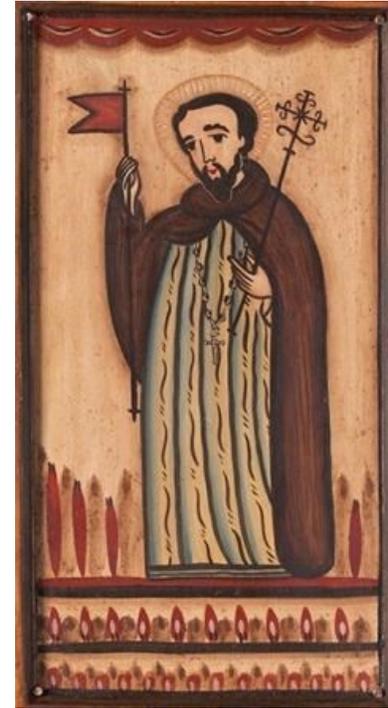


# Link to Liturgy



## Have Courage 19th Sunday of Ordinary Time St. Dominic (Aug.8)

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### Lessons and Discussions

**Page 5 – Do Not Be Afraid**

*“It is I, do not be afraid”*

**Page 7 – Have Courage**

*“Oh you of little Faith”*

**Page 9 – St. Dominic**

*“...a man of the Gospel”*

**Page 13 – Dominican Religious Habit**

*“Clothe me, O Lord”*

**Entrance Antiphon (Ps. 74(73):20, 19, 22, 23) – Simple English Propers**

*This should be chanted so that the time of prayer, study and discussion can be made sacred. Another song can be substituted, but should have the same theme.*

*Respice, Domine* *Ps 74 (73): 20, 19, 22, 23*

VII

**R** Emember, O Lord, your covenant, \* and do not  
 abandon for e-ver the souls of your poor; arise, O Lord,  
 and judge your own cause; forget not the cries of those  
 who seek you.

**Source:** <http://www.ccwatershed.org/>

**Alternate options:**

Hymns

Faith of Our Fathers  
 Praise, My Soul, the King of Heaven  
 Sing Praise to Our Creator  
 The King of Love My Shepherd Is

Songs of Praise

You Never Let Go (Matt Redman)

Remnant

Be Not Afraid

**Collect – Roman Missal (Memorial of Saint Dominic)**

In the name of the Father, and of the Son, and of the Holy Spirit.  
 Amen

May Saint Dominic come to the help of your Church  
 by his merits and teaching, O Lord,

blessed fruit of they womb, Jesus. O clement, O loving, O sweet  
 Virgin Mary.

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray. O almighty and everlasting God, who, by the co-  
 operation of the Holy Ghost, didst prepare the body and soul of  
 Mary, glorious Virgin and Mother, to become the worthy  
 habitation of Thy Son: grant that we may be delivered from  
 present evils, and from everlasting death, by her gracious  
 intercession, in whose commemoration we rejoice. Through the  
 same Christ our Lord, Thy Son, Who liveth and reigneth with  
 Thee in the unity of the Holy Ghost, God, world without end.  
 Amen.

**“The End” Notes**

- [1] footnotes NAB Mt 14:25
- [2] footnotes NAB Mk 6:50
- [3] footnotes NAB Mk 6:50
- [4] Psalm 77: 19-20
- [5] G Chervot, Simon Peter
- [6] In Conversation with God 4, 55.1
- [7] Mt 8:26
- [8] The Jerome Biblical Commentary Mt. 43: 104
- [9] In conversation with God 4, 55.2
- [10] St. John Chrysostom, Homilies on St. Matthew’s Gospel, 50,2
- [11] St. Augustine, On nature and grace, 43
- [12] Catholic Dictionary pg. 136
- [13] footnotes NAB Mt 6:30
- [14] The Jerome Biblical Commentary Mt. 43: 104
- [15] "Lives of Saints", Published by John J. Crawley
- [16] Source: Father Tom Noeson O.P.
- [17] <http://contemplare.blogspot.com/2006/02/dominican-habit.html>
- [18] The Arlington Catholic Herald. 1994, Fr. Saunders
- [19] Robert Feeney, The Rosary: “The Little Summa”

## IV. ANTIPHON SALVE REGINA, SIMPLE TONE

From First Vespers of the Feast of the Blessed Trinity to None on Saturday  
before the First Sunday of Advent.

