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Growing in FAITH™

Discovering hope and joy in the Catholic faith

May 2022

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

One Minute Meditations

Your turn

No parish can do the work of the Church without support from parishioners. For example, parishioners may bring Communion to the sick or infirm, clean the church, staff parish ministries, teach faith formation and give money to keep church facilities operating. It is this vital participation that brings the heart of Jesus to His people. Ask your pastor what your parish needs from you.

Sunday reminder

The Church requires that Catholics participate in Mass on Sunday and other holy days of obligation. It's the best way we regularly encounter Christ. We are also to abstain from work on Sunday that could interfere with the attention and worship due to God. God wants us to rest on Sunday to gather strength for the week ahead.

"Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor"

(Romans 12:9-10).



Virtues are the antidotes to sin

Virtues are good moral habits that shape our hearts to be like God's. They help us habitually do what is good. As the building blocks for Christian moral living, virtues help to counter sin. For example:

Humility: This virtue is the antidote to pride. Humility helps us to recognize that God is worthy of our worship and obedience. Rather than focusing on ourselves, humility helps us to be willing to

focus on God, live according to His ways. Ideas for practicing this virtue include always taking the less important position, drawing attention to others rather than ourselves, learning to love simple things.

Forgiveness: The sin of anger is

defined as an uncontrolled feeling of hatred and wrath. Indulging in anger causes us to hold onto hateful feelings for others. The antidote is forgiveness.

When offended by someone, forgive quickly and work to heal the relationship. Refrain from gossip and avoid criticizing unless you can offer reasonable and useful solutions. Gratitude and generosity go hand-in-hand. They remind us God is the source of all good, and that

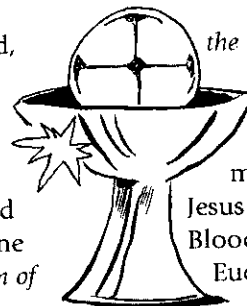
everything good we have is a gift to be enjoyed and shared. Stop the "compare-despair" cycle of envy and greed. Limit your time on social media and impulse shopping. Name something you appreciate daily, or find a way to show kindness each day.



Why Do Catholics Do That?

Why do Catholics call the Eucharist the "Real Presence?"

At the Last Supper, Jesus said, "This is my body...this is the cup of my blood" (Matthew 26:26-28) over the bread and wine, and so it was. He commanded His Apostles, and the priests after them, to do the same at every Mass (*Catechism of*



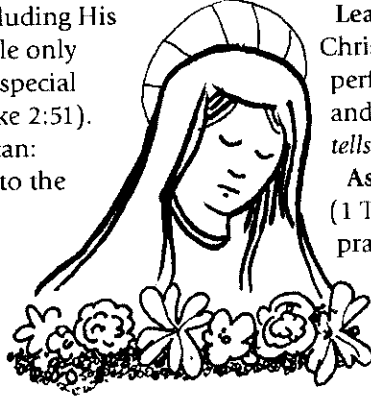
the Catholic Church, #1375).

When we receive Communion, we're literally heart-to-Heart with Jesus. The details are a mystery, but that doesn't stop Jesus from coming to us, Body and Blood, Soul and Divinity in the Eucharist.

“Behold your mother” (John 19:27)

On the Cross, Jesus gave us everything, including His mother to be our mother (John 19:27). While only God is worthy of worship, Mary is accorded special honor in imitation of Jesus’ love for her (Luke 2:51). To demonstrate honor and love for her, we can:

Call her “Mom.” When we are baptized into the Church, Mary becomes our mother by grace (CCC #967), and we can address her with confidence and affection as her children. Mary wants the best for us. She always leads us to her Son by the quickest and safest route.



Learn from her. Want to know how to follow Christ faithfully – daily? Mary was the first – and the perfect – Christian. She continually trusted God and followed His will, and tells us, “Do whatever he tells you” (John 2:5).

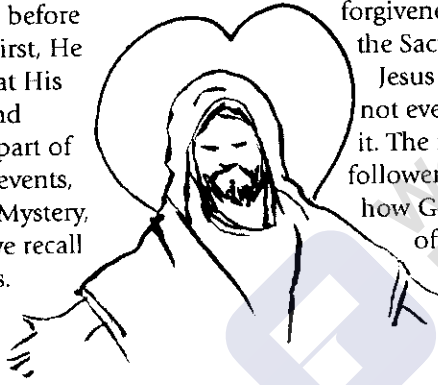
Ask her for prayers. Christ is the one Mediator (1 Timothy 2:5). However, she also receives our prayers for others. Because she is His mother and the Queen of Heaven, Mary’s prayers are powerful. She will keep praying for us until we are in Heaven.

from Scripture

Luke 24:46-53, Our mission from God

This passage is Luke’s version of the Ascension when Jesus ascends to His Father in Heaven. Jesus gave his disciples a mission before entering Heaven. First, He reminded them that His suffering, death, and Resurrection were part of God’s plan. These events, called the Paschal Mystery, are so important we recall them at every Mass.

