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# Daily Meditations Resume

Daily meditations are texts meant to feed our mental prayer, inviting us to stop and converse with God each day of the liturgical year.

09/15/2024

After a brief pause in the publication of the meditations for ordinary time from the end of June to September, daily meditations have resumed. Meditations for the week can always be found on the homepage.

The Christian Life section of this website contains an index of all the daily meditations published up to now, as well as other resources for prayer. It will be updated as new meditations are published.

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