Ant.  
5.  
S

Alve, Re-gi-na, \* ma-ter mi-se-ri-córdi-æ : Vi- ta, dulcé-do, et spes nostra,  
salve. Ad te clamámus, éxsu-les, fí-li-i Hevæ Ad te suspi-rámus,  
gemén-tes et flentes in hac lacrimá-rum valle. E-ia ergo, Advocá-ta  
nostra, il-los tu-os mi-se-ri-córdes ócu-los ad nos convér-te. Et Je-sum,  
bene-díctum fructum ventris tu-i, nobis post hoc exs-li-um osténde.  
O clemens : O pi-a : O dulcis \* Virgo Ma-rí-a.

V. Ora pro nobis, sancta Dei Genitrix.

R. Ut digni efficiamur promissionibus Christi

Let us pray. O almighty and everlasting God, who, by the co-operation of the Holy Ghost, didst prepare the body and soul of Mary, glorious Virgin and Mother, to become the worthy habitation of Thy Son: grant that we may be delivered from present evils, and from everlasting death, by her gracious intercession, in whose commemoration we rejoice. Through the same Christ our Lord, Thy Son, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, world without end. Amen.

### English Translation

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the

and may he, who was an outstanding preacher of your truth, be a devoted intercessor on our behalf.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### Gospel Reading – Matthew 14:22-33 – Roman Missal

**NOTE:** In the Roman Catholic Tridentine Lectionary this Gospel is not read.

A reading from the holy Gospel according to Matthew  
- Glory to you O Lord

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

The Gospel of the Lord.

- Praise to you, Lord Jesus Christ

### Spiritual Reading – Office of Readings – August 8

*From various writings on the history of the Order of Preachers*

Dominic possessed such great integrity and was so strongly motivated by divine love, that without a doubt he proved to be a bearer of honor and grace. He was a man of great equanimity, except when moved to compassion and mercy. And since a joyful heart animates the face, he displayed the peaceful composure of a spiritual man in the kindness he manifested outwardly and by the cheerfulness of his countenance.

Wherever he went he showed himself in word and deed to be a man of the Gospel. During the day no one was more community-minded or pleasant toward his brothers and associates. During the night hours no one was more persistent in every kind of vigil and supplication. He seldom spoke unless it was with God, that is, in prayer, or about God; and in this matter he instructed his brothers.

Frequently he made a special personal petition that God would deign to grant him a genuine charity, effective in caring for and obtaining the salvation of men. For he believed that only then would he be truly a member of Christ, when he had given himself totally for the salvation of men, just as the Lord Jesus, the Savior of all, had offered himself completely for our salvation. So, for this work, after a lengthy period of careful and provident planning, he founded the Order of Friars Preachers.

In his conversations and letters he often urged the brothers of the Order to study constantly the Old and New Testaments. He always carried with him the gospel according to Matthew and the epistles of Paul, and so well did he study them that he almost knew them from memory.

Two or three times he was chosen bishop, but he always refused, preferring to live with his brothers in poverty. Throughout his life, he preserved the honor of his virginity. He desired to be scourged and cut to pieces, and so did for the faith of Christ. Of him Pope Gregory IX declared: "I knew him as a steadfast follower of the apostolic way of life. There is no doubt that he is in heaven, sharing in the glory of the apostles themselves."

### **Responsory – Office of Readings – August 8**

This preacher of the new salvation leaped up like a flame.  
– His words burned like a torch.

humble themselves in this way before the entire Trinity whenever they chanted solemnly: "Glory be to the Father, and to the Son, and to the Holy Spirit." In this manner of profoundly inclining his head, as shown in the drawing, Saint Dominic began his prayer.

### **2. PROSTRATION**

Saint Dominic used to pray by throwing himself outstretched upon the ground, lying on his face. He would feel great remorse in his heart and call to mind those words of the Gospel, saying sometimes in a voice loud enough to be heard: "O God, be merciful to me, a sinner." [Luke 18:13] With devotion and reverence he repeated that verse of David: "I am he that has sinned, I have done wickedly." [II Kings 24:17]. Then he would weep and groan vehemently and say: "I am not worthy to see the heights of heaven because of the greatness of my iniquity, for I have aroused thy anger and done what is evil in thy sight"(28). From the psalm: "Deus auribus nostris audivimus" he said fervently and devoutly: "For our soul is cast down to the dust, our belly is flat on the earth!" [Ps. 43:25]. To this he would add: "My soul is prostrate in the dust; quicken thou me according to thy word" [Ps. 118:25].

