

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

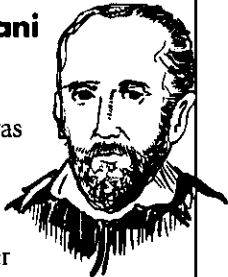
February 2019

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

One Minute Meditations

St. Jerome Emiliani

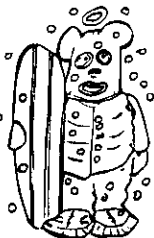
St. Jerome led a wayward life while a soldier until he was captured in battle and turned back to God. Soon after returning to Venice, he began studying for the priesthood and was ordained in 1518. With the devastation from the war came famine and plague. At his own expense, St. Jerome cared for the victims left behind, especially the children. For this purpose, he and some companions founded the Clerks Regulars of Somascha, in Somascha, Italy.



Make it a good day

A good day is one spent in God's presence. Start the morning by offering your efforts to God. Throughout the day, look for evidence of his nearness to you as you go about your business. Don't let minor irritants affect your mood.

"I don't care to inquire why they cannot believe an earthly body can be in heaven, while the whole earth is suspended on nothing." St. Augustine, *City of God*



Make every Sunday the Lord's Day

"This is the day the Lord has made: let us rejoice and be glad in it" (Psalm 118:24). God wants us to have a day of rest each week. He felt it was so necessary that he made it a **Commandment**.

While it is non-negotiable for God's people, a busy person may find it hard to do Sunday right. Try these tips for making Sunday the Lord's Day:

Attend Mass. Both Jesus' Resurrection and Pentecost occurred on Sunday. There's no better way to celebrate the Lord's Day than to worship him during Mass on Sunday.

Schedule chores. It's not very restful to stand in line at the grocery store or change the oil in your car. Try to

accomplish chores and errands another day so you can spend time relaxing on Sunday.

Alternate entertainment. Instead of turning on the TV or zoning on the smartphone, take a nice long drive, curl up with a good book, or visit friends or family. Do whatever it takes to recharge your spirit.

Create a unique prayer habit. Offer prayers that you only say on Sundays. Read Scripture. Listen to sacred music. Take time to thank God for your blessings.

Protect the day. Make Sunday a priority. Don't let

anything interfere with your rest, peace, or worship. Let the Holy Spirit guide your day.



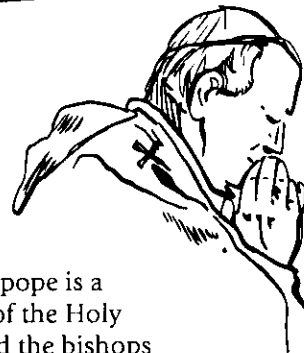
Why Do Catholics Do That?

Why do Catholics believe the pope is infallible?

As visible head of the Church on earth, the pope has the gift of infallibility. This means that by gift of the Holy Spirit, the pope can't err in teaching the faith.

That's not to say that a pope is a perfect person. This gift of the Holy Spirit helps the pope, and the bishops

with him, guide the Church in staying faithful to Christ. The pope is only infallible when he solemnly declares a teaching on faith and morals as St. Peter's successor (*Catechism of the Catholic Church*, #890-891).



"Please forgive me!"

Throughout history, there has been only one person who never made mistakes. The rest of us make plenty but few of us are comfortable with asking for forgiveness for them. Yet owning up to our mistakes is a big step toward preventing their recurrence. Try this:

Start by looking at the other person when you apologize. This communicates that you know you have caused harm and are ready to accept the consequences of your behavior.

Name the actions for which you are sorry. Be specific.



Assure the other person that the actions won't happen again and detail the steps you will take to rectify any harm you caused. Remember – true contrition involves making amends for your sin.

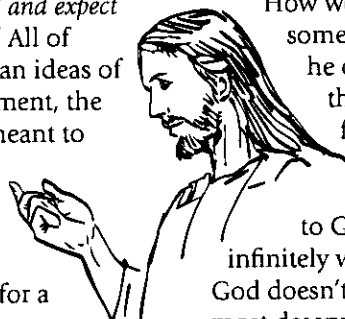
Give some visible sign that you are sincerely sorry. Shake hands or give a touch on the shoulder. Such an action will help start the healing of your relationship.

Taking steps to achieve sincere contrition and forgiveness will help you grow in holiness as you work to eliminate an occasion of sin.

from Scripture

Luke 6:27-38; Being merciful as God is merciful

In this Gospel passage, Jesus tells us to "love your enemies...lend and expect nothing back...and forgive." All of these go against our human ideas of fairness. In the Old Testament, the "eye for an eye" rule was meant to make sure the punishment wasn't excessive. Likewise, the idea of getting favors was meant to show gratitude for a favor already given.



appreciation to simply owing favors. How would you know if the good someone did you was because he or she loved you or because they wanted something from you?

