

Reflection for Sunday September 19, 2021

Twenty-fifth Sunday of Ordinary Time and Catechetical Sunday

from Jon Metz

Today is Catechetical Sunday. Catechetical Sunday is an opportunity for all Catholics to rededicate themselves to the mission of handing on the faith and being a witness to the Gospel as a community of faith. Today is a good reminder to us all that we are called to help pass on the faith and commit to be life-long learners. So I ask you two questions: 1. How are you an evangelist of the Good News? 2. How are you committing to continued learning about your faith?

If you are not sure of the answers, allow me to offer you some suggestions. Have you considered being a catechist or a teacher's aide? Have you thought about joining an *Alpha* small group? Do you read the Sunday readings before coming to church so you can ponder them before you hear them proclaimed? Have you thought about committing to a liturgical ministry as an usher, sacristan, choir member or Eucharistic minister? Have you thought about becoming a team member for baptism preparation or RCIA? Have you read a new spiritual book or religious article? You could consider adopting a new form of prayer such as praying the rosary or going to adoration.

These are all good options. The truth is that it doesn't matter what you do, as long as you are doing something. We have a temptation to grow stagnant in our faith. Just like we exercise our body, we have to exercise our spirituality. So this Catechetical Sunday I challenge you to adopt a new practice to either pass on the faith or grow more deeply in your own faith.

- What will you do to help pass on the faith?

- What will you do to grow deeper in your faith by committing to life-long learning?