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23 August 2026 + Twenty First Sunday in Ordinary Time

I can tell summer is coming to a close and folks are back from summer vacations and weekend excursions - our weekend Masses are pleasantly full again. It is good to see. For me it's like having the family back together again. I read something the other day that I found quite profound regarding the beauty of centering one's spiritual life on attending Sunday Mass.

The piece was written by a man who sort of went on an excursion to all sorts of Christian churches. He attended some church services that were on the evangelical side. The people were very friendly and welcoming. They always had treats, contemporary Christian music, lots of preaching and praising, and an emphasis on fellowship. He attended other churches that were more traditional protestant. These were more congregational, meaning more exclusive to just the members of that church. The music was more traditional with a heavy focus on preaching the Word. He ventured off to other so-called Christian churches that seemed to be devoid of a focus on Jesus, and more on social issues of the day, especially on equity and inclusion and other social issues. There was not much traditional worship at all. The man finally made his way back to his Catholic parish and regular attendance at Sunday Mass.

He described his journey as going to a smorgasbord every weekend for spiritual food. He never really knew what was being served, and whether it would satiate his appetite. His return back to his parish and the Catholic Mass, he observed, was like enjoying a nutritious three course meal. Each week he was able to begin by reflecting on his life and receiving forgiveness and mercy from God for his faults and failings (the penitential rite); listening to holy scripture and being instructed on its meaning and application to his life (the Liturgy of the Word); and being nourished by the very Body and Blood of Jesus (the Liturgy of the Eucharist). All of this in just under one hour! He said that it was his journey elsewhere that helped him appreciate the ordinary, stable, and spiritually nourishing power of the Sunday Mass - nothing extravagant or unusual, but spiritually filling. Parents, this is a good way for you to look at the importance of bringing your children to Sunday Mass each week.

Welcome back! Blessings and best wishes,