Jesus "updates" the old understanding of justice to God's justice, which is infinitely wiser and more perfect. God doesn't dole out his love to the most deserving, but freely to everyone. His goodness includes mercy as well as justice. His love is generous, selfless, simple, and compassionate. The surest sign of being God's children is if we love others the way he does.

The problem is that "an eye for an eye" can result in a vicious cycle of violence and destroyed relationships. The "favor for favor" idea reduces the value of giving gifts out of kindness and

Q & A What is the difference between a basilica, a cathedral, and a shrine?

Different church buildings serve different purposes. Basilicas are traditionally large, rectangular churches that have a historical and spiritual

importance, such as St. Peter's Basilica in Rome. The ancient Romans originally used them to house kings or judges. Later, Christians used the style for places to worship God, the King of Kings.



The pope can raise important church buildings of historical and spiritual significance, for example a cathedral, to the status of "minor basilica." When you visit, you'll know you're in a minor basilica if the conopaeum (a red-and-yellow umbrella), a special bell, and the Vatican seal (papal crown and crossed keys) are on display.

A cathedral is the chief church in a diocese and is where the bishop presides. The name "cathedral" comes from the word cathedra, which is Latin for "the chair." This refers to the bishop's chair, which represents his authority. A shrine is a sacred place where a saint's relic is preserved, an apparition took place, or a place to encourage a specific belief or devotion.

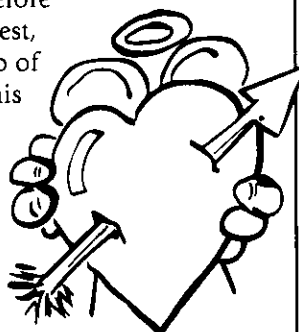
Feasts & Celebrations

Feb. 11 – Our Lady of Lourdes (1858). A heavenly "lady" appeared to St. Bernadette Soubirous, a poor and sickly girl from a small village in France. Soon after the first vision, a spring with miraculous, healing waters emerged from a nearby cave. The "lady" revealed herself as the "Immaculate Conception" – the Blessed Virgin Mary.

Feb. 22 – St. Peter's Chair (1st century). We celebrate the establishment of the Holy See and pray for the preservation of God's Church. The "Chair of Peter" refers to the relic of an actual chair of St. Peter and to the

spiritual authority of the Church, symbolized by the chair.

Feb. 26 – St. Porphyry (420). Born to a wealthy Greek family in Macedonia, St. Porphyry lived as a hermit. His quiet life was interrupted when he inherited a fortune, which he quickly gave to the poor. He worked as a shoemaker before becoming a priest, then the Bishop of Gaza (against his will). Despite initial resistance, St. Porphyry successfully evangelized Gaza.



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.

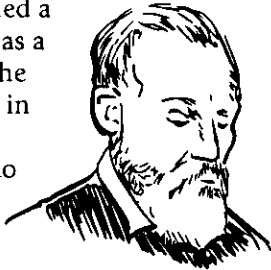
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Thoughtful Moments

St. Jerome Emiliani

St. Jerome led a wayward life as a soldier until he was captured in battle and turned back to God. After a miraculous escape, he returned to Venice and studied for the priesthood. After being ordained, he began working for the poor. He was especially devoted to caring for orphans—victims of a recent war. To help, he and some companions founded the Clerks Regulars of Somascha. He is the patron saint of orphanages and abandoned children.



Through the eyes of a child

Let a child's wonder about the mysteries of God's love awaken your own sense of excitement. In connecting with your children, you may find you are reconnecting with the child in yourself.

"Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might"
(Deuteronomy 6:4).



Share what you love about being Catholic

We choose to be Catholic because we know joyful practice helps

us to become the people God wants us to be. A good way to help children find the same joy in our Faith is to share what we love about it ourselves:

"My grandmother prayed the Rosary every day of her life," said Lisa. "When I was old enough, she gave me my own Rosary and taught me how to pray it. This prayer has helped me through many tough times in my life and I pray it often with my own children."

"I enjoy celebrating the seasons of the liturgical year and marking the

milestones of our Faith," said Chris.

"My children love changing the colors of our displays, singing seasonal hymns, and learning the stories of saints from long ago."

"I fell away from the Church when I was in college," said Erica.

"Then I started dating a man who was a devout Catholic and I went to Mass a few times with him. We fell in love and he asked that I go to Confession so we could receive Communion

together. I did it for him, but felt such a thrill when I heard the words of absolution and realized that Jesus really did forgive me. Now we tell our children that Confession brought us together."



