

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

October 2019

The Catholic Communities of Stapleton, Arnold and Callaway
Fr. Thomas Gudipalli

One Minute Meditations

St. Hedwig of Silesia

Raised by a duke, Hedwig was married to Duke Henry of Silesia, the head of the Polish Royal family. They had a happy marriage and together founded a convent, hospitals, and monasteries. They had seven children, two of whom caused them significant trouble with their rivalries. St. Hedwig convinced them to stop fighting and they reconciled. After her husband's death, Hedwig became a Cistercian nun and lived simply, giving her wealth for charity.

Ignore more

Ironically, it actually feels good to walk away from a fight. Jesus knew that when he said, "When someone strikes you on (your) right cheek, turn the other one to him as well" (Matthew 5:39). He wants us to make a point of ignoring slights or insults, even if they sting. Next time you feel annoyed or hurt, turn your cheek and walk peacefully away.

"We love because he first loved us" (1 John 4:19).



Our Father knows best

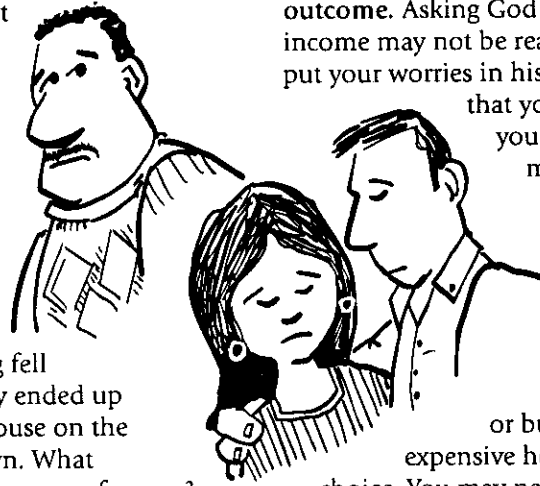
After months of unemployment, Mike was glad to find a job but disappointed that it paid considerably less and had poorer benefits than the old one. Jen and her husband prayed for a beautiful house in their favorite neighborhood but the financing fell through and they ended up with a smaller house on the other side of town. What happened to the power of prayer?

Understand that our way isn't God's way. God always listens to our prayers but he doesn't necessarily answer the way we expect. Yet we know no one is more qualified to lead us than the Creator of the universe. We must trust

him with all our concerns.

Don't set your heart on an outcome. Asking God to double your income may not be reasonable. Instead put your worries in his hands. Know that your Father has your best interest in mind and will find what is right for you. Be open to alternatives. Sometimes taking a different job or buying a less expensive home is the better choice. You may net more personal time and less overall stress.

Let scripture speak to you. "Trust in the Lord with all your heart, on your own intelligence rely not; In all your ways be mindful of him, and he will make straight your paths" (Proverbs 3:5-6).

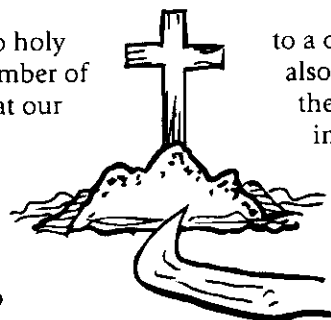


Why Do Catholics Do That?

Making pilgrimages to holy sites accomplishes a number of things: it reminds us that our faith is founded on miraculous events that really happened, in a specific place and time (e.g. Calvary Hill, c.A.D.33). Journeying to the site of an apparition or

Why do Catholics make pilgrimages?

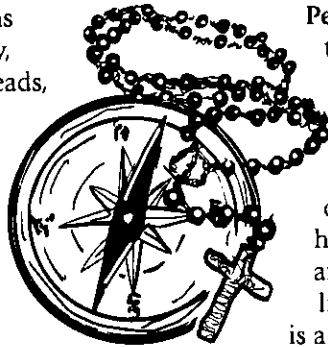
to a church holding saints' relics also encourages us to reflect on their example of virtue and imitate them in our own lives. Lastly, "Pilgrimages evoke our earthly journey toward heaven" (Catechism of the Catholic Church (CCC), #2691).



Follow the Rosary to treasure

The Rosary is like an ancient treasure map. It has led countless faithful to the treasures of peace, joy, clarity, and contentment. If you follow where it leads, you'll find that a devotion to praying the Rosary can transform your life.

Shelter in a chaotic world. Leading hectic lives can fog the mind, unsettle the soul, and turn us away from God. Yet, our souls are made for peace. Praying the Rosary settles our thoughts. It puts us at ease, creating a peace that is otherworldly.



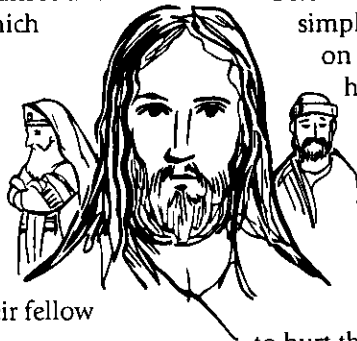
Perspective. Humans are constantly changing, thus our relationship with God changes. The Rosary provides the context, the format, and the process for God to speak to us about all these things.

