



## That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

**S**ome years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●



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### Reflect

*Why does helping another lift our own spirits?*



*"Your light shall break  
forth like the dawn,  
and your wound shall  
quickly be healed."*

ISAIAH 58:8

# Dear Padre,

## Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.

The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

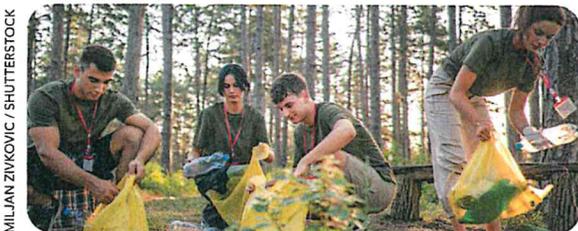
From *The Eucharist: 50 Questions from the Pews* by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications



## A WORD FROM POPE LEO XIV

*In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.*

HOMILY, ROME, JUNE 7, 2025



## Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.

### Monday

February 9  
Weekday  
1 Kgs 8:1-7, 9-13  
Mk 6:53-56

### Tuesday

February 10  
St. Scholastica, Virgin  
1 Kgs 8:22-23,  
27-30  
Mk 7:1-13

### Wednesday

February 11  
Weekday  
1 Kgs 10:1-10  
Mk 7:14-23

### Thursday

February 12  
Weekday  
1 Kgs 11:4-13  
Mk 7:24-30

### Friday

February 13  
Weekday  
1 Kgs 11:29-32;  
12:19  
Mk 7:31-37

### Saturday

February 14  
Sts. Cyril, Monk, and  
Methodius, Bishop  
1 Kgs 12:26-32;  
13:33-34  
Mk 8:1-10

### Sunday

February 15  
Sixth Sunday in  
Ordinary Time  
Sir 15:15-20  
1 Cor 2:6-10  
Mt 5:17-37  
or 5:20-22a, 27-28,  
33-34a, 37