### **Marian Antiphon – Salve Regina – Simple Tone**

**Black Capuce-** This is the final piece put on. It is a black hood and serves as a black shoulder cape and covering for the hood.

Heavenly Father,  
Who were with your great servants Moses and Joshua  
and used them to bring your children out of bondage,  
fill us with that same grace  
that we may preach your word boldly and with authority  
for the deliverance of those under the bondages of sin.

We ask this through Christ our Lord.  
Amen.

### **Profession of Faith or Popular Devotion – St. Dominic’s Nine Ways**

*Many times we rush into prayer with no preparation at all. Saint Dominic passed on what is called the nine ways. Below are two of the nine ways. The first two, inclination and prostration can help us enter into prayer so that our prayer can be more fruitful. Use the following two of the nine ways prior to individual or group prayer. For example prior to a decade of the Rosary, the Chaplet of Divine Mercy or other prayer the following verses can be read and the practices followed. For all nine ways please see endnote for the title of this devotion.*

#### 1. INCLINATION

Saint Dominic's first way of prayer was to humble himself before the altar as if Christ, signified by the altar, were truly and personally present and not in symbol alone. He would say with Judith: "O Lord, God, the prayer of the humble and the meek hath always pleased Thee [Judith 9:16]. "It was through humility that the Canaanite woman and the prodigal son obtained what they desired; as for me, "I am not worthy that Thou shouldst come under my roof" [Matt. 8:8] for "I have been humbled before you exceedingly, O Lord [Ps. 118:107]."

In this way our holy father, standing erect, bowed his head and humbly considering Christ, his Head, compared his lowliness with the excellence of Christ. He then gave himself completely in showing his veneration. The brethren were taught to do this whenever they passed before the humiliation of the Crucified One in order that Christ, so greatly humbled for us, might see us humbled before his majesty. And he commanded the friars to

True teaching was in his mouth; no evil was ever found on his lips.

– His words burned like a torch.

### **Do Not Be Afraid – Lesson and Discussion**

*"It is I, do not be afraid"*

At some point in our lives, we have been scared by the weather. Whether it was a strong thunderstorm with lightning and thunder, a tornado, hurricane, blizzard, earthquake, or something else, weather can make anyone nervous. In Sunday's Gospel reading, we see the Apostles in the middle of a terrible storm and to make matters worse, they were on a small ship that was about to be capsized.

**Why were the Apostles afraid?** They were afraid that their boat was going to be capsized and they would run the risk of drowning. It is interesting to note here that the threat of weather and being tossed from their boat happened before in Matthew 8:23-27. This was when Jesus was on the boat with them and they asked Jesus for help. This time however, Jesus was alone on the mountain praying. The disciples still called out to Jesus, and Jesus was still right there to help them.

**Why does God make bad weather?** First, God does not personally make every bad weather pattern. Secondly, certain weather patterns are essential for the life of our planet. For example, hurricanes help stir up huge amounts of oxygen in the water and moves water across vast miles. This helps keep the oceans alive and the wildlife in the oceans going strong.

**When was the fourth watch of the night?** Between three and six in the morning. The Romans divided the twelve hours between 6 PM and 6 AM into four equal parts called "watches". [1]

**Why does Jesus say, "...it is I"?** "It is I" is literally "I am". The same "I am" as the name of God in the Old Testament when God says who He is to Moses.[2]

**Why did the disciples think they saw a ghost?** There are some theologians who believe this story was actually after the resurrection of Christ[3], but both Mark and Matthew have this same story in the same timeline of Christ's life. It is not too difficult to imagine how seeing someone walking on water could

conjure up thoughts of a ghost. Jesus walking on water can be traced back to the Psalms where it says, "Your thunder resounded in the whirlwind; the earth quivered and quaked. Through the sea was your way, and your path through the deep waters, though your footsteps were not seen." [4]

**Video - "Do Not Be Afraid" - POP CULTURE CONNECTION - 3:49**

<http://youtu.be/uUoMdf1SqWY>

Saint Pope John Paul the Great's motto was "do not be afraid!" There are many times in his personal life he could have been fearful. When he became Pope, many people were nervous given the previous pope only reigned for one month. But, Pope John Paul's complete trust in Jesus Christ and Our Lady's intercession kept him from never fearing before, during his papacy, or at the hour of his death.

