



# Bringing Home the Word

Thirtieth Sunday in Ordinary Time (B)  
October 27, 2024

## Shout with Joy

Sr. Dianne Bergant, CSA

After the previous Sunday’s focus on suffering, today’s readings depict excitement. Refugees are coming home. They had been locked away and now they are free. These were vulnerable people that others did not value. Now they are going home. They have been gathered in God’s embrace. Who wouldn’t rejoice?

The Gospel tells of Bartimaeus who is blind and begging. However, his blindness did not prevent him from seeing. He seems to have known who Jesus was and that Jesus could help him. And so, he cries out, “Have pity

on me” (Mark 10:47). This man was begging outside of the city. Because of his blindness, he was shunned and rendered unemployable. All that was left for him was to beg—and beg he did. Not for money, but for sight. Jesus very clearly tells him that his faith saved him. Only then was the man healed. He had believed that Jesus has the power of new life. Like the people in the first reading, he was given a chance for a new life. No longer was he an outcast; he could now join the community. No longer was he confined to begging. He could now flourish in life.

These are not merely awe-inspiring stories. As disciples we have been called to continue Jesus’ ministry in our lives—to embrace those who are lost and help them find the warmth and security of home. We are called to help those struggling with life’s hardships to see the compassion of Jesus. †

## Sunday Readings

### Jeremiah 31:7–9

Thus says the Lord, “I will gather them from the ends of the earth, the blind and the lame in their midst...”

### Hebrews 5:1–6

It was not Christ who glorified himself in becoming high priest, but rather the one who said to him: “You are my son; this day I have begotten you...”

### Mark 10:46–52

[Bartimaeus] threw aside his cloak, sprang up, and came to Jesus... “Master, I want to see.”



**The blindness of Bartimaeus did not prevent him from seeing; he knew who Jesus was.**

## A Word from Pope Francis

[Jesus] sends us forth to say to each person: “God is asking you to let yourself be loved by him.” How often, instead of this liberating message of salvation, have we brought ourselves, our own “recipes” and “labels” into the Church! ... How often do people feel the weight of our institutions more than the friendly presence of Jesus!

Homily, Rome, October 28, 2018



## REFLECTION QUESTIONS



- Do you know what it is to finally see clearly when before you were blind?
- Ask God to show you what you cannot see now.

# The Virtues of Fitness

Kevin Vost

Virtues are essentially good habits that enable us to make the most of ourselves, to do the right thing, to help others, and to enjoy the process. Four essential virtues can serve as foundational “virtues of fitness.”

**Fortitude** is the perfection of our passions that gives us the courage to endure hardships to achieve good. Fortitude enables us to endure the physical discomforts that can accompany the intense rigors of strength training and the less intense but longer-lasting travails that accompany aerobic or cardiovascular workouts. The good it achieves is bodily strength, energy, and endurance.

**Temperance** helps us keep our desires in check when they would lead us into excess and sin. In the realm of health and fitness, temperance most directly relates to diet and nutrition. Temperance will allow us to combat gluttony and find joy



in eating healthy proportions of our daily bread (and yes, our chocolate and pasta). Temperance is not about special food supplements or crash diets. It’s about developing sensible habits that we can practice throughout a lifetime.

**Prudence** is that practical wisdom that determines reasonable and ethical means

to attain ethical ends. In the context of fitness, prudence develops when we learn, through reading and personal experience, how to craft sensible, healthy routines for our lives, including strength training, endurance training, our daily work and chores, and a reasonable diet.

**Justice** involves giving all people their rightful due. In the realm of fitness, we can see that justice also considers the special goals and needs of individuals within special groups. Teenage boys seeking biceps need to be aware of the potential pitfalls that await them, from steroids to harmful supplements to regimens of overeating and overtraining that can bring them physical and spiritual harm. Teenage girls need to know that how they feel and how they function are far more important than how they look. Seniors need to find safe and healthy ways to build and retain healthy muscle tissue, sturdy bones, and sufficient energy for their golden years.

Regardless of our age or physical condition, we can all treat our bodies as temples for God’s glory and dynamos for charity. †

## Wisdom from Catholic UPDATE

From “Blessed Carlo Acutis: Saint in Sneakers” by Matt and Colleen Swaim

In his preteen and teen years, Carlo strove to maintain a proper balance of friends, family and school commitments, care for others, and a relationship with God. This key stage of moral and spiritual development is crucial in forming the kind of person one is going to be. Carlo’s care for others and his heart for service continued to shine as he approached high school. Carlo surely asked himself a question each of us must pose to ourselves: “Will I live only for myself, or will I live for others?” †

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*God of light and love, give us the courage to see what we would prefer to avoid, to face what we fear in the light of your love.*

The Redemptorists

## WEEKDAY READINGS

October 28—  
November 2

**Monday**, Sts. Simon and Jude:  
Eph 2:19–22 / Lk 6:12–16


**Tuesday**, Weekday: Eph 5:21–33 /  
Lk 13:18–21

**Wednesday**, Weekday: Eph 6:1–9 /  
Lk 13:22–30

**Thursday**, Weekday: Eph 6:10–20 / Lk 13:31–35

**Friday**, All Saints: Rv 7:2–4, 9–14 / 1 Jn 3:1–3 /  
Mt 5:1–12a

**Saturday**, All the Faithful Departed  
(All Souls’ Day): Wis 3:1–9 / Rom 6:3–9 /  
Jn 6:37–40

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