Then, Jesus sent His disciples out to call others to repentance and discipleship. Having heard about Christ’s suffering, death and Resurrection for their salvation, the next logical step would be to repent

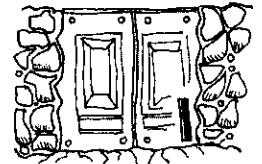


– literally, to “go beyond their usual way of thinking.” People were and are invited to reconcile with God by the forgiveness of their sins through the Sacraments.

Jesus died for everyone, but not everyone knew about it. The mission of His first followers was to tell everyone how God saved them and to offer them, in Christ’s name, a way forward: repentance and forgiveness. If we know Christ, His sacrifice, His love, and the eternal life He offers us, we are commanded to tell others, whether by word, deed, or living example.

Q & A

What is the feast of our Lady of Loreto?



In 2019, Pope Francis set aside a day specially devoted to Our

Lady of Loreto. Loreto, Italy, is believed to be where the house in which Mary grew up is located. According to tradition, angels carried the house from Israel to Italy in the thirteenth century when the Holy Land was under attack.

Whether angels really transported the house, or a devout, wealthy family paid to have it moved, scientific findings have verified that the house itself is not from thirteenth-century Italy. The architectural style, construction, and the pollen granules found in the mortar are not characteristic of thirteen-century Italy, but of first-century Palestine.

We are not required to believe in the miraculous transportation of the House of Loreto, but the significance of this devotion still applies. We are reminded of her universal motherhood (John 19:27). We’re encouraged to ask her intercession for families today, and to remember the importance of the family in God’s saving plan.

Feasts & Celebrations

May 12 – St. Pancras (c. 304). Orphaned at an early age, he was brought by an uncle to Rome and, inspired by Christians, they converted. Both were beheaded for refusing to sacrifice to idols during the reign of Emperor Diocletian. St. Pancras was only fourteen years old.

May 14 - St. Matthias (1st century). When the apostles met to choose Judas’ successor, Peter said that the new Apostle must have followed Jesus from his baptism to his Ascension and

witnessed his Resurrection. St. Matthias was chosen by lots to fill Judas’ place.

May 22 - St. Rita of Cascia (1457). Unwillingly married off to a cruel husband at the age of twelve, St. Rita spent eighteen unhappy years before being widowed. After her sons died of illness, she became an Augustinian nun. She was known for her devotion to prayer and charity.

May 29 - Ascension of the Lord. This solemnity marks the completion of Jesus’ mission of salvation and His triumphant entry into Heaven.



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Partners in FAITH™

Helping our children grow in their Catholic faith.

May 2022

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Fr. Thomas Gudipalli

Thoughtful Moments

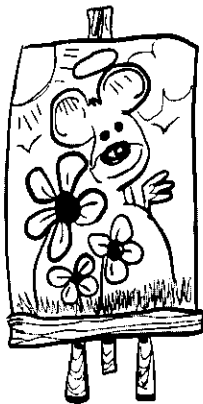
Talk about God

Children are naturally curious about God. Discuss your child's concept of Him. Does he see God as a loving parent or a harsh police officer, for example. Children are more likely to want to spend time with someone who is kind. Remind them that Jesus wants us to know God as our Father who loves and accepts each of us unconditionally.

A family novena

Introduce your children to the power of the novena. Together choose an intention and spend the next nine days praying about it. You can pray the Rosary for nine days, recite the Divine Mercy chaplet, or even write a novena service of your own. Even better, find out if your parish has a novena service you can attend as a family.

"And he went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart"
(Luke 2:51).



Help children love the Mass

At each Catholic Mass, Jesus Christ becomes sacramentally present among us, feeding us with the fullness of love. Helping children know and love the Mass will help them experience His love throughout their lives.

Prioritize. A busy family can have competing activities throughout a weekend. Yet, going to church together sends a strong message to children that Mass is more important than any of them. Don't miss Mass on Sunday or Holy Days. If you know you'll be traveling for vacation, research nearby Catholic churches and Mass times beforehand.

Prepare. Discuss the Gospel before Mass and read Scripture together often. Help children perform a daily

examination of conscience and go to Confession regularly to ensure everyone eligible can receive Communion.

Pray. Praying as a family is one of the ways to activate the graces we receive through the Sacraments. Start with a decade of the Rosary or traditional prayers before meals or bedtime. Our sacramental life sanctifies our everyday life. **Sing.** Children (of all ages) can connect with the celebration of Mass through the hymns. See



who can sing the loudest.

Celebrate! The Sacraments are channels of God's life, love, and grace. Write a special family prayer you can pray together to thank God for His many gifts after Mass. Afterwards, celebrate with a special dessert or fun family activity.

Why Do Catholics Do That?

The world's religions bear witness to the truth that God's children yearn for the One who created us. In turn, He draws us to the mysterious encounter known as prayer.

