



St. Frances Cabrini
Piscataway, New Jersey

One Minute Meditations

St. Paulinus of Nola

St. Paulinus came from a wealthy Roman family, was a well-educated, renowned lawyer, and married into Spanish nobility. Everything changed with the death of his newborn son. St. Paulinus asked for Baptism then he and his wife sold their property and moved to Nola, Italy, where they devoted themselves to austerity and charitable works. St. Paulinus (by popular demand) became Bishop of Nola, governing wisely and generously. He died in 431, leaving behind many treatises, letters, and poems.

The love of the Sacred Heart

"The tender heart of God thought upon [you], loved [you], and procured for [you] a thousand means of salvation, as though there had been no other soul in the world... As the sun shines upon one place of the earth and enlightens it no less than if it shined on no other, so too has our Lord thought of and cared for all his dear children, as though his attention were wholly and entirely focused upon each of them." St. Francis de Sales

"It is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Galatian 2:20).

The Beatitudes: Christ's vision for the human heart

In the Sermon on the Mount, Jesus revealed the attitudes, priorities, and way of loving that shaped His life. These became the Beatitudes: interior dispositions that open our hearts to His grace. As we cooperate with that grace, our hearts are transformed to become more like His.

Poor in spirit: The poor in spirit recognize that heavenly treasures — peace, grace, love, friendship, and eternal life — matter far more than worldly success or possessions.

Mourning: Rather than distracting ourselves from pain, loneliness, or disappointment, we bring our wounded hearts honestly to God. Healing begins when we allow Him to comfort us.

Meek: Meekness is not weakness, but strength rooted in self-control and trust in God. When our security rests in God, we are less ruled by fear, anger, or the need to control everything around us.

Hungry and thirsty for righteousness: This is a deep longing to live in

friendship with God and to grow in holiness each day.

Merciful: God loves us with tender, generous, and selfless love, and He calls us to extend that same mercy to others.

Pure in heart: Purity of heart means

"Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another" (Colossians 3:12)

valuing what is true, holy, and good, while striving to live with sincerity and integrity.

Peacemaking: Peacemakers bring calm, clarity, and reconciliation to difficult situations. True peace comes when God is placed first.

Willing to suffer for Christ: Following Christ will sometimes bring opposition. Yet Jesus promises that those who persevere with courage and trust "will have a great reward in heaven" (Matthew 5:12).

Why Do Catholics Do That?

Why does the Church need cardinals?

Cardinals are part of the governing structure of the Church and are best known for electing a new Pope during a conclave. They are bishops specially chosen — or "created" — by the Pope for this important role. Traditionally, cardinals were selected only from the clergy of Rome. Today, because the Church is worldwide, cardinals are

chosen from dioceses across the globe. To preserve their historic connection to Rome, each cardinal is still assigned a titular Roman church. Cardinals wear scarlet vestments, including the red skullcap and biretta, symbolizing their willingness to defend and spread the Faith, even to the shedding of their blood.

Hope changes everything

Hope helps us desire Heaven and trust in God’s promises. The *Catechism of the Catholic Church* (CCC) teaches that hope “responds to the aspiration to happiness which God has placed in the heart of every man” (CCC, 1818). It strengthens us to persevere through difficulties and keeps our hearts fixed on God. Here are three ways to renew and strengthen hope:

Shift your focus: Do not allow past regrets, future fears, or present worries to dominate your thoughts. Read the daily Gospel before the news. When you catch yourself worrying or dwelling on negativity, intentionally redirect your mind toward God’s promises. Keep encouraging Scripture verses

— such as Romans 8:37 — visible on your phone, mirror, or coffee maker as reminders of hope throughout the day.

Fight temptation with the opposite virtue: In the spiritual life, virtues overcome vices. Counter doubt with acts of faith, complaints with gratitude, and comparison with encouragement and appreciation for others.

Become a source of hope: Build others up rather than focusing on faults. Frequently ask, “What can I do to improve this situation?” Christian hope is not blind optimism, but confidence in Christ, the One who is “*Faithful and True*” (Revelation 19:11).

from Scripture

Matthew 10:37-42, The priorities of discipleship

In this Gospel passage, Jesus speaks clearly about the demands of discipleship. At its heart is the question of priorities. For the early Christians, following Christ often meant risking imprisonment, persecution, or even death. To belong to Jesus required complete trust and surrender because only God is worthy of first place in our hearts and lives.

Faithful Catholic life still carries challenges today. Much of what Christ and His Church ask of us runs counter to the values of secular culture. Even apart from worldly pressures, each of us carries personal crosses —

struggles, sacrifices, disappointments, and suffering. Yet Jesus never asks us to carry them alone. He invites us to follow Him and to walk beside Him through them.

The good news is that Jesus has already gone before us — from suffering to glory, from death to eternal life, and from sorrow to joy. Because of Him, our crosses are no longer meaningless. With His grace, we can choose each day to remain faithful, keep His commandments, and abide in His love. One day, in Heaven, we will see clearly that every sacrifice made for Christ was worth it.

Q & A Why do we honor Mary’s Immaculate Heart?

In the month of June, the Church honors the Immaculate Heart of Mary because of her unique relationship with Jesus and her faithful cooperation in God’s plan of salvation.

“Behold, I am the handmaid of the Lord” (Luke 1:38). At the Annunciation, Mary freely consented to become the Mother of God’s Son. From the moment “the Word became flesh” (John 1:14) in her womb, her Immaculate Heart was united completely to the Heart of Jesus in love, trust, and obedience.

“A sword will pierce your own soul” (Luke 2:35). Although Mary was free from sin, she was not spared suffering. Simeon’s prophecy points to the deep sorrow she endured as she accompanied Jesus through His Passion and crucifixion. Mary teaches us how to trust God even in suffering and uncertainty.

“My Immaculate Heart will triumph.” These words, associated with Our Lady of Fatima, echo God’s promise of victory over evil. As Mother and Queen, Mary shares uniquely in her Son’s triumph. When we, too, say “yes” to God’s grace, Christ’s victory becomes our own.

Feasts & Celebrations

June 4 – St. Francis Caracciolo (1608). St. Francis was born in the Abruzzo region in Italy. He went on to found the Clerics Regular Minor with Venerable John Augustine Adorno. The Order was approved in 1588, and St. Francis became its superior for life.

June 7 – Solemnity of Corpus Christi. On this solemnity, we celebrate the transformation of the bread and wine into Jesus’ Body and Blood in the Holy Eucharist. This solemnity was established by Pope Urban IV in 1264 in response to the need for a Eucharistic feast day.

June 12 – Solemnity of the Sacred

Heart (1856). St. Margaret Mary Alacoque received visions of Jesus, who urged her to spread public devotion to the Sacred Heart. The image of Jesus’ Heart, pierced and enthroned in unquenchable flames, reminds us of His intense and eternal love for us.

June 15 – St. Germain of Pibrac (1601). Born to poor parents near Pibrac, France, St. Germaine had a deformed hand, suffered from sores on her neck, and was sickly from neglect and abuse. Despite her sufferings, she found comfort in God’s presence. She was generous with the poor despite her own poverty. She forgave her stepmother who badly mistreated her. She is the patroness of abuse victims, people with disabilities, and shepherdesses.

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