



Catholic Church

215 South 8th Street  
Minneapolis, MN 55402

**Monday, January 30, 2023**  
**Monday of the Fourth Week**  
**in Ordinary Time**



*Good morning!*

We read Hebrews 11:32-40, Psalm 31, and Mark 5:1-20. "Let your hearts take comfort, all who hope in the Lord." Many over the centuries have suffered and died because of their faith. They were true to what they believed and held firm to the faith they believed in. We cannot honor them unless we too live the faith we have been given and received.

Jesus expels Legion and his forces. He does so in Gentile territory where they have not seen something like this happen before. They ask Jesus to leave. The one who was cleaned asked to go with Jesus but Jesus instructed him, "Go home to your family and announce to them all that the Lord in his pity has done for you." Again, a witness, a disciple, sent forth to prepare the way of Jesus in new territory. How can you honor those who have gone before us and how can you share the faith you carry within with others?

*Peace,*

*RevKev*

*"Let your hearts take comfort, all who hope in the Lord."*

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