.

## Somedays' Meditations

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