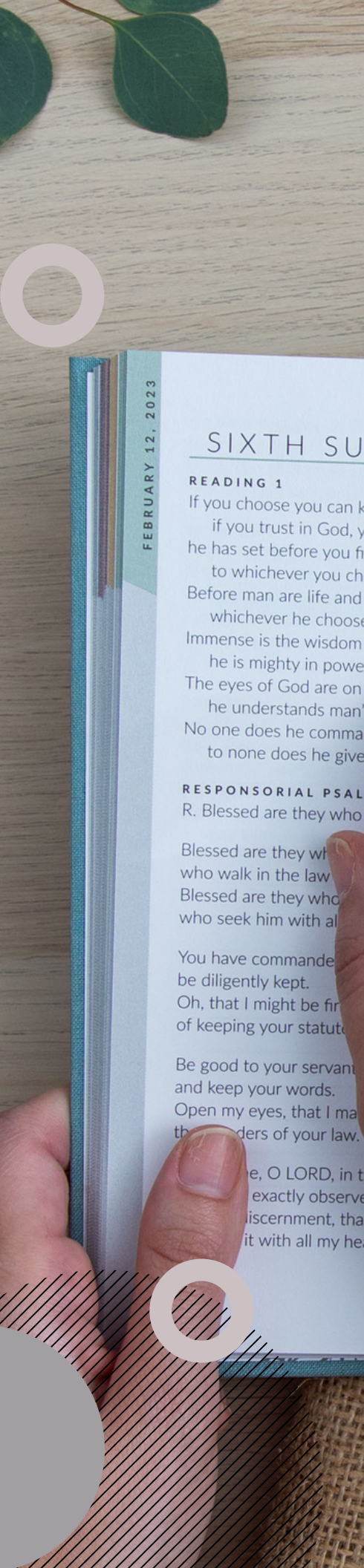


SUNDAY SERIES

OVERVIEW & WRITING GUIDE

Our mission at Every Sacred Sunday is to invite each person into deeper relationship with Christ by creating spiritual resources inspired by the beauty of the Catholic Church. The Sunday Series is guided by this same principle and we hope to feature many voices that speak to the universal nature of the Catholic Church and encourage thoughtful reflection each Sunday.





OVERVIEW

WHO

Our audience is primarily adult Catholics from a diverse set of backgrounds, and we hope to provide universal insights that speak to a variety of vocations.

WHAT

The Sunday Series is a short reflection on the Mass readings for Sundays and Holy Days of Obligation featuring different Catholic voices. Our goal is to provide our community with insights that draw us into a deeper relationship with God by meditating on the Scripture readings that we all hear as a Universal Church.

WHERE

- The full reflection is sent out to our email list and posted on our website.
- Excerpts and quotes will be featured on our Instagram, Facebook, and Pinterest pages.

TIME COMMITMENT

Writers are expected to spend 1-3 hours total in reflecting on the readings and writing their reflection. Writers will have 6 weeks to complete their reflections. Please note that our due dates are firm deadlines since our team needs time to make any necessary edits and format the reflection on our website and social media platforms.

EDITING PROCESS

Our theological editor will review each reflection for theological accuracy as well as minor grammatical and stylistic changes. In some circumstances we may send the reflection back to writers for further edits or clarification on certain points.

COMPENSATION

We offer \$60/ reflection upon completion as well as a complimentary copy of the 2023-2024 ESS. Please note that payment is sent upon final approval from our theological editor which may be up to one week after submission deadline. All payments are sent through PayPal.



WRITING GUIDE

STYLE EXPECTATIONS

Our aim for the Sunday Series is a reflective, personal, and conversational tone that encourages our readers with love and charity. You can focus your reflection on any of the readings from that day or an interwoven theme throughout them. Please note that we might make small edits for overall tone, grammar, and clarity.

