



One Minute Meditations

St. Albert the Great

Possibly one of the Church's greatest intellectuals, St. Albert was the eldest son of a powerful German military official. Despite opposition from his family, he joined the Dominican Order. Being well educated, St. Albert desired to make all the learning of the East available to the Latin-speaking West. He earned his doctorate at the University of Paris in 1245 and taught at Paris and Cologne. He is best known as the master of St. Thomas Aquinas.

Praying for the dead

Catholics see Purgatory as an expression of God's mercy — a place where souls who die in His grace, but need further purification, are prepared for Heaven. This month, we pray for our departed loved ones, asking God to bring them quickly into His presence.

One tradition is to request a Mass on the anniversary of a loved one's death. If that soul is already in Heaven, the graces benefit others still in need. In God's mercy, nothing is ever wasted.

"Forgiveness comes...through the soul's desire to be united to me [i.e., to God], the infinite Good, according to the measure of love attained by the recipient's desire and prayer. A person receives as much of my goodness as he gives to me." St. Catherine of Siena, *The Dialogue*

Christ as King of our hearts

When we proclaim, "Christ is King," we're not making a poetic or symbolic statement. We're declaring a truth that shapes every part of our lives. To live under Christ's rule is to give Him authority over what we believe, how we worship, how we act, and how we spend our time.

What we believe: At the center of our faith is a relationship. Knowing Jesus personally — through the Gospels, through prayer, through the lives of the saints — transforms abstract belief into living faith. When someone asks, "Why are you Catholic?" our answer should come from experience, not just theology.

How we worship: Imagine a king hosting a free, lavish banquet every week for all his subjects. Every Sunday, we're invited to a banquet — not of food, but of grace. To say, "Christ is King" is to obey His words: "*Do this in remembrance of me*" (Luke 22:19). The

Mass is not just a weekly routine; it's a divine encounter.

How we act: Our actions, especially the small ones, speak volumes. Reverence, patience, honesty, integrity,

"You say that I am a king. For this I was born, and for this I have come into the world, to bear witness to the truth."
John 18:37

and generosity are everyday ways of making Christ visible through us. These aren't just virtues — they're signs of loyalty to our true King.

How we spend our time: Daily prayer proclaims that Christ reigns not only over Sunday, but over our entire lives. Whether prayer feels powerful or dry, it anchors us in Him. No time given to Christ is ever wasted.

To say "Christ is King" is to surrender everything to Him. It's a declaration that He reigns not just in Heaven, but here, now, in us.

Why Do Catholics Do That?

An indulgence is "the remission before God of the temporal punishment due to sins whose guilt has already been forgiven" (*Catechism of the Catholic Church*). This "temporal punishment" refers to the purification the soul undergoes before entering Heaven.

The power of indulgences flows from Christ's sacrifice and is applied through

Why does the Church offer indulgences?

the merits of the saints and prayers of the Church. Indulgences are not shortcuts to Heaven or "free passes"; they require repentance and conversion of heart.

To obtain an indulgence, conditions must be met: sacramental Confession, reception of Holy Communion, prayer for the Holy Father's intentions, and performance of the indulgenced act.

"Where your treasure is, there will your heart be also" (Matthew 6:21)

There's a common lesson in driver's education: "Your vehicle goes where your eyes go." Spiritually, the same is true — our lives follow what we focus on. What we treasure most lays claim to our hearts. The challenge is to set our hearts on what truly lasts.

"You cannot serve two masters" (Matthew 6:24). What treasure do you set your heart on? A desire for holiness requires us to examine how we live day to day. Are we cultivating trust in God, or grasping for control? Realignment often begins with small, intentional acts: spending time in prayer instead of mindless scrolling; reading the Gospel before the news; choosing simplicity over indulgence and

giving generously to those in need. These are daily decisions that reflect where our heart truly lies.

Trust instead of worrying. Jesus does not condemn wealth, hard work, or responsible planning. Instead, He calls us to live as sons and daughters of God. That means trusting His love, accepting His timing, and offering our lives in service to His Kingdom. Ask yourself: Do I invite God into my decisions, or do I act alone? Am I content to wait on His timing, or do I insist on my own?

When we prioritize the things of God, we invest in a treasure that does not fade — one that shapes who we are now, and endures into eternity.

from **S**cripture

Matthew 24:37-44, Preparing hearts for Christ's coming

In this Gospel reading, Jesus reminds us that we do not know the day or the hour when He will come for us. "*At an hour you do not expect, the Son of Man will come.*" His message is clear: live each day prepared to meet Him.

Next month, we celebrate His first coming at Christmas. But Christ will come again — at our death, and at the end of time. Advent invites us to ask: "What must I do to be ready?"

Begin by striving to remain in a state of grace. If you are aware of having committed mortal sin, seek God's mercy without delay through the Sacrament of Reconciliation. Even if you are not conscious of serious sin,

aim to go to Confession regularly — every four to six weeks, if possible. Examine your conscience honestly, and choose one or two areas of sin to actively work on.

Attend Sunday Mass faithfully, make more time for prayer, and look for opportunities to serve others with love and humility. These practices not only prepare us to welcome Christ when we finally meet Him face-to-face, but they also draw us closer to Him now.

When Christmas arrives, may you greet the Lord not with fear, but with joy — knowing your heart is open, your hands are ready, and your soul is at peace.

Feasts & Celebrations

November 2 – All Souls Day. On this day we pray for the dead, especially our loved ones and the souls in Purgatory. Our prayers and sacrifices can help them get to Heaven faster.

November 4 – St. Charles Borromeo (1584). Born into a wealthy family in 1538 in Lombardy, Italy, St. Charles was chosen for the priesthood to follow in the footsteps of his uncle, Giovanni Angelo de Medici, the future Pope Pius IV. After earning doctorates in civil and canon law by the age of 21, Charles was named cardinal and bishop of Milan. He worked to reform his diocese of

corruption and cared for the poor and sick when a plague struck Milan.

November 23 – Solemnity of Our Lord Jesus Christ the King. God promised his people a king who would be triumphant over their enemies. Jesus is our King, who triumphed over the enemies of sin and death. In Baptism and Confirmation, we are brought under His kingship.

November 30 – 1st Sunday of Advent. During this four-week season, we anticipate the Messiah's birth, remembering the time when He was awaited. During Advent we also look forward to Christ's reign and His coming on the Last Day. We light candles in an Advent wreath each night of the season to signal the coming of the true light of Christ.

Q & A Do Catholics practice tithing?

Tithing is the practice of giving ten percent of your income to the Church. In fact, the word itself comes from an Old English word meaning, "one-tenth." It was based on Jewish tradition in the Old Testament and its first recorded practice was Abraham's offering of a tenth of all he had as a "thank offering" to God for his victory in battle (Genesis 14:18-20). It's still practiced by the Mormon Church.

The Catholic Church does not require tithing; there is no "fixed sum" that God requires of us. Catholics are, however, required to support the material needs of the Church (*Catechism of the Catholic Church*, #2043). How much — or little — is between you and God and in light of the needs of your state in life.

Money isn't the only way to support your parish, diocese, or the Church. Giving of your time to volunteer in your parish, donating some of what you don't need to the poor, and even devoting prayers specifically for the needs of your parish priests are all praiseworthy ways to give back.

Our Mission

To provide practical ideas that promote faithful Catholic living.

Success Publishing & Media, LLC
Publishers of Growing in Faith™ and Partners in Faith™
(540)662-7844 (540)662-7847 fax
<http://www.infaithpublishing.com>

(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible - Revised)