Prayer is the raising of our minds and hearts to God, or the petition of good things

Why do Christians pray?



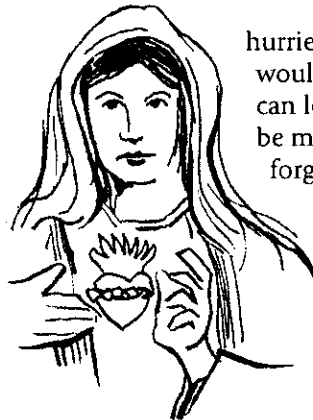
from Him that are in harmony with His will. Christian prayer is the personal and living relationship of the children of God with their Father, with His Son Jesus Christ, and with the Holy Spirit. It's how we stay connected with the One who loves us most.

Encourage children to embrace Mary's virtues

May is a month in which we honor our Blessed Mother in gratitude for leading us to her Son. She shows us how to follow Him by sharing the practice of virtues, such as:

Humility. Even when Mary learned she would be the mother of the Savior, she still considered herself a "lowly handmaid" (Luke 1:48). She surrendered to God's will. Children can practice humility by doing what they're asked willingly and quickly, and by waiting their turns patiently.

Generosity. After the Annunciation, Mary



hurried to Elizabeth's house knowing that her cousin would need help when St. John was born. Children can look for ways to help at home. They can also be merciful by letting go of grudges and choosing forgiveness instead.

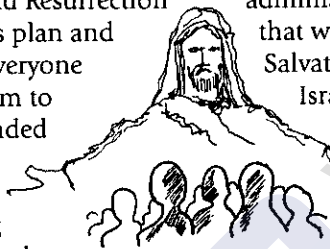
Gratitude. Mary's Magnificat is a prayer of praise, joy, and thanksgiving to God for blessing her and fulfilling His promises. Tell children to say "thank you" when someone does something nice for them. Encourage them to look for ways to share their gifts with others in need.

Scripture LESSON

Luke 24:46-53, Know Him, love like Him

The disciples' heads had to have been spinning. Jesus reminded them that His suffering, death and Resurrection had been part of God's plan and that they should tell everyone about it and invite them to repent. Then, He ascended and was taken from their sight.

As they stood staring at the heavens, two angels appeared to clarify matters for them. Jesus was enthroned in Heaven, but He had left them with a mission. They had to build up and maintain the Church and tell everyone the Good News. The blessings of



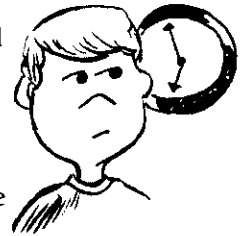
the New Covenant come through the preaching of the Gospel and the administration of the Sacraments that were entrusted to the Church. Salvation now extends beyond Israel to encompass all nations. Then other generations after them would encounter Christ and believe in Him.

What can a parent do?

Tell children about Jesus and how He wants us to live. Tell them His story, spend time with Him in prayer, and receive the Sacraments regularly. Then people will know we belong to Christ if we treat them like He did.

Parent TALK

It is important to me that we eat together as a family but every night I had to call Tobin three or four times for dinner. The food would get cold and my temper hot while we waited for him to join us. Finally, I decided to try something new.



The next night I announced that I would ring a bell at 6:00pm each night when dinner was ready. Whoever wanted to eat was welcome. An hour later, dinner would be over and the kitchen would close until breakfast the next day.

The next night I rang the bell and everyone came ... except Tobin. We said grace and enjoyed a nice, hot meal.

An hour later, Tobin came down looking for supper, puzzled that I didn't call him again. I reminded him that dinner was at 6:00pm and he missed it. "But I'm hungry," he said. "Then you'll really enjoy breakfast. We're having pancakes," I replied calmly and walked away. He was never late again.

Feasts & Celebrations

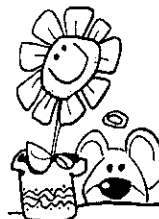
May 1 - St. Joseph the Worker (1st century). Entrusted with the care of the Blessed Mother and Jesus, Joseph was a humble carpenter who was dedicated to his family and obedient to God.

May 13 - Our Lady of Fatima (1917). The Blessed Virgin Mary appeared to three shepherd children near Fatima, Portugal, and asked that they pray the Rosary for peace, for the end of World War I, for sinners and for the conversion of Russia.

May 19 - St. Celestine V (1296). Born in Italy, Peter di Morrone was a

monk and hermit who founded the order of the Celestines as a branch of the Benedictine order. He was elected pope and accepted because the papacy had been vacant for two years. He resigned to return to his humble, pre-papal life but was imprisoned by his successor and died in prison.

May 30 - St. Joan of Arc (1431). Patron of France, St. Joan was inspired by God in a vision to lead the French to victory during the Hundred Year's War against England. She was captured and falsely accused of sorcery. She was canonized in 1920.



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