

1st Reading: IS 25:6-10A
Responsorial Psalm: PS 23:1-3A, 3B-4, 5, 6
Second Reading: PHIL 4:12-14, 19-20
Gospel: MT 22:1-14 OR 22:1-10

PRAYER

by St. Teresa of Avila

Christ has no body now on earth but yours,
 no hands, no feet but yours.
 Yours are the eyes with which Christ looks
 out his compassion to the world.
 Yours are the feet with which he is to go
 about doing good.
 Yours are the hands with which
 he is to bless us now.



**Pan de Santa Teresa
(St. Teresa's Bread)**

A Sign of Peace

Covid-19 has changed some of the ways we participate in the Mass. One of the most noticeable actions that has changed is the omission of the Sign of Peace. The Sign of Peace is not meant to be a social exchange. It is a sacred ritual gesture that signifies the peace of Christ which flows from the sacrifice made present on the altar. The Sign of Peace is offered at a very holy point in the Mass, just after the Eucharistic Prayer and just before Holy Communion, though it is not a mandatory liturgical ritual. At the Last Supper, Jesus tells His Apostles, "Peace I leave with you; my peace I give to you." During this time of Covid safety, we may not be able to shake one another's hands as a sign of peace, but we can pray that our hearts be open to the peace Christ gives each and everyone of us, and that peace is to be shared in the world. The Holy Eucharist is the sacrament of peace. In the Holy Mass we are united to the sacrifice of Christ through which we are reconciled to God. This is the source of true peace. The peace of the Lord be with you always!

In what ways can you be a "sign of peace" in the world?

October 15 - Memorial of Saint Teresa of Jesus, Doctor of the Church

St. Teresa of Avila was known as a woman of prayer, discipline, and compassion. Her heart belonged to God. One of her most famous sayings is: "Let nothing disturb you. Let nothing make you afraid. All things are passing, God alone never changes. Patience gains all things. If you have God, you will want for nothing. God alone suffices." How peaceful our lives would be if we could adopt and live those words, if we could reach the point where nothing disturbs us, nothing makes us afraid; if we truly believed that with God at our side, we need nothing else.

St. Teresa was named a "Doctor of The Church" in 1970, one of the first women to be so honored.

October 16.- Feast of St. Gerard Majella

During the month of October, the Church celebrates the sacredness of life as it promotes Respect Life awareness. St. Gerard is the patron saint for expecting mothers and unborn babies. Celebrate this saint and share his story with your family while also celebrating Respect Life month. Choose one or more of the following activities: donate some items to a crisis pregnancy center, pray the rosary for the unborn (remember this month celebrates the Holy Rosary), spiritually adopt a child

St. Gerard was also known for his charity, obedience and selfless service. Here are a few of his most famous quotes. Take time to reflect on these quotes. What do these quotes mean to you?

- ❖ "Who except God can give you peace? Has the world ever been able to satisfy the heart?"
- ❖ "I see in my neighbor the Person of Jesus Christ."
- ❖ "The Most Blessed Sacrament is Christ made visible. The poor sick person is Christ again made visible."



VIRTUE OF THE WEEK PEACE

How many times did you find "peace" on this page?

Links for More Ideas, Activities & Resources FYI

- ncregister.com - Celebrating St Teresa of Avila: A Prayerful Saint , Dc. (Adults Faith Builder)
- catholiccuisine.com - PAN DE SANTA TERESA (St. Teresa's Bread) (Family/All ages Faith Builder)
- Catholicinspired.com - St. Gerard Majella - Pro-Life Craft (Children & Family Faith Builder)
- Goodgroundpress.com- Women of Prayer and Justice: Teresa of Avila (Teen Faith Builder)