



Catholic Church  
215 South 8th Street  
Minneapolis, MN 55402

**Monday, January 29, 2024**  
**Monday of the**  
**Fourth Week in Ordinary Time**



*Good morning!*

We read 2 Samuel 15:13-14, 30; 16:5-13, Psalm 3, and Mark 5:1-20. A bit of heavy reading for a Monday morning but the point is that God's mercy, healing, and forgiveness are always waiting for us. We can lay heavy guilt upon ourselves and others and what good does this do, if we do not awaken within ourselves our vulnerability, weakness, and challenges?

Jesus has authority and the desire to heal us, cleanse us, and free us. And when this happens, we are instructed to, "Go home to your family and announce to them all that the Lord in his pity has done for you." Not only "in his pity," but all "in his love." The Lord sustains us!

*Peace,*

*RevKev*

*"Lord, rise up and save me."*

**<http://www.bible.usccb.org/>**