

One Minute Meditations

St. Anselm of Canterbury

Born in Aosta, Italy, he attended a Benedictine school as a youth. After traveling around France and Italy for his studies, St. Anselm entered the Benedictine Order. When the current Archbishop of Canterbury died, Anselm, who by then was a Benedictine abbot, was promoted as Canterbury's new Archbishop. St. Anselm navigated church reforms, theological study, and political tensions. He was exiled for resisting the king's interference in Church matters but was allowed to return in peace.

Glorious wounds

Every Easter, we celebrate that Jesus definitively conquered sin, evil and death. God, not evil, has "the last laugh." Yet, He still has His wounds. The Resurrection transformed what were wounds of rejection into glorious trophies - proof of His love, power, and trustworthiness as our Savior. When we encounter difficulty, even great suffering, we can look to the glorious wounds of our Savior with hope. If we stay close to Him, we'll be victorious too.

"It comes down to this: If Jesus didn't rise from the dead, then Christianity is a fraud and a sham. If He did rise from the dead, then He is who He said He is, and our lives must change accordingly. There is no middle ground."

Bishop Robert Barron

Don't Just Celebrate Easter. Step Into It.

At the heart of Christianity is not just an idea or a rule of life, but an encounter with the Risen Christ and the new life of grace He offers. Easter invites us to step into that life more deliberately. Here are four simple ways to begin:

Encounter the Risen Christ. Mary Magdalene stood before Jesus and didn't recognize Him until He spoke her name (John 20:16), and her grief became joy. That encounter is possible for us. Come to Mass with intention. Don't just attend—arrive expecting to meet Him. Listen closely, pray honestly, and remember that in the Eucharist, Christ is truly present.

Practical step: Before Mass, pray, "Jesus, help me recognize You today."

Take an "Emmaus walk." Two disciples left Jerusalem discouraged, and Jesus met them on the road. He helped them to see God's faithfulness in their lives. He can do the same for you. Take time this Easter season for a quiet walk with Him. Speak openly about what's

on your heart, and listen for His voice.

Practical step: Ask, "Lord, where have You been at work in my life that I haven't seen?"

Choose mercy. Jesus gave His Apostles the power to forgive sins (John 20:21–23), ensuring His mercy would always be available. We're called to receive it—

"Do not be afraid. Open wide the doors for Christ." John Paul II

and extend it. Forgive, hold back harsh words, and choose patience.

Practical step: Identify one situation where you can offer a concrete act of mercy this week.

Be open to mission. The Resurrection sends us out. God still calls ordinary people for His work. Your mission may be simple: show patience, reach out, or step up where needed.

Practical step: Ask, "Where am I being nudged to act?" Then take one small step.

Easter isn't just celebrated—it's lived, one step at a time.

Why Do Catholics Do That?

Why do Catholics believe in the Resurrection?

The Resurrection is not only a matter of faith; it has also been examined through historical and forensic inquiry. The New Testament accounts draw on early eyewitness testimony, preserved with notable consistency compared to other ancient sources. The Shroud of Turin has likewise been widely studied, with some researchers noting

features consistent with a first-century Roman crucifixion, while the image's formation remains unexplained. Finally, despite intense early persecution, Christianity spread rapidly, reflecting the deep conviction of its first followers. Together, these considerations suggest the Resurrection is rooted in both faith and historical reflection.

After Lent, the work begins

Pope Leo XIV described Lent as a time to “place the mystery of God back in the center of our lives.” Yet the growth in holiness and renewal of faith that begins in Lent is meant to continue well beyond the season.

Keep custody of the heart. To guard the heart is to protect it from whatever disrupts our relationship with God. It means “allowing the word of God to touch our hearts and welcoming it with a docile spirit.” The habits formed during Lent can help sustain this: a daily Morning Offering, reading the Gospel, or setting aside time to visit the Blessed Sacrament. A healthy spiritual life depends on staying connected to the God who loves us most.