**Why did Jesus leave them?** Jesus had just done the miracle of the multiplication of loaves and feeding the five thousand men. Even though He was alone in prayer, He never stopped looking out for his Apostles. In our own lives, Jesus may send us out and it may feel as if He is not right beside us, but he is always there as evident in Sunday's Gospel reading.

When Peter reached out to walk on water with Jesus, he was beginning to fulfill his vocation. When he lost focus on Christ and focused more on the world, Peter became scared and began to sink. When we lose sight of God, we get scared and feel like we are sinking. We can have "A feeling of resentment towards another that is allowed to fester, a lack of honesty in certain questions that interest us, a friendship that is too absorbing or simply the awakening of baser instincts that are not rejected with vigor: little else is needed to raise up clouds between ourselves and God. Thus, the light of faith is darkened." [5]

**What are some of the clouds that rise up between God and us?** Many times clouds form when a cold front meets a warm front. Many times in our lives, we have a contradiction in what we believe and what we live. There may be a contradiction between what Christ teaches and lives and what we follow and what we live. These contradictions are like a warm front and cold front meeting. The contradictions cause cloudiness between God and us. When we cannot see God clearly, we have only one other place to look and that is to ourselves. **How can we remove the blur; the cloudiness between God and us?** It is only when

**Rosary-** In addition to what was mentioned earlier, the rosary of a Dominican is typically made of black beads.

O God, whose only-begotten Son,  
by his life, death, and resurrection,  
has purchased for us the rewards of eternal life,  
grant, we beseech Thee,  
that meditating upon the mysteries of the  
Most Holy Rosary of the Blessed Virgin Mary,  
we may imitate what they contain and obtain what they promise,  
through the same Christ our Lord.  
Amen.

**Scapular-** Their Scapular is not like that of a lay scapular that is just a two little square cloths, but one long white strip of cloth that is shoulder length and that reaches to their feet front and back. The Scapular was given by Mary and is traditionally the most important article of the habit.

Show yourself a mother,  
He will hear your pleading  
Whom your womb has sheltered  
And whose hand brings healing.

**White Capuce-** A Capuce is a short rounded should cape that has a white hood attached to it. The covering of one's head is to be used only by Dominicans liturgically. This piece goes over the scapular.

Lord,  
You have set your sign upon my head  
that I should admit no lover but you.  
Amen.

**Cappa-** This is a long black cloak that is equal length to the tunic and scapular. This symbolizes the overlaying of purity of life of them struggling with the blackness of sin. The Cappa represents the need for penance.

We fly to your patronage, O Holy Mother of God,  
do not despise our prayers in our necessity,  
but free us from all peril, O Blessed Virgin.  
Amen.

**rosary?** It is in our tradition that St. Dominic helped produce the rosary as we know it today. The rosary is an important tool, weapon, and symbol for all Dominicans. It is typically worn on the left side of their body and Dominicans wear a twenty-decade rosary for all twenty mysteries of the rosary. They wear the rosary on their left side because it symbolizes their weapon. During the Middle Ages, a knight would wear his sword on the left side of his body. So too, Dominic wore his weapon against Satan on his left side.

Under the title Our Lady of the Rosary, Mary appeared to Dominic in 1208. Prayer beads had been used for hundreds of years before Dominic's time and while scholars argue that Dominic had a hand in the actual formation of the physical format of the rosary as we know it today, we do know he preached about using the rosary during his time, especially against the Albigensians and against the Devil.[18] Pope Pius XI said, "The Rosary of Mary is the principle and foundation on which the very Order of Saint Dominic rests for making perfect the life of its member and obtaining the salvation of others." [19]

**What is special about their habit?** A Dominican does not just throw on his or her habit like we do when we put on our clothes in the morning without a second thought. When a Dominican puts on their habit in the morning, there are prayers he or she recites. Here is the list of the pieces of clothing they put on and the prayers they pray:

**Tunic-** The tunic is a white woolen one-piece, shoe-top length gown with long sleeves and cuffs.

Clothe me, O Lord, with the garments of salvation.  
By your grace may I keep them pure and spotless,  
so that clothed in white,  
I may be worthy to walk with you in the kingdom of God.  
Amen.

**Cincture-** The cincture is a black leather belt with a simple buckle. It represents their vow of chastity and of justice.

