

One Minute Meditations

St. Rita of Cascia

Born in 1381 near Spoleto, Italy, St. Rita was known for her holiness and charity from a young age. She wanted to be a nun but was forced into marrying when she was twelve. Unfortunately, her husband was cruel and violent. After eighteen years, she was widowed. Following the deaths of her sons, she finally entered the convent, where she became known for her piety, kindness, and humility. She is the patron saint of impossible causes.

“Come, Holy Spirit!”

On the Feast of Pentecost, the Holy Spirit descended on the Apostles and ignited their mission to baptize and preach. For this reason, Pentecost is considered the birthday of the Church. This same Spirit, who empowered twelve frightened men to travel, preach, baptize, and labor for the Kingdom of God, also comes to our aid in our struggle for holiness, even in our prayer (Romans 8:26). This month, keep with you this short yet powerful prayer: “Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love!”

“Jesus answered him, ‘If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him’” (John 14:23).

Who is my neighbor?

This question matters. In the Two Greatest Commandments, Jesus calls us to love God and to love our neighbor as ourselves. But that raises a real, practical question: who is our neighbor? Our Lady offers a clear answer. Through her example, we begin to see that our neighbors include:

Family: Mary’s first thought after the Annunciation was for her cousin Elizabeth. Despite the immense honor Mary had just received, she went in haste to serve Elizabeth. That sets the pattern. The first neighbors we’re called to love are the ones closest to us: those in our own home and family.

Friends: Tradition holds that Mary and Jesus were close to the couple at the wedding in Cana. When the wine ran out, Mary didn’t draw attention to herself. She noticed the need and acted, gently guiding things toward a solution. Loving our friends often looks the same—paying attention, stepping in quietly, and serving without needing

recognition.

Those who suffer: At the Cross, Jesus entrusted His mother to St. John. In that moment of deep loss, Mary and John were given to each other, able

“If you want to change the world, go home and love your family.”
St. Teresa of Calcutta

to share a bond shaped by suffering. When someone in your life is hurting, that person is your neighbor. Who is carrying something heavy right now? How can you stand with them?

Each person we meet: As Queen of Heaven and Mother of the Church, Mary cares for all of us, especially through her prayers. To love God is to love those He loves—which means everyone. Sometimes the most meaningful act of love we can offer is also the simplest: to pray for them, asking that they come to know her Son more deeply.

Why Do Catholics Do That? Why do Catholics call Mary our Mother?

Mary’s role in salvation history is to lead people to her Son. As the Church teaches, “The Virgin Mary... is the mother of the members of Christ” (Catechism of the Catholic Church 963). Her motherhood extends to all who belong to Him. At the Cross, in the Gospel of John, Jesus says, “Behold

your mother” (John 19:27), entrusting Mary not only to St. John but to every disciple. From that moment, her care became personal. Because of her unique closeness to Jesus, she intercedes for us, always guiding us toward Him and helping us follow His will more faithfully.

St. Joseph - the quiet strength behind May

Though May is traditionally dedicated to Mary, it fittingly begins with the feast of St. Joseph the Worker. The Church invites us to honor St. Joseph and entrust our lives to his care, just as Jesus did during His hidden life on earth.

He protects. St. Joseph safeguarded Mary when her pregnancy placed her at risk (Matthew 1:19) and led the Holy Family to safety in their flight from Herod (Matthew 2:14-15). We can place ourselves under that same protection—formally through consecration or simply through daily prayer—entrusting our families, homes, and

responsibilities to his care.

He provides. As a carpenter, St. Joseph faithfully provided for Jesus and Mary. Christians have long trusted in his continued help. St. Teresa of Ávila famously wrote that she never asked anything of him without receiving help. We can confidently bring him our needs, work, and concerns.

The saints became holy by being open to God's grace. In St. Joseph, we're given a quiet but steady guide—one who helps us, step by step, follow God more faithfully on the path to heaven.

from **S**cripture

John 3:16-18, Jesus' sacrifice reveals God's love

"For God so loved the world..." When doubt sets in—when God seems distant or silent—the Church directs our attention to the Cross. In the Crucifix, we don't see a contradiction of God's love, but its clearest expression. Christ does not stand apart from human suffering; He enters into it. What looks like defeat becomes the place where divine mercy is most fully revealed—a love that holds nothing back.

"He sent His only begotten Son." Faced with suffering and evil, we naturally look for solutions we can measure and manage—strategies, systems, progress. God's response is not a method but a

gift: He gives Himself. Evil, which is a distortion or absence of the good, cannot ultimately be overcome by partial fixes. It yields only to perfect goodness, just as darkness gives way to light.

"That all who believe in Him might not perish but have eternal life." This life is not the destination but the path. Its trials, uncertainties, and even its sufferings are not meaningless when lived with Christ. If we remain close to Him—whether in darkness, in turmoil, or at the foot of the Cross—we are not off course. We are being led, step by step, toward the life that does not end.

Q & **A** How can the Church be holy if her members aren't?

First, Jesus was aware of the failures within religious life. In the Gospel of Matthew, He strongly rebuked the Pharisees—the religious leaders of His time—for not practicing what they taught (Matthew 23:3). Among His own disciples, there were moments of division, betrayal, and abandonment (John 6:66). Yet the redemption He offers is not reserved for the perfect, but for all who place their faith in Him.

Second, the Church's holiness does not depend on the virtue of each individual member, but on the holiness of her Founder, Jesus Christ. A church building remains sacred even when its physical condition is imperfect because it is dedicated to God. In the same way, the Church, as the Mystical Body of Christ, remains holy even as her members continue to struggle and grow.

Third, history shows that God raises up saints precisely in times of difficulty. St. Athanasius, St. Catherine of Siena, and St. Thomas More each responded to periods of division and crisis with prayer, sacrifice, witness, and fidelity to the truth. Their example reminds us that holiness is always possible—and that we are called to live it, even now.

Feasts & Celebrations

May 14 - The Ascension of the Lord. This solemnity marks the completion of Jesus' mission of salvation and His triumphant entry into Heaven.

Note: In many dioceses, observance of Ascension has been moved to the following Sunday.

May 14 - St. Matthias (1st century). When the Apostles met to choose Judas' successor, Peter said that the new Apostle must have followed Jesus from His Baptism to His Ascension and witnessed His Resurrection. St. Matthias was chosen by lots to fill Judas' place.

May 18 - Pope St. John I (526). Born in Tuscany, Italy, John was elected pope in 523 while still a deacon. During his

pontificate, he battled the Arian heresy, and worked to improve diplomatic relations with the East. He was the first pope to visit Constantinople, during which he restored peace with the Eastern Church yet raised political suspicions. Arrested by King Theodoric, St. John I died in prison.

May 25 - Mary, Mother of the Church (2018). On the Cross, Jesus gave us His mother to be our mother (John 19:27). Now in Heaven, she prays and cares for us as our spiritual mother until we are safely home with God. We can look to her motherly care with confidence since she always leads us to her Son by the shortest, safest, and fastest route. This memorial highlights one central truth: Mary is not only the Mother of Jesus, but the Mother of all who belong to Him—the Church.

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