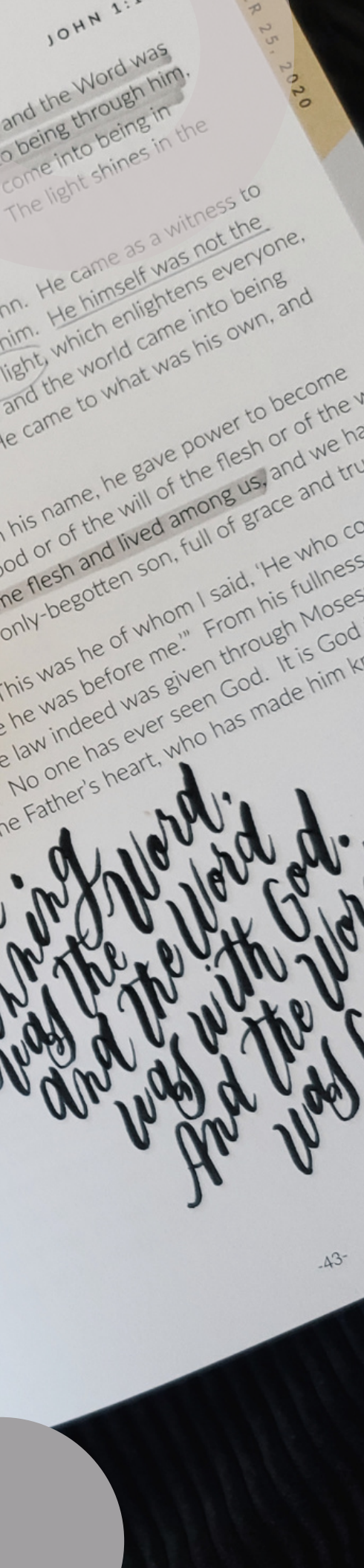
SUGGESTED FORMAT

If you're unsure of where to start, then you can try the following format:

- Try to read your assigned reading as soon as possible. Allow yourself to reflect on it during the week or take it to prayer in Adoration.
- Paragraph 1: A short personal anecdote
- Paragraph 2: How this personal story relates to the readings or gospel
- Paragraph 3: One takeaway for our readers as they go forth into the week
- Paragraph 4 (optional): close with a short prayer meditating on your above reflection

ITEMS WE NEED FROM YOU

- Reflection of about 300-400 words
- Short title for your reflection (2-5 words)
- Short bio (2-3 sentences)
- Clear headshot for bio page on socials
- Link to personal website or social media
- Celebrate your hard work on social media the day of!



A person is shown from a high-angle, over-the-shoulder perspective, writing in a notebook. The notebook is open, showing a page with a light blue background and a detailed illustration of lemons and green leaves. The person's right hand holds a white pen, and their left hand rests on the notebook. The notebook is placed on a brown, textured surface, possibly a blanket or rug. The background is a soft, out-of-focus grey fabric. The text "Example Reflections" is overlaid in white, centered on the notebook page.

Example Reflections

June 29, 2022: Solemnity of Saints Peter and Paul, Apostles

"You Remain Steady"

One of my favorite songs, "Hope of Heaven" by Novum , has a lyric that deeply resonates with me:

"Though trials may come and go, You remain steady.
And oh, I know You will not let go. I have the hope of heaven."

In today's second reading, St. Paul reminds us of God's steadfastness. I often reflect on what it means to have a Lord that loves each one of us so intentionally and consistently. The Lord stands by us and gives us strength, and we have the hope that the Lord will be by our side through trials and uncertainties. We have hope that we will one day be united with Him in heaven.

For most of my life I have struggled with depression and anxiety. I can't really recall a time in my life when I wasn't anxious. Although my therapist would recommend various coping strategies, I had a very hard time reflecting on any good in my life. To say I felt far from the Lord would be an understatement.

One summer, I was experiencing some vey bad episodes and I had thoughts of suicide. I thought that there was no way that the Lord could rescue me from such darkness. I thought He had left my side. I felt like a lost cause.

St. Paul reminds us,
"The Lord stood by me and gave me strength,
so that through me the proclamation might be completed..."

The Lord will stand by us. St. Paul not only shares his hope as a means of encouragement, but of truth. By the grace of God, I had people dear to me encourage me to pray and seek medical support. And by the grace of God, I am still here to share my witness.

The Lord will not give up on us.
The Lord will not give up on you.
Your life is a vessel through which God's message is spread.
Our hope of heaven isn't a wish- it's real.
"Though trials may come and go, You remain steady.
And oh, I know You will not let go. I have the hope of heaven."

I pray for each one of you reading this, that you experience the steadfast love that the Lord has for you. He loves you intentionally and consistently. Please pray for me friends, I will be praying for you!



Chenele Shaw is a former youth minister and current young adult trying to live her life for Christ, frequent her therapist, and eat all the cheese! She desires to be her authentic self and help others as well. You can find her watching reality tv, going to confession, and updating her Spotify playlists. Follow her on Instagram!

August 1, 2021: Eighteenth Sunday in Ordinary Time

"To Believe, that we may Understand"

"Faith is to believe what you do not see; the reward of this faith is to see what you believe." – St. Augustine

As Catholics, we are called to believe so that we may understand. Even when, and most especially when, that which the Churches teaches is difficult. The Most Holy Trinity is one of these teachings. This doctrine prompts such questions as, "How can three divine persons be One? And why would it be this way? What if I cannot wrap my head around it?" This, along with many other teachings of our Catholic faith are hard to understand, to accept, and to live by. I know this was the case for me.

Growing up in the faith, I struggled to understand why God asked us to do, or not to do, so many things, thinking to myself, "Why must we follow all these rules? How can I possibly be happy living the Catholic life?" I did not have these answers, nor did I seek them. Because of this, through high school, college, and as a young professional, I cast my faith to the side, thinking that a worldly lifestyle would bring me fulfillment. But as C.S. Lewis so eloquently tells us, "Human history is the long terrible story of man trying to find something other than God which will make him happy," and that was me. I tried everything else, and ultimately, I was miserable.