Gird me, O Lord, with the cincture of justice and the cord of purity  
that I may unite the many affections of my heart in the love of you alone.  
Amen.

the Apostles see clearly that they pay Him homage and make a profession of faith, "Truly, you are the Son of God." Many times we wonder why people do not pay Jesus homage today. What is homage? Homage is respect and worship. Many people do not respect the name of God and take His name in vain. Many people do not respect speaking to God and thus stop praying. Many people do not worship God and thus stop going to Mass. Why have we lost the homage? We cannot pay homage if we do not see Jesus clearly, nor can we profess our faith both privately and publicly. This is one of many examples in the Gospels of what it takes to make a profession of faith.

[\[See also Link to Liturgy Lesson - Person or Profession?\]](#)

We should never be afraid, no matter what the world throws at us. In the first reading, Elias was sent by God to wait and hear Him. Elias experienced some severe weather, but it was not until the calming breeze that he heard God. When we face heavy storms in our lives, we should take great comfort from the Gospel reading this Sunday knowing that Jesus will always be there reaching out for us. "He will not pass us by and go on his way. What could we possibly lack if we are his friends in the middle of this world, if we want to follow him day after day among all those others who abandon him?" [6] **When has God given you peace in your life? Discuss a time when you were scared, but you felt God's peace.**

**Have Courage – Lesson and Discussion**

*"Oh you of little faith"*

As mentioned in the previous lesson, [Do Not Be Afraid] this situation of the Apostles being in harms way due to the weather happened before. Similar to the previous time when the Apostles were on a boat and the weather was pounding them, Jesus again mentions the lack of faith saying, you of little faith [7]. They still had a ways to go. Yet, it was Peter showing extreme faith and courage by coming out and following Christ, even for just a few moments.

**Why did Peter get out of the boat?** "His (Peter) special position in the Twelve is clearly affirmed; here it is suggested that Peter has responsibilities not shared by the others. If he is to meet these responsibilities, he must have faith." [8] Matthew is the only narrative to tell of Peter's courage. This is no surprise because this is the start in his Gospel showing Peter's place as

head of the Apostles.

**Why did Peter start to sink?** “Peter stopped looking at Jesus and began to notice the difficulties around him. Seeing that the wind was so strong, he became fearful. He forgot for a moment that the strength holding him up on the water did not depend on the circumstance, but on the Will of the Lord...Peter began to sink, not because of the waves but because his confidence in him who can do all things wavered.”[9] **What things in our life have distracted us from Christ? If we are supposed to keep our eyes on Jesus, how do we do that in our lives? How can we keep our eyes on Jesus?**

**Music - Save by The Rocket Summer - POP CULTURE CONNECTION - 3:57**

<http://youtu.be/yLGJCyF30lg>

The chorus of the song cries out for God to save him from sinking and amaze him to keep holding on. Jesus saves Peter from sinking and amazes all the Apostles to hold onto their faith in Him by walking on water.

Peter, although sinking, still had faith that Jesus could save him. He had the courage to ask for the Lord’s help. We must remember, “when our cooperation is lacking divine help also ceases.”[10] At times, we can be out of our element when God asks us to rise above the occasion. Peter was asked to do the impossible; to walk on water. Many of us are asked at times in our lives to do things we think are impossible. We should never forget that “God does not demand the impossible. Instead, when He makes a request, He asks that we do what we can do, that we ask for what we cannot do and for his help to carry it out.”[11] Blessed Mother Teresa would say to her sisters that God does not call us to be successful, but to be faithful. Saint Peter was not successful walking on water, but he was faithful.

**What is courage?** Courage is a “virtue of bravery in facing difficulties, especially in overcoming the fear of consequences in doing good.”[12] There are two types of courage; moral and physical. Moral courage deals with the pursuit of doing what is right even if that means we are ridiculed for it. Physical courage is the emotional or physical strength to hold up against certain opposition. One area in particular that we can exercise our courage is in the Pro-Life movement. We face fierce opposition, and it takes real courage to go and pray in front of an abortion clinic. **Discuss some other areas where we can be**

impact on the world and the Church was great. He only carried the Gospel of Matthew and the letters of Saint Paul, but in every way carried the Gospel in his life and became known as a man of the Gospel. His gift was joy and he was nicknamed the joyful friar. This gift of joy he passed on to his community. If any of the brethren were not happy campers, he told them that they were not where God wanted them.

