

# Growing in FAITH™

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

June 2017

## One Minute Meditations

### St. Joseph Cafasso

St. Joseph was born in Castelnuovo d'Asti in Italy to peasant parents. From a young age, he was known for his humility in prayer. He entered the seminary in Turin, and was ordained in 1833. He went on to study and teach in the university of Turin. He combated the heresy of Jansenism and urged devotion to the Holy Eucharist. He was an excellent preacher, confessor, and retreat master. One of his pupils was St. John Bosco.

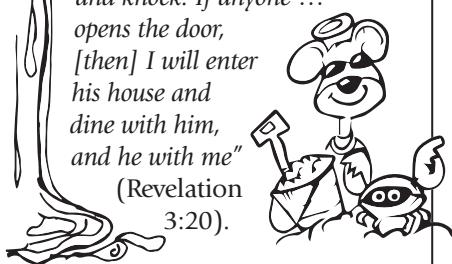


### God as Father

In Jesus' day, many people felt God was so holy, his name was unutterable. Imagine their surprise when Jesus taught them to call God Abba, which means, "Daddy"! When you pray, remember you're addressing a loving Father who is eager to help.

*"Behold, I stand at the door and knock. If anyone ... opens the door, [then] I will enter his house and dine with him, and he with me"*

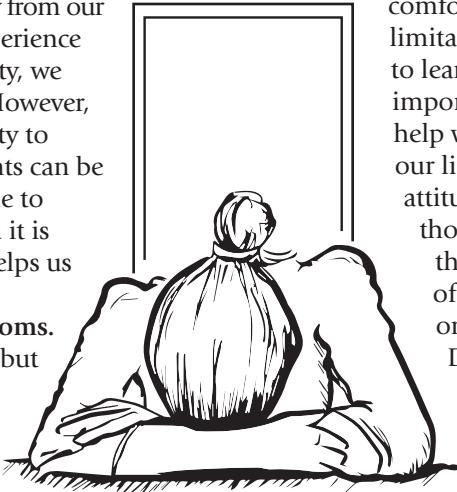
(Revelation 3:20).



## Don't let anxiety cloud your world

The peace Christ promised to his followers is not intended to eliminate all anxiety from our lives. When we experience feelings of insecurity, we will feel anxious. However, allowing our anxiety to cloud our judgments can be the greatest obstacle to receiving grace and it is that grace which helps us to cope.

**Know the symptoms.** Anxiety is like fear but dwells on personal inadequacy and insecurity rather than real and imminent danger. Common symptoms of anxiety are nervousness, mental unease, tension, or a desire to avoid a particular situation or person. When you can't determine a specific, reasonable cause for these feelings, it may be anxiety.



**Ask for help.** Work to understand your strengths and become comfortable with your limitations. While stretching to learn new skills is important, so is asking for help when confronted with our limits. If negative attitudes or opinions of those asked result, see them as expressions of their own viewpoints or personal problems. Don't demand more of yourself than you can give and be ready to ask for help.

### Be pleased with your best.

Anxiety results when we fear failure and the possible loss of approval or respect of others. Instead, refuse to fear imperfect results or others' judgment. Make the most of your talents, do your best, and respect yourself for your effort.

## Why Do Catholics Do That?

There are several reasons for this practice. Adding water to the wine represents the union of Jesus' humanity with his divinity. It also recalls Christ's Passion, when water and blood flowed from his side (John 19:33-35).

## Why does the priest add water to the wine at Mass?

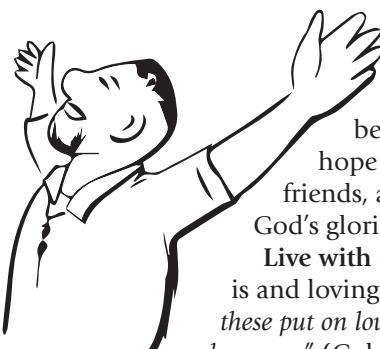


The priest adds water in imitation of Christ who, it is believed, used wine mixed with water as a common cultural practice in Jesus' day. Finally, the union of the wine and the water stands for the union of Christ and his people.

