

Dear Padre,

Should Christians avoid practicing qi gong or tai chi? Or even meditation in which you empty your mind? Thank you.

This is one of those questions that has been debated for a long time. Social media offers many so-called experts with vastly different opinions. It can be very confusing, particularly if you are looking for a black-and-white answer, a yes or a no.

The pope who provides us with the most helpful direction to answer this question is Pope Benedict XVI. He did not forbid Eastern spiritual practices entirely but warned against their integration into Christian life without proper discernment. His perspective was rooted in a theological understanding that Christian spirituality is a unique path focused on a relationship with Christ. He emphasized that our Catholic spiritual tradition is distinct from the goals and methods of non-Christian traditions. He believed the practice of such non-Christian traditions, without preparation and without awareness of the challenge they present, could lead to spiritual error if not approached with caution and discernment.

So, the answer is nuanced. If you are using the practice as a spiritual practice, you should proceed with the utmost caution. If, on the other hand, you are using these practices for the more common physical or psychological—not spiritual—reasons, then it is permissible. ●



VLADA KARPOVICH / PEXELS

Fr. Thomas M. Santa, CSsR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 27 Easter Weekday Acts 11:1-18 Jn 10:11-18	April 28 Easter Weekday Acts 11:19-26 Jn 10:22-30	April 29 St. Catherine of Siena, Virgin and Doctor of the Church Acts 12:24-13:5a Jn 12:44-50	April 30 Easter Weekday Acts 13:13-25 Jn 13:16-20	May 1 Easter Weekday Acts 13:26-33 Jn 14:1-6	May 2 St. Athanasius, Bishop and Doctor of the Church Acts 13:44-52 Jn 14:7-14	May 3 Fifth Sunday of Easter Acts 6:1-7 1 Pt 2:4-9 Jn 14:1-12



MARCO MACORIOCCI / SHUTTERSTOCK

A WORD FROM POPE LEO XIV

Our faith is authentic when it embraces our whole life, when it becomes a criterion for our decisions, when it makes us women and men committed to doing what is right and who take risks out of love, even as Jesus did.... Jesus is the true measure of our faith; he is the gate through which we must pass in order to be saved.

ANGELUS, ROME, AUGUST 24, 2025

Our Parish COMMUNITY

April 26, 2026

Fourth Sunday of Easter (A)

Acts 2:14a, 36-41 / 1 Peter 2:20b-25 / John 10:1-10



Open Door

MIGUEL DULICK

It is "Good Shepherd Sunday," and the gospel quotes Jesus: "I am the gate for the sheep." It seems the oddest of Jesus' "I am" identities, until you realize that the shepherd himself was often the literal gate of the sheep's pen, as he would lay his own body across the entrance to keep the sheep secure and safe from any predators. Actually, the predators that worry Jesus the most are other shepherds—"strangers" who came before him, all of whom Jesus flatly denounces as "thieves and robbers."

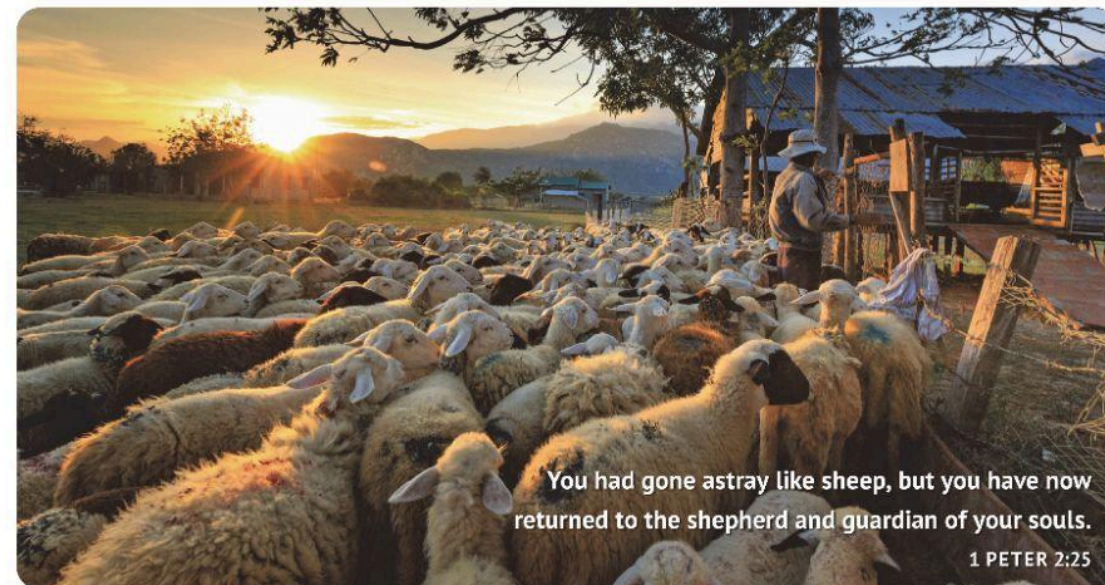
Does that scare us today? Are we vulnerable to attacks, even from those supposedly in charge of our care? When Jesus opens the gate, we go in and out through him, through Jesus, to find pasture. We follow

him because we recognize "his voice." In the synodal Church that Pope Francis called us to, and to which we continue to be called by Pope Leo XIV, every voice is welcome and needed so that the Holy Spirit will fill the whole Church with truth.

