

Growing in FAITH™

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

October 2009

One Minute Meditations

Silence of the heart

Jesus often went off to be alone with God in quiet. Take some time each day just to keep company with God. Even as few as 10 minutes will help keep you connected to your loving Father. "In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Souls of prayer are souls of great silence." Blessed (Mother) Teresa of Calcutta

Ignore more

Ever notice how good it feels 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).



Father knows best

After months of unemployment, Tony was glad to find a job but was disappointed that it paid considerably less and had poorer benefits than the old one. Ashley and her husband had their hearts set on buying 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?

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 his way.

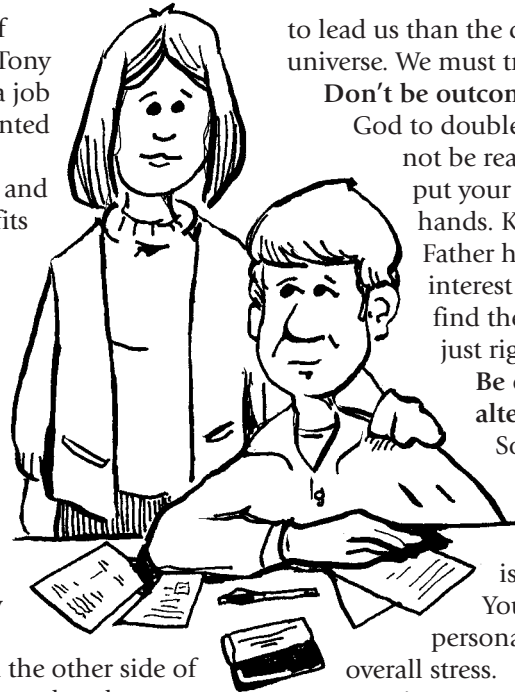
Don't be outcome specific. Asking God to double your income may not be reasonable. Instead put your worries in his hands. Know that your Father has your best interest in mind and will find the solution that is just right for you.

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).



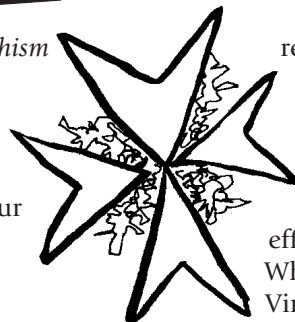
Why Do Catholics Do That?

According to the *Catechism of the Catholic Church* (CCC), a virtue is "an habitual and firm disposition" to do good. Virtues help us control our passions and guide our behavior to help us live morally good lives.

Four virtues that the Church

What is human virtue?

recommends as necessary for a moral life are: prudence, justice, fortitude, and temperance. These are called the Cardinal Virtues and they are acquired by effort and determination. When we practice the Cardinal Virtues, we freely practice the good God asks of us.

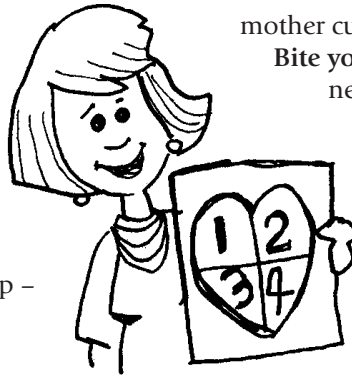


Four ways to show love

Making a practice of acting with kindness and love can make a difference to the people in your life. Try these ideas:

Be empathetic. Try looking at life from someone else's view. For example, service may be slow but perhaps the clerk is tired from nursing a sick child or working a second job. Instead of complaining, be friendly.

Put others first. Notice when others need help – no matter how minor. Hold the door open for someone disabled or infirm. Let the harried



mother cut in front of you in the grocery line.

Bite your tongue. You can't take back a critical or negative remark. Instead, find something positive to say or say nothing at all.

Offer your gifts. Make a list of what you do well and figure out how to use your gifts for others. Can you play the piano or guitar? Perform at a nursing home to cheer up the residents. Are you a good cook? Bring dinner to coworkers or neighbors. Don't expect thanks or rewards.

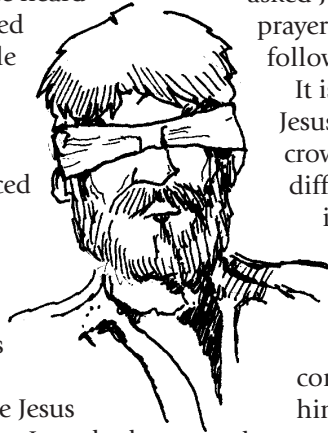
from Scripture

Mark 10:46-52, a blind man leads

Bartimaeus was a blind beggar who saw Jesus clearly. When he heard that Jesus was near he cried out, "Son of David," a title reserved for the Messiah. Although people tried to quiet him, Bartimaeus persisted until Jesus noticed and called him over.

Immediately, Bartimaeus threw off his cloak and ran to Jesus' side. Even the little he had was discarded to get to Jesus.

Bartimaeus stood before Jesus humbly, but confident that Jesus had the power to do whatever he asked. The only person in Mark's gospel to



call Jesus, "Master," Bartimaeus asked Jesus for his sight. When his prayer was answered, Bartimaeus followed Jesus as his disciple.

It is this profound trust that Jesus wants to elicit from the crowd – and from us. The difficulties of being Christian in a secular world can blind us to the joys of following Jesus. Try to approach Jesus with excitement and confidence. When we trust him as Bartimaeus did, we become true disciples who can tackle the difficult task of leading others down the road to God.

Q & A What does the "Year for Priests" mean to those who aren't ordained?

Celebrating the "Year for Priests" is a way to learn about the priesthood, to encourage vocations to the priesthood, and to honor the priests who care for us. Being a priest involves great personal sacrifice and commitment.



A priest gives his life in service to the Church.

First, consider offering a special prayer for your priest every day, and encourage others to do the same. Then tell him you are praying for him. Your prayers will sustain him in tough times.

Second, the most important thing you can do for your priest is to come to Mass every weekend. Do what you can to help your parish grow. Attend parish events and support your parish financially.

Finally, remember that your priest is human and may occasionally need your understanding. Respect his day off, forgive his mistakes, avoid imposing unrealistic expectations on him. Show appreciation by sending an encouraging note or leaving a positive message on his voicemail.

And don't forget to pray for an increase in vocations to the priesthood.

Feasts & Celebrations

In October we celebrate the Rosary with the feast of Our Lady of the Rosary on October 7. Praying the Rosary helps us meditate on the mysteries of our salvation – Jesus' birth, life, death, and resurrection and invokes Mary's powerful intercession.

October 14 – Pope St. Callistus I, (223). Callistus was a Roman slave who was jailed for losing his master's money. After his release, he became superintendent of Church land 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, creating great division in the Church.

October 16 – St. Hedwig (1243). Born to the Duke of Croatia, Hedwig was given in marriage at age 12 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. After his death, Hedwig became a Cistercian nun but didn't take vows so she could spend her fortune on charity.



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To provide practical ideas that promote faithful Catholic living.

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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)