

JUNE 2026 | VOL.19

The Seeker's Scroll

MONTHLY NEWSLETTER FROM 2 MINUTES WITH THE LORD

THE MINISTRY OF ENCOURAGEMENT



Dear Friends in Christ,

June arrives with a quieter invitation than many of the great liturgical seasons of the Church. It does not always announce itself with ashes, palms, fire, or bells. Yet hidden within this ordinary stretch of the year is a grace we desperately need: the grace to become people who encourage.

We live in a world where criticism travels quickly and encouragement often arrives late. A mistake can be remembered for years; a small act of goodness may go unnoticed. People carry invisible burdens—fatigue, fear, financial pressure, family conflict, grief, doubt, loneliness, and the quiet struggle to remain faithful. Many are not asking for applause. They are simply longing for someone to notice that they are trying.

The Christian calling is not only to believe rightly or pray faithfully. It is also to strengthen one another. Saint Paul writes, “Encourage one another and build one another up” (1 Thessalonians 5:11). This is not a polite suggestion. It is a command for the Church.

Encouragement is not flattery. Flattery tells people what they want to hear. Encouragement tells people what God may be doing in them. It notices grace. It names courage. It reminds a discouraged heart that failure is not the final chapter. It says, “I see your effort. I see your faithfulness. Do not give up.”

The early Church needed such people. When Saul, later known as Paul, tried to join the disciples after his conversion, many were afraid of him. They remembered the persecutor, not the apostle he was becoming. But Barnabas saw differently. He took Saul, listened to his story, believed in the work of grace, and introduced him to the community.

Imagine what might have happened if Barnabas had remained silent.



Perhaps every parish, family, school, workplace, and community needs a Barnabas: someone who notices the person sitting alone, someone who introduces the newcomer, someone who sees potential beneath awkwardness, someone who speaks hope where others speak suspicion.

This month, let us ask a simple question: Whose courage can I strengthen?

With the fire of Pentecost,
Fr. Veigas Dominic, SVD

2 MINUTES OF DIVINE WISDOM



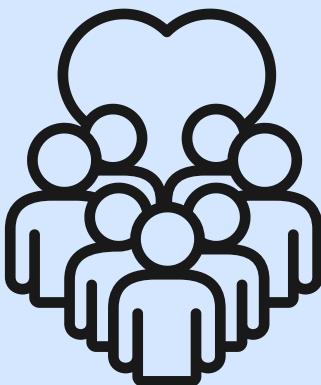
“Therefore encourage one another and build one another up, as indeed you are doing.”
— 1 Thessalonians 5:11

Saint Paul writes these words to a Christian community learning how to live faithfully in a difficult world. The Thessalonians were young in faith, facing opposition, uncertainty, and questions about the future. They needed teaching, but they also needed courage.

Paul does not simply tell them to become stronger individually. He tells them to become a community that strengthens one another.

The Greek word translated as “encourage” is *parakaleite*. It can mean to comfort, urge forward, console, invite, strengthen, or stand beside someone. It is not merely saying something pleasant. It is the act of coming close enough to another person’s struggle that your presence becomes a source of courage.

The second phrase, “build one another up,” comes from the Greek word *oikodomeite*, related to building a house. Paul imagines the Christian community as a living structure. Every word either strengthens the house or weakens it. Every act of patience lays another brick. Every harsh judgment can become a crack in the wall.



This is especially important today. We live in an age of commentary. Everyone has an opinion; everyone can react instantly. But not every reaction builds. Many people know how to criticize. Few know how to restore.

Christian encouragement is not pretending that problems do not exist. It is helping someone face reality without losing hope. It says: "Yes, this is difficult. Yes, you made a mistake. Yes, the road may be long. But God is still with you. You are not alone. Keep walking."

Barnabas lived this verse before it was ever written. He saw Saul not only as the man who had persecuted Christians, but as the man God could transform into an apostle. He saw the growing Church in Antioch and rejoiced at the grace of God already at work there. He did not compete with others. He helped them grow.

That is the ministry of encouragement.

In our homes, encouragement may mean thanking someone whose work is taken for granted. In our parishes, it may mean welcoming the newcomer or affirming the volunteer who quietly serves. In our workplaces, it may mean refusing gossip and speaking with fairness. In our friendships, it may mean listening carefully before giving advice.

A Christian who encourages others becomes a builder of God's house.

Examine

1. Whose efforts have I noticed but failed to affirm?
2. Do my words usually leave people stronger, or more discouraged?
3. Where is God asking me to become a bridge-builder rather than a critic?

Action Step

Choose one person today and encourage them specifically.

Do not send a vague message such as "You are great." Name something real:

- "I noticed how patiently you handled that situation."
- "Your faithfulness has helped me."
- "Thank you for not giving up."
- "I see God's goodness in the way you care for people."

One honest sentence can become a turning point in someone's week.

Prayer

"Lord Jesus, make me a builder of courage. Guard my words from complaint, gossip, and careless judgment. Teach me to notice the goodness You are growing in others. Help me become a companion to the weary, a bridge for the isolated, and a voice of hope for those who are close to giving up. Amen."

