

# Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

June 2016

**Blessed Sacrament Church**

Father Jack

## One Minute Meditations

### St. Josemaría Escríva

St. Josemaría Escríva was born in Barbastro, Spain in 1902. Despite hardships that included the deaths of his three younger sisters, his faith remained strong. As a teen, he felt called to the priesthood and ordained in 1925. Religious persecution during the Spanish Civil War forced Fr. Escríva to practice his ministry secretly. In 1928, he founded Opus Dei based on the idea that people could become holy by performing their everyday tasks with a Christian spirit.



### Humility

The virtue of humility is the ability to know who we are in relation to God. A humble person recognizes his or her blessings as gifts from God to be shared with others. Think of your talents as God's gifts, and use them to "make something beautiful for God" today.

"You are not humble when you humble yourself, but when you are humbled by others and you bear it for Christ."

St. Josemaría Escríva



## Whose temple is it anyway?

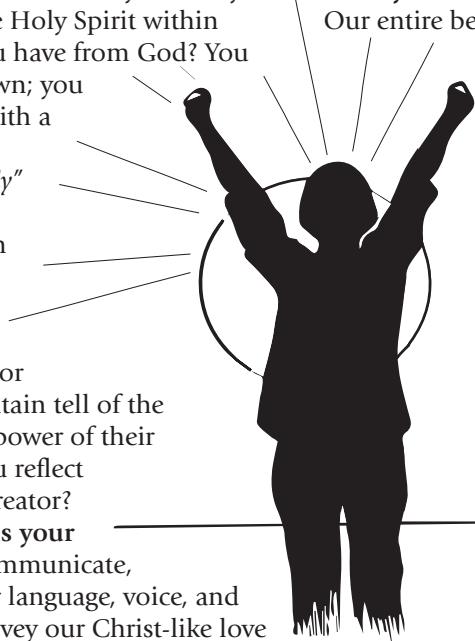
"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. *So glorify God in your body*" (1 Corinthians 6:19). We learn about God from his creation. A vibrant sunset or majestic mountain tell of the creativity and power of their creator. Do you reflect well on your creator?

**How godly is your temple?** To communicate, we can use our language, voice, and manner to convey our Christ-like love or contradict it. A godly temple of the Holy Spirit communicates using affirming language and peaceful mannerisms.

**Are you delighted by your temple?** Our entire being was carefully crafted, yet we want to be thinner, smarter or more attractive.. Imagine finding fault with God's best creation. Instead look for ways to celebrate your temple and use what was given to best advantage.

**Rule your own temple.** "... for if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live" (Romans 8:13). Certain spiritual practices, such as fasting, are designed to

give us control over our physical desires. When ruled by the needs of our bodies, we neglect our souls. Bodies will die. Souls live forever.



## Why Do Catholics Do That?

### Why do we call priests "father"?

By calling priests "father," we recognize that we are a parish family under the care of a spiritual father. In fact, leaders in the early Church were called "Father."

St. Paul said, "Even if you should have countless guides

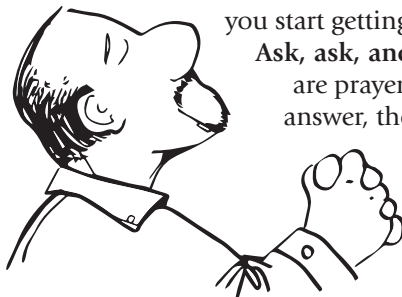
to Christ, yet you do not have many fathers, for I became your father in Christ Jesus through the gospel" (1 Corinthians 4:15). As a father instructs, forgives, and listens to his children, so a priest must do for his parish.



# Are you waiting to hear from God?

St. Francis was knocked off his horse and St. Paul was struck down while travelling to Damascus, but God doesn't always make his message that obvious. Try these ideas for discerning how God wants to work with you:

**Give him control.** *"Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths"* (Proverbs 3:5-6). Give your concern to God, then let it go. Try not to get too attached to an outcome, but trust



God to do what's best for you. Redirect your thoughts if you start getting anxious.

**Ask, ask, and ask again.** The best sources of guidance are prayer and Scripture. While you wait for an answer, though, seek guidance from someone who shares your faith, such as your favorite priest or religious. Spend extra time in church, looking for inspiration. *"Where there is no guidance, a people falls; but in an abundance of counselors there is safety"* (Proverbs 11:14).

## from Scripture

### Luke 9:51-62, What does it take to be a disciple?

Jesus' listeners often got swept up by his charismatic manner and would blurt out their intention to follow him. That didn't necessarily mean they were ready to be true disciples of Jesus', just that they were willing. In this Gospel story, an eager man wished to follow him but was deflated when Jesus pointed the difficulties with discipleship. Following him wouldn't always be comfortable. Many were turned off by that.



with Jesus, but learned that Jesus sets the agenda. Our duty is to obey.

The third man wanted to say farewell to his family before leaving but discipleship takes focus. Jesus knew that looking back while plowing can ruin the job. He used that example to help the man understand that we need to have a singleness of purpose to be his disciple.

Anyone who follows Jesus will make sacrifices, but he promises us that the rewards will be worth much more than anything we leave behind.

For the second man in the story, the timing wasn't right. He wanted to fulfill his duty to his father before setting out

## Q What's wrong & with taking God's A name in vain?

Misusing God's name doesn't make him less wonderful, awesome, or powerful, but it can diminish him in others' view. Instead, Jesus tells us to say, *"Our Father in heaven, hallowed be your name"* (Matthew 6:9). One way we respect God is by respecting his name.



God gave us his name so we could approach him. *"The gift of a name belongs to the order of trust and intimacy... For this reason man must not abuse it"* (Catechism of the Catholic Church, # 2143). Today, there is hardly a movie or television show that doesn't use his name as a swear word. Yet for the ancient Jews, God's name was considered so holy it was unspeakable. Instead they addressed him as Adonai, which means "LORD."

How we use God's name tells others what we believe about him. Do we think he can't hear when we misuse it? Is he angry when people cut in line? If we believe God is a loving Father who responds when we call him, we will use his name differently.

## Feasts & Celebrations

**June 3 - Sacred Heart of Jesus.** At the end of the seventeenth century, St. Margaret Mary Alacoque began receiving visions of Jesus, who urged her to spread public devotion to the Sacred Heart. The image of Jesus with his heart exposed in unquenchable flame is a reminder of his intense and eternal love for us.

**June 28 - St. Irenaeus (220).** As bishop of Lyons, Irenaeus investigated and disproved assertions of the Gnostics, who claimed to have secret knowledge imparted by Jesus to a few

disciples. In great service to the Church, Irenaeus clarified Church teaching and gradually ended the influence of the Gnostics.

**June 29 - Saints Peter and Paul (1st century).** St. Peter was chosen by Jesus to lead the Church. The Gospels include some unflattering details about Peter, showing that he was ordinary, made extraordinary by God's grace. An early persecutor of the Church, Paul became the Great Apostle, also transformed by grace. St. Paul preached the Gospel throughout the known world.



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