## The Christian life is richer with virtues

A virtue is a disposition to do the good. Virtues help us to perform good acts and give the best of ourselves. God gives us the theological virtues – faith, hope, and charity – to help us live as his children.

**Live with faith.** Through the gift of faith, we can believe in God, in all he has revealed, and all the Catholic Church teaches. Living by faith means our thoughts and actions are based on these convictions. "... For we walk by faith, not by sight" (2 Corinthians 5:7).



**Live with hope.** Believing that all things are possible with God, Catholics hope for a better world, hope that we will become the people God created us to be and hope we unite with him in Heaven. Family, friends, and the world around us are savored as God's glorious gifts.

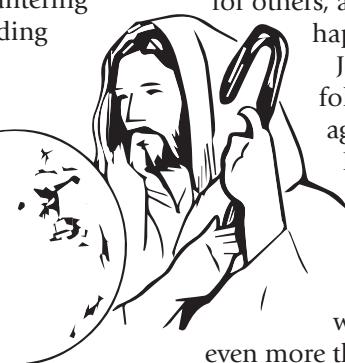
**Live with charity.** Charity is loving God for who he is and loving others because he asked. *"And above all these put on love, which binds everything together in perfect harmony"* (Colossians 3:14).

### from Scripture

#### Matthew 10:26-33, Keep calm and trust God

In today's Gospel reading, Jesus told his disciples not to fear encountering persecution, but to fear offending God, who has the final say in judging us. We offend God when we deny his love and refuse – through sin – to love him and others. Our faithfulness to Christ will bring us to Heaven, but it will also bring us into conflict.

Conflict with the world has always been a part of the Church's experience. Even in the United States, we face efforts to undermine Catholic beliefs and values. These attacks don't hurt us physically, but they



can eat away at our faith, our respect for others, and ultimately, our happiness.

Jesus' advice to his followers 2,000 years ago applies to us today. Instead of being afraid, we can trust God, who watches over all the details of our lives and who wants us in Heaven

even more than we want to be there. God won't make all our problems disappear, but he will give us the strength and grace needed to get through them, especially through daily prayer and the sacraments.

### Feasts & Celebrations

**June 4 – Pentecost (1st century).** After the Resurrection and Ascension of Jesus, the Holy Spirit was given to the Church at the first Pentecost. When the apostles received the Holy Spirit, the "new age" of the Church was born.

**June 6 – St. Norbert (1134).** St. Norbert lived in twelfth century Prémontré, France. He is known for founding the Norbertines to combat heresies and religious indifference. The Norbertines successfully converted heretics, reconciled enemies, and rekindled the faith in indifferent believers.

**June 11 – Trinity Sunday.** Today, we celebrate the Trinity – one of the great mysteries of our Faith. The Trinity is one God in three Persons: the Father, Son, and Holy Spirit.

**June 18 – Corpus Christi Sunday.** Corpus Christi is the solemnity on which we celebrate the transformation of the bread and wine into Jesus' Body and Blood in the Holy Eucharist. In response to the need for a feast devoted solely to the Eucharist, Pope Urban IV ordered a Church-wide celebration for Corpus Christi in 1264.



### Q & A

#### What is the history behind the Solemnity of the Sacred Heart?

Devotion to the Sacred Heart has been present since the time of the early Church. The Church

Fathers considered Jesus' Heart to be the source of the sacraments of Baptism and the Eucharist, symbolized by the blood and water that flowed from Jesus' side at the Crucifixion. The devotion continued into the Middle Ages when Pope Innocent VI instituted a Mass for the Sacred Heart.

However, its great popularity as a devotion resulted from the visions of St. Margaret Mary Alacoque, a young nun at the Visitation convent at Paray-le-Monial, France. On December 27, 1673, St. Margaret received the first of four great visions of Christ, in which he asked her to spread the devotion and described the practices connected to it. He revealed his great love for us, saying, "Behold this Heart which has so loved men that It spared nothing ... to prove to them Its love." At first her efforts were rejected, but in 1765 – seventy-five years after her death – Pope Clement XIII officially approved the devotion.

### Our Mission

To provide practical ideas that promote faithful Catholic living.

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