THE QUIET CRISIS OF LONELINESS

Why Christian Friendship Is a Ministry

Loneliness is not simply the absence of people. A person can be surrounded by family, colleagues, followers, messages, and noise—and still feel unseen.

Many people today are connected digitally but disconnected personally. We exchange reactions, likes, and short messages, yet often lack the deeper spaces where we can speak honestly about fear, faith, failure, and hope.

The Church offers something more than a gathering place. She offers communion.

Christian friendship is not merely social compatibility. It is a relationship in which two people help one another become more faithful, more truthful, more merciful, and more alive in Christ.

A holy friend is not someone who agrees with everything we say. A holy friend helps us see clearly. Such a friend can celebrate our joys without envy, correct us without humiliation, remain near us in suffering, and remind us of God when our own faith grows tired.

This is why hospitality matters. A shared meal, a cup of tea after Mass, a visit to an elderly parishioner, a message to someone who has disappeared from the community—these are not small gestures. They are acts of spiritual architecture.

The Church grows not only through programs, committees, and events. It grows through people who learn to say:

“There is room for you here.”

Seven Days of Encouragement

Day 1 — Notice

Thank someone whose work is usually unnoticed.

Day 2 — Listen

Give one person ten uninterrupted minutes of your attention.

Day 3 — Repair

Send a message to someone with whom your relationship has grown distant.

Day 4 — Welcome

Introduce yourself to someone new at church, work, or in your neighborhood.

Day 5 — Speak Life

Tell a young person one strength you genuinely see in them.

Day 6 — Pray

Pray by name for three people carrying visible or invisible burdens.

Day 7 — Build

Do one practical act that makes someone's week easier: bring a meal, offer a ride, help with a task, or visit someone alone.

NEWS FROM THE CHURCH

Faith & Digital Life



From Followers to Fellowship

The digital world gives us a strange illusion: it makes us visible without always making us known.

We can have followers and still feel lonely. We can receive messages and still lack friendship. We can be constantly online and still have no one who truly knows what is happening in our heart.

Technology can help us communicate, learn, pray, organize, and evangelize. But it cannot replace the human gifts of eye contact, silence, shared meals, physical presence, forgiveness, and patience.

The question for Christians is not whether we use technology. The question is whether technology is helping us become more human.

Before posting, commenting, or sharing, consider three questions:

1. Does this build communion or merely create noise?
2. Does this help someone feel seen, respected, and strengthened?
3. Would I say this in the same way if the person were sitting in front of me?

Pope Leo XIV has recently emphasized the Eucharist as a source of listening, thanksgiving, adoration, fraternal sharing, and ecclesial communion. The Eucharistic table reminds us that Christian life is not built around audiences, algorithms, or applause. It is built around communion.

Let us use our screens as bridges—not walls.

Vatican Commission on AI Meets for the First Time

The Vatican's new Interdicasterial Commission on Artificial Intelligence recently held its first meeting in Rome.

The Commission brings together several Vatican Dicasteries and Pontifical Academies working on AI, ethics, communication, education, science, and human development.

Its purpose is to coordinate the Church's reflection and practical use of artificial intelligence.

The meeting emphasized that AI must always serve human dignity, the common good, and the mission of the Church.

Cardinal Michael Czerny highlighted AI's rapid development, its impact on humanity, and the ethical challenges it raises.

Participants also noted the social, cultural, environmental, and educational risks connected with emerging technologies.

The Commission will encourage dialogue with scientists, universities, technology companies, Bishops' Conferences, and civil society.

It will also map existing Vatican AI initiatives and help develop guidelines for the responsible use of AI within the Holy See.

The work continues the path opened by the Rome Call for AI Ethics and the Church's reflection on AI, peace, and human dignity.

The Commission will meet again in mid-July to continue shaping a wise and faith-centered response to artificial intelligence.

Source: Vatican News / Vatican website

◆ SNAP SAINT ◆

ST. BARNABAS

Apostle of Encouragement

- Levite, Cyprus.

- Joseph also known as son of Encouragement ✚

- Patron of Cyprus, Second chances, Bridge-builders and reconciliation ❤

✚
FEAST DAY:
June 11

*“Remain faithful to the Lord
with steadfast purpose.”*

St Barnabas 🌐

PRAY FOR US 🙏

St. Barnabas

The Man Who Made Room for Grace

Barnabas was not his original name. The Book of Acts tells us that his name was Joseph, but the apostles called him Barnabas, meaning “son of encouragement” (Acts 4:36).

That name became his mission.

Barnabas was a Levite from Cyprus who sold a field and brought the money to support the needs of the Christian community. From the beginning, his faith was practical. He did not merely speak about generosity; he acted.

But Barnabas is remembered most especially for what he did when Saul of Tarsus tried to join the disciples in Jerusalem.

Saul had been a persecutor of Christians. He had frightened believers, supported violence against the Church, and helped scatter communities through fear. Even after his conversion, the disciples struggled to trust him. Their caution was understandable.