Here in Honduras, where I live, folks with little education can offer profound witness to the love of God. It comes from their own intimacy with Jesus, recognizing his voice in their daily life. They are often the poor victims of widespread corruption, like "a thief [who] comes only to steal and slaughter and destroy." Here in Honduras, we take refuge in Jesus, that we "might have life and have it more abundantly" (John 10:10). ●

Reflect

How can we recognize voices that speak the truth? How do we recognize Jesus' voice?



You had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.

1 PETER 2:25



Weekly Bulletin

April 25-26, 2026

Fourth Sunday of Easter

Parish Office: 254 - 647 - 3163

Website: stritacatholicranger.org

GOOD SHEPHERD SUNDAY COLLECTION - April 25th & 26th

On this Good Shepherd Sunday, we are called to reflect not only on the compassionate leadership of Christ but also on our role in nurturing future shepherds who will guide and care for His flock. Through your generous support of the Good Shepherd Sunday special collection, we have the opportunity to share our blessings for the education and formation of seminarians who will serve parishes in the Diocese of Fort Worth. By providing financial assistance for their theological studies, pastoral training, and spiritual development, we help ensure that they are equipped to hear His voice and lead with love, compassion, and wisdom. Please take this opportunity to help them on their discernment journey by praying for them and by giving generously to this collection. *Make your gift today during Mass, or online at bit.ly/FWSeminarian (case sensitive).*

Lights, Catholic, Action! - YouTube or favorite podcast platform

S2 Ep. 35: How Scouting Is Fighting Today's Biggest Distractions. Link on our parish website! Leaders from the Diocese of Fort Worth's Catholic Scouting program reveal how scouting is shaping young people into leaders of faith, service, and character.

PRAYER INTENTIONS

Please pray for the sick: Donna Boschart, Jane Dooly, Jax Jordan, Cathy Wallen

MASS INTENTIONS

For the repose souls of **+Helen Gaeta**, requested by Holy Rosary Altar Society, Our Lady of the Holy Rosary, Cisco.

STRAWN - ST. JOHN

Saturday Vigil 4:00 PM: Mass

Wednesday

4:00 - 4:30 PM:

Confession/Adoration

4:30 PM: Mass

2nd Thursday - Monthly

St. Boniface, Dodson Prairie

4:00 PM: Confession/ Adoration

4:30 PM: Mass

CISCO - OUR LADY OF

THE HOLY ROSARY

Sunday

8:00 AM: Mass

Wednesday

8:30 AM: Confession/Adoration

9:00 AM: Mass

RANGER - ST. RITA

Sunday

9:45 AM: Mass

Tuesday

5:30 - 6:00 PM:

Confession/Adoration

6:00 PM: Mass

POPE LEO PRAYER INTENTION

April 2026 - For priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

WEEKDAY MASSES

Masses are as scheduled, noted below, except for the regular Thursday Adoration, Confession, and Mass at **St. Francis Xavier in Eastland** which has been rescheduled to **Wednesday** evening. Times as usual.

FIRST FRIDAY ADORATION - May 1st

All are welcome to First Friday Adoration on May 1st at 7:00 p.m. at **St. Francis Xavier in Eastland (Spanish).**

ROGATION DAYS - May 11th, 12th, & 13th

Hosted at St Boniface in Dodson Prairie, Rogation days start Monday the 11th with blessing of the tools, Tuesday the 12th there with blessing of the seeds and animals, and Wednesday the 13th there will be prayers and no Mass. Regular daily masses are canceled for the week of Rogation.

FIRST COMMUNION - May 16th

Our First Communion students this year will celebrate at St. Rita in Ranger on **Saturday, May 16th at 10:00 a.m.**

ST. ANDREW BREAKFAST - May 16th

The next St. Andrew Breakfast will be on Saturday morning May 16, 2026 at **St. Patrick Cathedral**, 1206 Throckmorton St, **Fort Worth**, TX 76102, at 8:00 AM. The day will begin with Mass followed by breakfast and fellowship. We encourage young men in high school and college in the Diocese of Fort Worth to attend. *Please reserve your spot by May 14, 2026, through the Vocations Office or by calling 817-945-9321.*

STEWARDSHIP

April 18 & 19, 2026

St. John	\$ 1,084
St. Rita	\$ 524
St. Francis	\$ 433
Holy Rosary	\$ 1,758

<p>PARISH OFFICE: 254 - 647 - 3163 Monday - Thursday, 9 AM - 3 PM 1109 Blackwell Rd, Ranger, TX 76470 office@srcctx.org In case of pastoral emergency: 817 - 821 - 5821 Pastor: Fr. Joseph Pudota, SAC Bookkeeper: Patsy Davis Office Secretary: Danielle Harper Safe Environment Coordinator: Katrina Briseno Director of Religious Education: Devony Norris</p>