Keep custody of the tongue. This is a form of fasting that

lasts all year. Pope Leo urges us to “disarm our language,” avoiding harsh words and rash judgment. Refusing gossip and slander is an act of self-denial. Instead, we are called to measure our words and practice kindness and respect. This simple discipline can bring new life not only to our own hearts, but to those around us.

Keep custody of your time. What we give our time to shapes who we become. It’s easy to let our days fill with noise, distraction, and busyness that leave little room for God. Be intentional about how you spend your time. Protect moments for prayer, rest, and what truly matters—your family, your vocation, your relationship with the Lord. Even small choices, repeated daily, create space for grace to grow.

from **S**cripture

John 10:1-10, The Good Shepherd seeks us

In this passage, Jesus uses the image of a shepherd to reveal who He is, how He cares for us, and how He invites us to respond. But why a shepherd?

In Jesus’ time, shepherding was a demanding and often dangerous way of life. A good shepherd knew each sheep personally and remained constantly with the flock. Many sheepfolds had no gates; at night, the shepherd would lie across the entrance, becoming the barrier that protected the sheep from danger. If a sheep was lost, injured, or attacked, the shepherd would go after it, tending to its wounds and, if

necessary, risking his own life.

The meaning is clear. Without the steady care, guidance, and protection of the shepherd, the sheep would not survive. In the same way, we depend on God. Jesus, our Good Shepherd, knows each of us by name. He does not abandon us. He seeks us out when we are lost, heals us when we are wounded, provides for our needs, and protects us—even to the point of laying down His life.

In response, He asks for our trust, so that He may lead us safely home.

Feasts & Celebrations

April 2 – Holy Thursday. Today, we celebrate Jesus’ institution of the Holy Eucharist and the Priesthood to perpetuate it. Today, we celebrate He who remains really present to us in the Blessed Sacrament. Pray for priests.

April 12 – Divine Mercy Sunday. In 1931, Jesus appeared to St. Faustina and asked that the Sunday after Easter become the “Feast of Mercy.” Jesus promised special graces to those who honor Him as the King of Mercy and pray The Chaplet of Divine Mercy.

April 17 – St. Stephen Harding (1134). St. Stephen and two companions founded the Cistercian religious order in Citeaux. As abbot, he guided the community through many hardships. St. Bernard of Clairvaux and

several companions joined him and revived the order. St. Stephen founded twelve more religious communities throughout France.

April 20 – St. Agnes of Montepulciano (1317). At a young age, she begged her parents to let her enter the Franciscans. When she was thirteen, the pope asked her to found a monastery at Proceno. Inspired by a vision, she founded a Dominican order at Montepulciano.

April 30 – Pope St. Pius V (1572). Born to a poor family in Italy, Antonio Ghislieri became a Dominican, taught theology, and became Pope Pius V. As Pope, he established seminaries and hospitals, and published the Roman Catechism, Roman Breviary, and the Missal. He promoted the praying of the Rosary for the victory of Christian forces at the Battle of Lepanto (1571). He is also known for efforts to implement the Council of Trent.

Q & A

Why Do Catholics eat bacon on St. Mark’s feast day?

The Feast of St. Mark the Evangelist (April 25) has become, for many Catholics, a fitting day to enjoy bacon. The Church has a long tradition of honoring saints through liturgical celebrations, local customs, and even particular foods—practices that help preserve our shared spiritual heritage and remember their heroic witness.

In 828, Venetian merchants transferred the relics of St. Mark from Alexandria, Egypt, to Venice, Italy. To pass safely through Muslim-controlled ports, they hid the relics beneath layers of pork, a meat considered unclean under Islamic law. According to tradition, port officials, repelled by the cargo, chose not to inspect it closely, allowing the relics to reach Venice safely, where they remain today. In remembrance of this event, some Catholics mark his feast day—or the anniversary of the relics’ arrival on January 31—by eating pork.

Honoring a saint’s relics is a tangible expression of reverence, much like placing flowers on the graves of fallen soldiers. It reflects respect for their lives, their witness, and their service to God. Ultimately, in honoring the saints, we honor the God who formed them.

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