Barnabas, however, stepped forward.

He listened to Saul’s story. He believed that Christ could truly change a human heart. He brought Saul to the apostles and spoke on his behalf. Barnabas did not erase Saul’s past, but he refused to let Saul’s past become the limit of God’s future.

Later, Barnabas was sent to Antioch, where he saw the grace of God already at work among the believers. Instead of becoming jealous or controlling, he rejoiced. He then went to look for Saul and brought him into the mission. Together they taught, served, and strengthened the Church.

Barnabas teaches us a rare form of holiness: the holiness of making room.

He made room for Saul.

He made room for new believers.

He made room for a growing Church.

He made room for grace to surprise everyone.

In a culture that quickly labels people, Barnabas teaches us to look again. In a world that remembers failures, he teaches us to notice conversion. In communities divided by competition, he teaches us to rejoice when others flourish.

Why He Still Speaks

- He welcomed people others feared.
- He believed transformation was possible.
- He celebrated the gifts of others.
- He helped the Church become a place of belonging.

Try His Way This Week

- Welcome one person who seems new, quiet, or uncertain.
- Speak about someone's potential rather than their weakness.
- Refuse one conversation of gossip.
- Pray for someone whose past makes it difficult for you to trust them.
- Thank someone who quietly strengthens your life.

Prayer

“St. Barnabas, son of encouragement, teach us to see people through the eyes of grace. Help us welcome those who feel uncertain, strengthen those who are tired, and rejoice when others grow. Make us builders of belonging in the Church and in the world. Amen.”

QUIZ

1. What was St. Barnabas's original name?

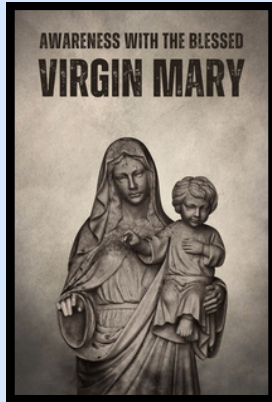
- a) Simon
- b) Joseph
- c) John
- d) Matthias

2. Why was he called “Barnabas”?

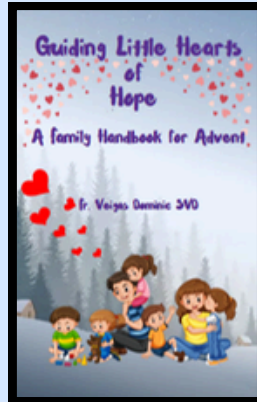
- a) He was a great preacher
- b) He was a skilled healer
- c) His name means “son of encouragement”
- d) He founded a monastery

3. What did St. Barnabas do for Saul after Saul's conversion?

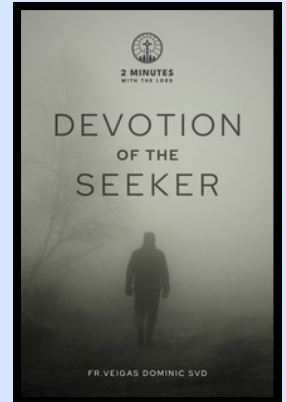
- a) He sent him away from Jerusalem
- b) He introduced him to the apostles and supported his new mission
- c) He asked him to return to Tarsus immediately
- d) He refused to trust him



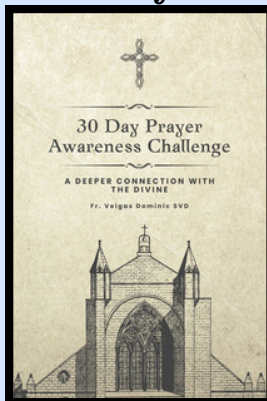
Awareness of the
Blessed Virgin
Mary



Guiding Little Hearts
of Hope



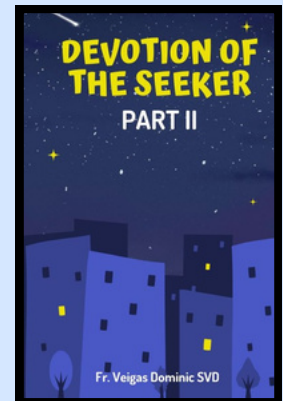
DEVOTION OF THE
SEEKER



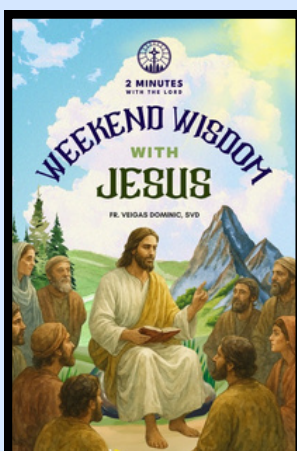
30 Day Prayer
Awareness
Challenge



40 Day Lenten
Awareness
Challenge



Devotion of the
Seeker II



Weekend Wisdom
with Jesus

[AVAILABLE ON AMAZON.COM](https://www.amazon.com)



Success Planner
2026

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