Mary's blessing. Nobody sees the life of a child the way that child's mother does. Our Lady has a mother's perspective of Jesus' life. Learning and sharing that perspective helps us ponder the life of Jesus through the eyes of his Mother. This is a powerful experience if we enter into it fully.

from Scripture

Luke 18:9-14, God wants only love

In this Gospel passage, Jesus compared the prayers of a proud Pharisee and a humble tax collector—which probably scandalized his audience. Pharisees were considered the model for faithful Jews, while tax collectors, who worked for the Romans (and stole a little extra money on the side), were considered traitors by their fellow Jews.



the tax collector humbled himself before God and offered only a simple prayer casting himself on God's mercy. He went home justified.

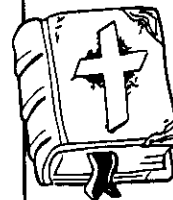
Promoting oneself in prayer is unnecessary: God already knows and loves us, and he wants us to love him in return. When you love someone, you'd never do anything

The Pharisee marched up to a position of honor in the temple to pray, presumably to be seen and admired. His prayer wasn't really a prayer of thanksgiving, but self-praise. By contrast,

to hurt them, and if you did, you'd apologize right away and try to fix it. With God, we have to call on his grace and mercy to make amends. In the end, our love counts for more than anything else we do.

Q & A Why should I read the Bible?

The Bible is the world's longest love letter. As part of the deposit of faith, it's a treasure-trove of our inheritance as children of God. Here are three benefits of reading Scripture:



We encounter God. We not only learn about God from the Bible, but we actually encounter him in our hearts when we pray with Scripture. "In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them" (CCC, #104).

Packed with sound advice. Books like Sirach, Proverbs, and Wisdom have practical advice on how to virtuously handle relationships, home life, business, and dealing with difficult people. If we want to know what this looks like in action, the Gospels give us Christ's teaching and example.

It is a "roadmap" to heaven. Like a map, Scripture outlines what we need to know about God and his saving plan. The Magisterium, who interprets the Scriptures under the guidance of the Holy Spirit, holds the "key" to reading the "map" (CCC, #100).

Feasts & Celebrations

Oct. 7 – Our Lady of the Rosary (1571). Pope Gregory XIII named this feast because it was believed that Christians won a critical victory at the Battle of Lepanto after praying the Rosary.

Oct. 15 – St. Teresa of Ávila (1582). Teresa joined the Carmelites, against her father's wishes. In 1563, she was inspired to reform her order. Despite serious opposition, she founded more than 17 convents of Discalced Carmelites and helped reform the Carmelite friars.

October 17 – St. Ignatius of Antioch

(d.c. 107). Successor to St. Peter as Bishop of Antioch, Ignatius was sentenced to death for his faith. On route to Rome, he wrote letters, encouraging his fellow Christians to remain faithful.

Oct. 28 – SS. Simon and Jude (1st Century). St. Simon was a Zealot – Jews who believed that the Messiah would free them from political oppression. St. Jude was a fisherman. After being called by Jesus to be apostles, they eventually traveled to Persia where they preached the Gospel until they were martyred.



Our Mission

To provide practical ideas that promote faithful Catholic living.

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Partners in FAITH™

Helping our children grow in their Catholic faith.

October 2019

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Thoughtful Moments

St. Hedwig of Silesia

A model of steadfast faith in prosperity and hardship, St. Hedwig was born to the Duke of Croatia and married the Duke Henry of Silesia. They had a happy marriage and together founded a convent, monasteries and hospitals. Two of their children, Henry and Conrad, caused their parents considerable hardship with their fighting until Hedwig negotiated a truce. After her husband's death, Hedwig became a Cistercian nun and lived simply, only keeping her wealth for charity.



Too busy?

At the end of our lives, we aren't going to think, "I wish I had worked more." We are going to long for more time with our loved ones. A child needs the undivided attention of his or her parent for a little while each day. Don't be so busy that you miss even one special moment with yours.

"... As for me and my household, we will serve the Lord" (Joshua 24:15).



Help your child live a good Catholic life

The best way to ensure our children will live good Catholic lives as adults is to build a strong Catholic foundation while they are young. That foundation will make it likely that they will continue to live their faith. Consider these suggestions:

Lay the foundation. Make sure your child is getting the Catholic education she deserves so she has all the necessary resources on which to draw in adulthood. Support her religious education, whether she attends Catholic school or the parish school of religion, by supervising homework and helping her master the prayers and doctrine required.

Present positive influences. Present

to youngsters grown-ups whose lives you would like your children's to mirror when they are adults. Invite interesting, religious adults to your home to talk about how they live their faith. Bonus:

Offering appropriate role models gives children substitutes for the less-desirable celebrities of today.