His simple mandate was that the friars preach from contemplation. He himself was either talking to God or about God. We too are called to preach and teach about Jesus, but how can we preach and teach if we don’t know Christ? We must first contemplate Christ and tell those in our lives about the one we have contemplated. When Saint Dominic was dying with his crying brethren about him, he said that he would be more helpful to them after his death than while he lived. That statement is at the center of the Dominican prayer for vocations. [16]

**Dominican Religious Habits – Lesson and Discussion**

*“Clothe me, O Lord”*

With hundreds of different religious orders, there are many different habits. Habits are special attire one wears to show they are consecrated to a specific religious order. For example, Franciscans typically wear brown or grey, Jesuits are known for wearing black, and the Dominicans are known for wearing white.

The tradition of the white and black habit for the Dominicans is from when Our Lady appeared to Blessed Reginald of Orleans in 1218, cured him of a sickness, and showed him the habit in which to wear for their order. This was then brought to Dominic and thus became their habit.[17]

**Why do Dominican's wear white?** The habit of a Dominican is white and black. The white stands for purity and the light of Christ to the world, while the black symbolizes penance and mortification. It represents their mission to be pure of mind, body, and soul. White also became the staple for the Pope due to Pope Pius V, who being a Dominican himself opted to wear his white habit rather than all red as previous popes had. His successor carried on the tradition and it is still done to this day.

**Why is St. Dominic attributed with the forming of the**

Mass together and then eat together. While the two saints' character and approach were different, they both stood united in the same truth of faith and charity.

Their orders are the last of the orders. Dominicans are under the rule of Augustine because Dominic needed to pick an existing rule. He picked the Augustinian rule because it was the shortest. Both Saint Dominic and Saint Francis brought to the Church humility in imitation of Christ. They called themselves friars or brothers. The "friar" was seen spirituality as substandard and unworthy of holy life. Benedictine was the approved and constant choice for religious life at the time. Leaving the monastery, as Dominic and Francis did to go into the world, was unacceptable to many, especially the wealthy. Both Dominic and Francis were from wealthy families and both had courage breaking out of the mold that was expected and into the mold of what Christ expected.

Upon returning to Prouille, Dominic began training and instructing his brothers. The primary focus for them was their own sanctification. He preached humility and putting their whole trust in God alone to provide for them. 48 hours later, he broke up his men and sent them off to various places; Spain, France, Toulouse, and for Dominic himself, back to Rome. There he remained with the Pope to preach and teach the clergy of Rome. The Pope in return gave Dominic a church to work out of; St. Sixtus.

Dominic also performed miracles. A chronicle reported that a woman named Gutadona went to hear Dominic preach one day. When she came back home, she found her young child dead. Completely distraught, she carried her child to St. Sixtus and laid him at the feet of Dominic. Dominic said a few words of intense prayer under his breath, made the sign of the cross, and the child was brought back to life.

In 1221, Dominic fell ill and knew his time was almost done on earth. His last testament to his brothers was "These, my much loved ones, are the bequests which I leave to you as my sons; have charity among yourselves; hold fast to humility; keep a willing poverty." He then asked to be carried back to his home in Bologna to be buried there, and in early August, he died at the age of fifty-six.

Saint Dominic was a tiny man, a little over five foot, but his

**courageous.**

**How is courage different from fortitude?** "Courage is being more aggressive in undertaking, whereas fortitude is more patient in undergoing what is virtuous but hard." There are times in our lives when we need to be aggressive; to take charge in our life. Courage is the virtue that helps us step out of the timid part of ourselves and do what needs to be done.

**How did Peter have courage?** Peter aggressively went after what God had called him to do. For us in our own vocation, we must be courageous and go after what God is calling us to do. We must have confidence in God to keep us from drowning under this world.

**Why does Jesus say "oh you of little faith"?** He only remarks this to His disciples, not to everyone. He tells it to those who should have the deepest of faith in Him.[13] Since we are followers of Christ, we too should hear Jesus' remarks.

**How can we regain our confidence?** We can make an examination of conscience and see where we made our faults. Remember, God is the constant. We are the ones who go off and lose sight of Him. We are the ones who get tossed around when the waves are rough, but we are all called, just as Jesus called Peter out of the boat, to begin our trust in Him again.

"The disciples in the boat represent, in a not too subtle way, the Church, from which Jesus is never far even when the situation is threatening and he is invisible." [14] The next time we are sinking or our lives seem to be tossed around, we must have the courage to ask for our Lord's help. We must realize we are the ones who have taken our gaze off of Jesus who is our way, and reach out in faith for Him to help lift us out of our distress.

