

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

June 2020

Holy Family Church

Rev. Ken Lulf, Pastor

One Minute Meditations

St. Francis Caracciolo

Originally named Ascanio, Francis was born in the

Abruzzi region of Italy to a noble Neopolitan family. Even as a child, he was noted for his gentleness and virtue. Upon recovering from a life-threatening illness, he became a priest. With a holy nobleman, Adorno, he co-founded the Minor Clerks Regular. St. Francis served reluctantly but effectively as the superior of the order. He was known for his love for the poor and devotion to the Blessed Sacrament.



Alone with God

We live our lives in God's presence whether we are aware of him or not. Take advantage of it and be alone with him as often as possible. Soon you will see him everywhere you are.

"... And in the wilderness, where you have seen how the Lord your God bore you, as a man bears his son, in all the way that you went until you came to this place"

(Deuteronomy 1:31).



Four ways to find peace

When the world around us looks very different from what we expect, we lose the calming, soothing peace Christ wants to give us. The best chance we have for achieving peace in the midst of chaos is to move in harmony with God's will. Try these tips for a more peaceful life.

1. Don't fear what is coming next. Fearing consequences of the pandemic, worrying about finances, feeling anxious about our health or the health of our loved ones can lead to frustration and dismay. There's no peace in trying to go it alone. Instead, be open and place all your hopes, plans, and efforts at God's feet. Let him handle your concerns for you.

2. Be kind and gentle. Resentment, anger, and frustration rob you of peace. Be gentle and considerate of your neighbor. Remember, Jesus was *"meek and humble of heart"*

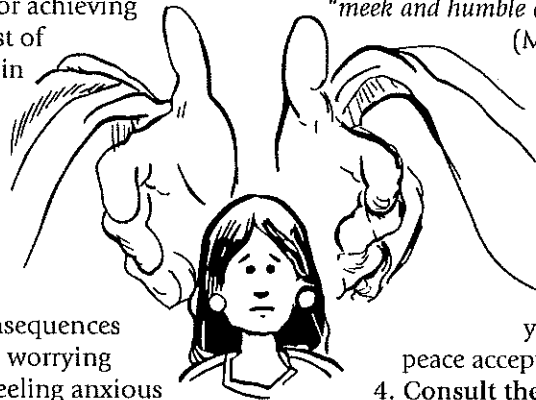
(Matthew 11:29).

3. Learn to live with what you cannot control.

When you let God help you rise above such things,

you'll have the peace acceptance brings.

4. Consult the Church for answers. It isn't always easy for us to discern God's will, so Jesus created the Catholic Church. When in doubt, turn to Scripture, the Catechism, or a trusted priest or religious for advice. After all, helping us to achieve Heaven is what they're here for!

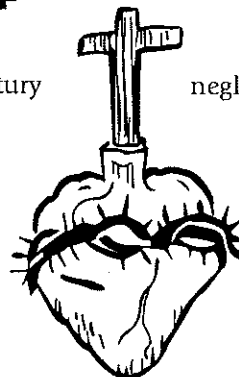


Why Do Catholics Do That?

Why do Catholics honor the Sacred Heart of Jesus?

In the late seventeenth-century France, Jesus appeared to St. Margaret Mary Alacoque and revealed the infinite love of his heart, wounded by sins. He urged her to spread this devotion, back when people were so afraid of God, they

neglected his love. On this feast, Jesus addresses each of us: "Behold this Heart which has so loved you, yet is so little loved." When we consider the many proofs of his love, we can't help but love him in return.



St. Joseph, a model for great fathers

Imagine the arms that held Jesus as a child, the hands that guided his first steps, the lips that pressed his forehead. During the month of June when we reflect on fatherhood, St. Joseph can be an inspiration and role model for great fathers.

Great fathers give their children a healthy childhood. St. Joseph showed Jesus love, ensured he got an education in carpentry, was kept out of danger and taught him to love God.

Great fathers serve a purpose greater than



themselves. St. Joseph knew he had a special role in salvation history, raising Jesus, and protecting his family. He faithfully fulfilled his role rather than serve his own needs.

Great fathers don't give up. Considering his wife was born without original sin and his son was God, St. Joseph could have given up, knowing he could never match their holiness. Instead, he used his own gifts to care for his family. These included his skills as a worker, his humility, and his deep love for Jesus and Mary.

from Scripture

Matthew 10:37-42, Discipleship: challenging but rewarding

In this Gospel passage, Jesus outlines the demands of discipleship in stark terms. First, there's the question of priorities. For the early Christians, it was illegal to be Christian and the penalty was prison, or worse. To be a follower of Jesus literally meant risking everything. Since he is God, only he is worthy to have first claim on our hearts and lives.

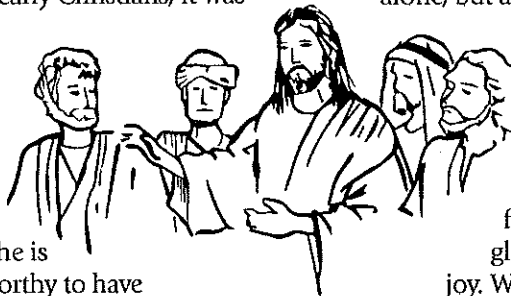
Being a faithful Catholic today has its challenges, too. Much of what Christ and the Church ask of us goes against much of what secular culture approves. Even

without worldly temptations, we have crosses to carry. Following Christ includes taking up our crosses – never alone, but always with him.

The good news is that Jesus did what he did so we can do it too.

He passed through death to eternal life, from suffering to glory, from sorrow to joy. We will too, if we stay

close to him. Each day, with his grace, we can choose to keep his commandments and remain in his love. In Heaven, we'll see clearly that it was all worth it.



Q & A

What is a cardinal in the Church?

Cardinals are bishops who elect the Pope. Traditionally, only the Roman clergy did this. Now that the Church is global, cardinals are chosen from dioceses around the world to represent the Church in the election. They live in their own dioceses but are given titles to Roman parishes. This way, they are like U.S. Senators.



There are different kinds or "levels" of cardinals. The cardinal bishops are the bishops with dioceses in Rome. This group also includes the patriarchs of Eastern Catholic Churches. Cardinal priests have dioceses outside Rome but are nominal pastors of Roman parishes. Cardinal deacons work in the Curia (papal court) full-time.

Only the Pope can choose cardinals from the bishops, priests, or deacons, but they must become consecrated bishops first. In a special ceremony, the new cardinal receives a scarlet skullcap, a four-cornered hat, and a ring that symbolizes his union with Rome. The cardinals also wear scarlet to symbolize their dedication to spreading the Faith, even to the point of shedding their blood, if necessary.

Feasts & Celebrations

June 1 – The Blessed Virgin Mary, Mother of the Church (2018). On the Cross, Jesus gave us his mother to be our mother (John 19:27). Even in Heaven, she continues to pray and care for us as our spiritual mother.

June 11 - St. Barnabas (1st Century). A contemporary of the Apostles, his name means "son of encouragement." He was a sponsor for St. Paul and accompanied him on his first evangelical journey.

June 13 – St. Anthony of Padua (1231). St. Anthony gave up a life of

comfort and wealth to become a Franciscan friar. After spending many years in prayer and study, St. Anthony was asked to preach to the heretics, and used his knowledge of Scripture and theology to help convert them.

June 24 – The Nativity of St. John the Baptist (1st century). Before St. John was born, his father, Zechariah received a message from the angel Gabriel foretelling his birth. His doubt was punished by his being struck speechless until John's birth.



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To provide practical ideas that promote faithful Catholic living.

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