"Do as I do." Don't kid yourself into thinking that you can live by the world's rules yourself but expect your children to follow God's rules. Abraham's nephew, Lot,

made that mistake and lost most of his family during an emergency. They didn't respect him because his words and deeds didn't match (Genesis 19). To raise faithful Catholics, we have to be faithful Catholics ourselves – and that begins with going to Mass every week.



Why Do Catholics Do That?

A litany is a prayer formed by a list of invocations and petitions. It is part of the rich prayer tradition of the Church. Litanies are addressed to God, Jesus, Mary, and the saints. The saints, who are closer to

Why do Catholics have litanies?



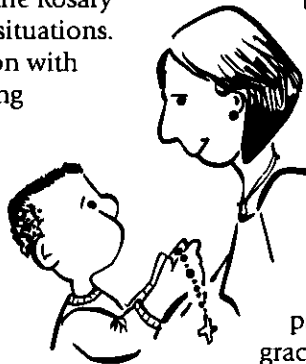
God, can intercede with God for us here on earth. Today, litanies sometimes are used in the Church's worship. Only a few are approved, including the Litany of: the Saints, the Blessed Virgin Mary, the Sacred Heart, and St. Joseph.

Celebrate the Rosary with children

Catholics over the centuries have turned to the Rosary for miraculous help in seemingly impossible situations. Sharing love for this timeless Catholic devotion with children will arm them with a powerful lifelong prayer tradition.

The prayer that leads to prayer. The gentle repetition in the Rosary is meant to still our minds and direct our hearts to communion with God. The meditative nature of the prayer helps calm children and direct their thoughts to God.

Gospel stories. The mysteries of the Rosary



tell the stories of Jesus' life, death and Resurrection. By praying the Rosary with youngsters, we revisit these events and help them to grow in knowledge of Christ.

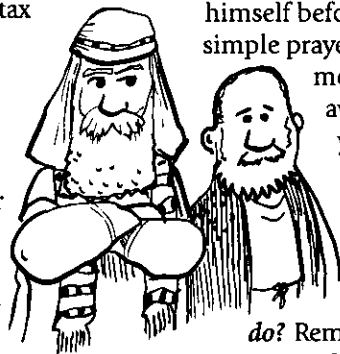
Role models. Praying the Rosary and meditating on the lives of Jesus and Mary gives us strong models of virtuous lives, from Mary's obedience during the Annunciation and her fortitude during the Crucifixion, to Jesus' entire life of virtue – justice, temperance, and courage, in particular. Regular Rosary meditation opens us to the graces needed to acquire those very virtues.

Scripture LESSON

Luke 18:9-14, Humble Prayer

Jesus often told stories to illustrate truths of God's kingdom. In this story, he used a Pharisee and a tax collector to talk about prayer. Like most of his stories, this one had an unexpected ending.

The Pharisee marched up to a position of honor in the temple to pray, presumably to be seen and admired. He focused his prayer on himself and offered thanks that he was superior in holiness to all around him. He listed his many good (but largely meaningless) deeds and looked with disgust upon the tax collector.



By contrast, the tax collector stood in the back and humbled himself before God, offering a simple prayer relying on God's mercy. He was sorrowfully aware of his sinfulness, yet was also aware of God's powerful mercy. For his humble, contrite prayer, he was reconciled with God.

What can a parent do? Remind children that God wants our love more than anything else. No matter what we do, he'll always love us and want us back in his friendship. He will always forgive us if we're truly sorry.

Parent TALK

It always bugs me that All Saints Day gets overshadowed by Halloween. Last year, I thought of a way to combine them. I challenged my son to bypass the superheroes and instead portray his favorite saint.



After scouring through books, Joshua decided on St. Michael. When we read how he led the angels in the great battle against Satan, Joshua was proud to dress as someone still protecting us today.

We found a cool warrior costume and put a cross on the chest. We made wings and a spear from cardboard we painted silver. It was perfect.

As we went door-to-door, neighbors asked him what character he was dressed as and Joshua beamed as he replied, "St. Michael the Archangel."

Not only did Joshua enjoy gathering candy that night, he made quite an impression on the neighbors. After all, it's not every day you're in the company of an angel.

Feasts & Celebrations

October 2 – Feast of the Guardian Angels. On this feast day, remember to thank the Guardian Angels for the work they have done in helping us.

October 6 – Blessed Marie Rose Durocher (1849). Marie-Rose was born in Canada. Unable to join the convent, she worked as a hostess, housekeeper, and parish worker. She became known for her perseverance and tactfulness. At the bishop's request, she founded the Sisters of the Holy Names of Jesus and Mary, a teaching order.

October 14 – Pope St. Callistus I

(222). A Roman slave, Callistus was jailed for losing his master's money. After his release, he became superintendent of Church lands and was ordained a deacon. Known for his merciful treatment of sinners, he was elected pope but was opposed for 18 years by an antipope, dividing the Church.

October 18 – St. Luke the Evangelist (1st Century).

St. Luke was a Christian physician from Antioch. His Gospel and Acts of the Apostles were probably written between 70 and 85 A.D.



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