### **St. Dominic – Lesson and Discussion[15]**

*"...a man of the Gospel"*

Many people may know of the Dominicans, but few know of the life of the saint. This Catholic Spaniard help form the Dominican order, fight heresy, form preachers, and is attributed with the formation of the rosary.

### **Upbringing**

Dominic was born in 1170 in Calaruega, Spain. His parents

were noble people and had vast connections to the wealthy. It was known early on in his childhood that he was destined to become a priest and serve the Church. His charity and insatiable hunger for the faith made Dominic stand out even at an early stage in life.

At the age of twenty-five, he was ordained to the priesthood. He lived under the rule of St. Augustine. These strict rules helped form the young priest in the practice of discipline. His desire to preach and teach the truth came two years later. While on his way for a diplomatic affair with the Bishop, they passed through a city in southern France. During this time, there was a heresy spreading called Albigensianism. The host at the hotel where they stayed for the night was an Albigensian. Dominic found out about this and spent the whole night with the man, and by morning, had converted the man to the Church. This is where we see that Dominic knew his vocation, as a priest was to teach to the world.

**What is Albigensianism?** Albigensianism is a belief of dualism. In other words, anything that is the creator is the only good, while anything that is material is evil, and the creator of the material world was the devil. An Albigensian would have denied the Incarnation and many other beliefs in Jesus Christ, God, and the Catholic faith. They said to be “pure” was to refrain from sexual relations and to eat and drink as little as possible. Suicide by starvation was considered a noble act. This movement not only threatened their spiritual life, but also the whole human race. This movement was particularly popular in southern France. People would see their way of life as more noble compared to their counter-parts; the priest who lived a life of luxury and wealth as compared to the Albigensians. Dominic, realizing this error, advised the clergy to give up what was excessive and to begin peacefully preaching to the people. Through his preaching, Dominic had many successes in converting the people. It was during this time frame that he began the framework for his order of preachers.

Along with educating non-believers, Dominic had a strong belief in educating those who were in the Church. His mission was to revive a true apostolic spirit in the ministers of the altar (renew the mission of the priests from their pleasures). The order would not be like the Augustinians or Benedictines who were typically cloisters who remained brothers, but of men who would be priests of preachers and have theology as their backbone. They

would also practice giving up meat and living the vows of poverty, chastity, and obedience. Dominic looked to equip the Church with zealous preachers to spread the light of Christ. He prepared his brothers through intense prayer, self-denial, and obedience. Dominic was quoted as saying “A man who governs his passions is master of the world. We must either rule them, or be ruled by them. It is better to be the hammer than the anvil.” He instructed them not only in what words to say, but how to say them with charity. After a beautiful sermon, a woman asked what book he got it from. “In none,” he responded, “but that of love.”

He set up headquarters at Prouille, in southern France. In 1214, he was given permission by the Bishop and later recognized by Pope Innocent III. The pope also issued a decree to all clergy reminding them of their priestly duties of preaching and selecting pastors of churches who had a strong work ethic and were good with words. We too must pray for our priests and pastors at our parish to be great preachers, and to fight ignorance, heresy, and sin with their words. Two years later, Pope Honorius III formally confirmed the order and their rule.

While in Rome, Dominic asked Honorius if there could be a master of sacred studies for all the clergy who resided in Rome. Many of them would not leave the courts and were not attending lectures or studies beyond the walls of the Vatican. Pope Honorius III decided to make a new position of the office of Master of the Sacred Palace. This position serves as the Pope’s personal canonist and theologian. Honorius appointed Dominic to this position. Ever since then, a Dominican friar has held that position. St. Dominic’s first lectures were on St. Paul’s Epistles.

At this same time, another famous saint was working on the Church; St. Francis of Assisi. St. Dominic formed a friendship with Francis while in Rome. One night, Dominic had a dream of the world being threatened by God’s just anger, but was kept from harm by the intercession of the Virgin, who pointed out to her Son two figures; one was Dominic and the other was a stranger. The following morning in the church, Dominic saw the other person in his dream; a poor raggedly dressed man, Francis of Assisi. Overcome with joy, he ran over, embraced him, and said, “You are my companion and must walk with me. For if we hold together no earthly power can withstand us.” The two orders still carry a brotherly bond between each other. To this day, on each other’s feast days, the brothers of both orders sing