Why Do Catholics Do That?

Why do Catholics choose godparents for baptism?

In the early Church, most people who were baptized were adults converting to Christianity. Because of the persecution, sponsors would confirm the integrity of potential converts, called catechumens, to make sure they weren't spies. They



would also instruct the catechumens. When infant baptism became more common, sponsors would make the Profession of Faith for the infants and be responsible for raising them in the Faith if the parents were unable to. This is when the name "godfather/godmother" came into use.

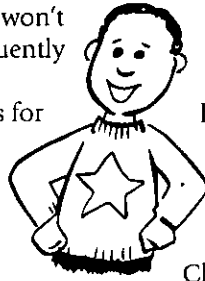
What gifts will you offer your child?

All loving parents want to give their children gifts. Unfortunately, we know that the gifts we can give won't bring lasting happiness. Instead, we can pray frequently and fervently for gifts that will. Consider making petitions for these gifts a part of your daily prayers for your children:

Wisdom. Ask that your child be inspired to avoid poor choices and have the wisdom to lead a Gospel-centered life.

Courage. Fortify him to stand for justice and speak out against bigotry, unfairness, and cruelty.

Strength. Pray that as she grows she will withstand



negative peer pressure.

Compassion. Help him follow Jesus' commandment to love one another.

Discernment. Endow them with the skills to select healthy friendships.

Independence. Ask that children care less about what others think of them and be more interested in pleasing God.

Faith. Give them faith in God, belief in the teachings of Christ, Scripture, and of the Catholic Church. These are the foundation for a healthy life and eternal salvation.

These gifts will make us happy forever.

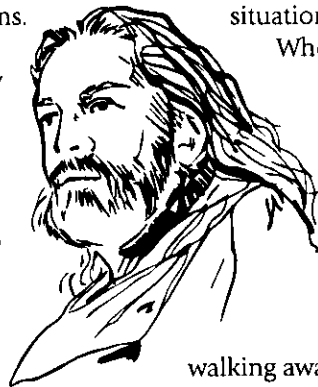
Scripture LESSON

Luke 6:27-38; Loving like God

This Gospel passage is all about Christ-like conduct with difficult people or situations. Jesus tells us to "love your enemies...forgive." It's easy to love our friends, but nearly impossible to love those who treat us badly.

Love is acting for the other's good; it's not (just) a feeling. We know our love is authentic when we can pray for our enemies, do a favor for someone who can't repay us, repay an insult with kindness, or return violence with non-violent resistance.

Forgiving others means we stop



accusing them in our hearts. It's choosing not to prolong a bad situation by hoping for revenge.

When we forgive, it sets us free—free to move on with our life.

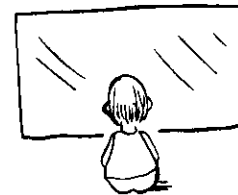
What can a parent do? Tell children that truly following Christ means doing the right thing even if it's difficult or unpopular.

Not taking reckless dares, walking away from a fight, and choosing not to "get even" aren't signs of weakness, but require real strength of character. The surest sign of being God's children is if we love others the way he does.

Parent TALK

Limiting the TV time

I was becoming concerned that my children were spending too much time in front of screens. Most of their



conversations revolved around movies and television shows. They wouldn't miss their favorite

programs but they were missing hours of their lives.

My concerns were confirmed one night when we lost power for a few hours during a long thunderstorm. No television, no computers, no iPads. The girls grew bored, cranky, and restless. Finally, I lit candles and pulled out board games. We played Dominoes, Monopoly, Trivial Pursuit. The power came back, but Kara and Dad were tied and wanted to play to the finish.

After that night, I realized we needed to make a change. In order to earn screen time, the children had to spend time reading, playing outside or doing chores. Since then, they have found other ways to have fun and don't need their devices nearly as much.

Feasts & Celebrations

Feb. 2 – The Presentation of the Lord. In accordance with the Law of Moses, Mary and Joseph brought Jesus to the temple to make the required offering forty days after his birth, and Simeon praised God for revealing the long-awaited Savior.

Feb. 21 – St. Peter Damian (1072). Childhood deprivation may have created a desire for an austere life. St. Peter Damian became a disciplined monk but was called to serve as a bishop for many years and served as

advisor to seven popes. He retired to monastic life and died in the care of his brother monks.

Feb. 25 – St. Caesarius of Nazianzus (369). Brother of St. Gregory of Nazianzus, St. Caesarius served as physician to the emperor Julian the Apostate. Julian tried to convince St. Caesarius to renounce his faith, but the saint refused and later resigned his post. After surviving a terrible earthquake in Nicaea, he decided to be formally baptized (most people back then delayed baptism until later). He died soon after.



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