It wasn't until about four years ago that through my brother- and Our Lady- I began to seek belief. My brother could see how unhappy I was, and after praying for me for quite some time, he was able to convince me of the power of praying the Rosary daily. And not just five decades, but all 20 mysteries every day. It was Our Lady and her Rosary that helped me to believe again. She gave me a burning desire for Our Lord, to receive Him in the Eucharist, and to spend time with Him in adoration. She ordered my mind to Christ and showed me that truly we must first believe that we may understand, and that we are not called to fully understand it all, thanks be to God! But we are called to have faith, and in return for this faith, God reveals Himself to us, that we may come to understand Him.

When you come to a teaching you find difficult to understand or accept, do not become discouraged or disinterested. Instead, first remember that the Christian life is hard, for as G.K. Chesterton said, "The Christian ideal has not been tried and found wanting. It has been found difficult; and left untried." Then, seek to love Our Lord, and always lean on Our Blessed Mother to do so, that she may raise you in this life as she raised her Son, so that He may raise you on the last day.



Keenan Annicchiarico is a seminarian for the Archdiocese of Galveston-Houston going into his second year of formation. As someone converted to a life with, in, and for Christ through the hands of Mary, he seeks to share his devotion to her and her Most Holy Rosary with as many people as he can. Ad Jesum Per Mariam! Check out his testimonial [here!](#)

August 21, 2022: Twenty-first Sunday in Ordinary Time

"Squeezing Through the Narrow Gate"

"I do not know where you are from."

Imagine – our Lord saying these words from the Gospel today to you! Ouch. Like, an eternally-lasting-ouch.

We often shy away from this truth, but hell is a very real possibility. It is a very real choice that ordinary, everyday people make. I once heard it said that the anthem of hell is to say, instead of "Thy will be done, "my will be done." No wonder hell is easier to choose than we think! Sadly, once we're dead, we can't go back on the decisions of our lived actions.

That's why the Lord, in His great mercy, literally gives us everything we need to strive eagerly for the Kingdom of Heaven while we're on earth: the Sacraments. Frequent confession as much as possible, praying without ceasing, ordering our lives toward our ultimate end, receiving the Eucharist daily, increasing our devotion, suffering well, receiving last rites – making the choice daily to live a life of heroic virtue in your current circumstances – that is the way through the narrow gate.

You may wonder, how can a merciful God say to us, "I do not know where you are from... depart from me, all you evildoers!" The thing is – He does not condemn, we simply choose. Be assured that our Heavenly Father is merciful, and it is in this great mercy that the Lord offers us ample opportunities for our sanctification and redemption.

There is nothing in your life that is extraneous to what God is completing in you and through you! And, hear me out – there will never be "better conditions" conducive to your holiness. The exact season of your life you are in, with all of its circumstances and complex realities, is exactly what the Lord desires your holiness to come from. None of that, "well, once I am married," or "well, once the semester slows down", or "once I figure out my career", or "once I am fully healed", etc. The time is now. Holiness is for you, as you are, right now.

There's a hilarious quote attributed to one of my favorite saints and mystics, St. Teresa of Avila. She was complaining to Jesus in prayer after falling off a horse into a running stream (well, who wouldn't complain about that?), to which He responded to her to not fret about the trials of life, for He gives suffering to his friends. With her fiery sense of humor she shot back, "Lord, if this is how you treat your friends... no wonder you have so few!" All that to say, it is not easy to be a friend of Jesus.

Let this be our examen today: How often do I choose my own will over the Lord's? How often do I make excuses or wish away the present moment? Do I have a healthy sense of my own mortality? Do I frequent the Sacraments and devote myself to daily prayer?

Allow yourself to be malleable in the hands of God -- to become obedient to His will, like clay in the hands of the potter. It starts by choosing Him every day, starting now.



Laurie Medina is an alumna of the Echo Graduate Service program through the University of Notre Dame, where she received her M.A. in Theology. She recently moved to sunny SoCal from Texas to pursue licensure in Marriage & Family Therapy. She loves spending time outside, having heart conversations over coffee, and finding beauty in the holy ordinary. You can find her on [Instagram](#).

About us

Hi friends! We're Christie & Kassie, former college roomies at Trinity University and co-creators of Every Sacred Sunday. Back in 2017 we were both working full-time jobs in education and health care consulting when we first launched on Kickstarter. As of 2020 we have both transitioned to working full-time on ESS! God is so good! It's been a beautiful thing to watch an idea that we brainstormed in coffee shops all over Houston become a reality and to see so many people on fire for God's word. We're so glad you're here, and thank you for being part of the ESS fam.



Come say hi!



hello@eversacredsunday.com