

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

October 2021

One Minute Meditations

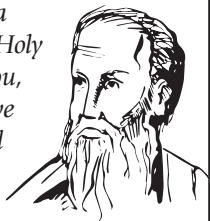
God is Love

God is the creator of the universe, who made everything from nothing. Yet, He is not a remote, uninvolved God. Nor is He an unforgiving judge waiting for us to mess up. Rather, God is our Father who loves us more than we could ask to be loved.

His temple

St. Paul teaches that *"your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own."* We understand it is unhealthy to overeat or abuse drugs or alcohol. Yet, we don't always acknowledge the harm of watching movies and television shows with violence or sex, or listening to music with profane lyrics. God's temple deserves respect. *"Therefore, glorify God in your body"* (1 Corinthians 6:19-20).

"Daily prayer is the foundation of sanctity. Some prefer it in the morning. Some late at night. However, whenever, wherever, it's a must!" Timothy Cardinal Dolan



"Lead us not into temptation ..."

No one is exempt from temptation. Being enticed by the attractions of this world is part of our human condition, but successfully fighting it makes us stronger and holier.

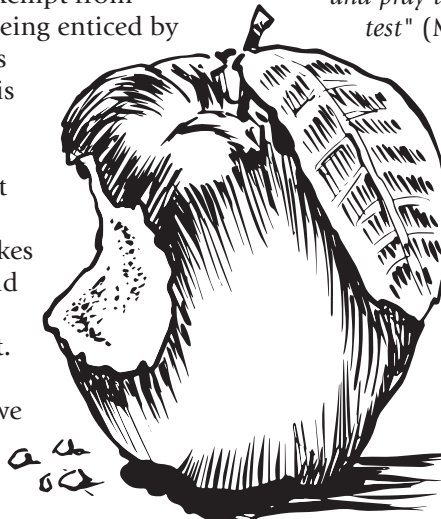
Watch for it. Temptation strikes when we are least able to fight it. Identify what tempts you most and try to anticipate when you are weakest. Then devise a plan of action – not just a resolution – to help you resist.

Pray through it. When Jesus caught His disciples sleeping in the garden instead of praying, He said, *"Watch*

and pray that you may not undergo the test" (Matthew 26:41). Overcome temptation by being alert to it and praying instead of indulging in it.

Run from it. Sometimes fleeing temptation is the best way to resist it. *"God is faithful, and He will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it"* (1 Corinthians 10:13). Avoid people, places or situations that give you trouble.

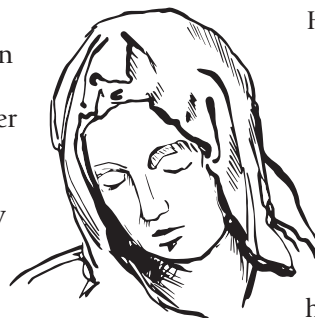
Don't start it. It is easier to resist temptation if you stop it when it starts. Then it won't have the force of habit. Though it is never too late to ask for God's help, the longer you live with the temptation, the harder it will be to turn to Him.



Why Do Catholics Do That?

Why do Catholics turn to Mary?

In Old Testament kingdoms, the queen mother played a significant role in her son's governance of His kingdom. Her power and authority flowed from her position as it related to her son.



His subjects often petitioned her to speak for them. As Queen Mother of Heaven, Mary's purpose is to further her Son's kingdom. When we turn to her, she acts with her authority to bring our concerns to her Son, and He is always inclined to fulfill her wishes.

God's love never changes

It's only human to want to be loved. Unfortunately, even the best friend or lover will let us down once in a while. That can leave us lonely or searching for the wrong kind of love. Fortunately, God will never let us down. His love is the right kind of love to have.

His love never changes. Standards set by humans change over time. Something considered "in" today, can be "out" in no time. God's love is unchanging and unending.

Friends come and go. Sooner or later, you have

to leave your friends or they leave you. But Jesus said, "... behold, I am with you always, until the end of the age" (Matthew 28:20). God never leaves.

He loves us for who we really are.

There's nothing God doesn't know about us, and He adores us anyway. If God likes you, others will, too. To please God we have to fill ourselves with love for Him and other people, and that makes us even nicer to be around. Pass it on.



from Scripture

Mark 12:28-34 - The first Commandment

The Jewish authorities often tried to draw Jesus out and get Him to say something counter to Jewish law. That way He could be discredited – or worse. Yet, the strategy never worked for them. In fact, one of the scribes was so impressed by Jesus' response to a challenge by the Sadducees that he posed a question of his own. He sincerely wanted to learn from Jesus' answer.

The scribe asked which of the commandments was most important. Jesus said everything starts and ends with love – love of God and love of each other. To love God is to



love one another. They are as inseparable as the beams of the cross. While it is easy to love God, loving others is more difficult.

But true love of neighbor is measured by how we treat those who are neither family nor friends. It means including people when the natural inclination is to exclude or avoid them. Jesus loved prostitutes, thieves, lepers, even His political enemies. This is how God loves and He calls us to do no less.

Q & A Why is a Catholic Funeral important?

Although no one enjoys dwelling on death, most of us will mourn and bury loved ones in our lifetimes. Friends may counsel us to skip the church funeral and just "get it over with," but our faith provides the strength we need to deal with death.



The Church has created Rites to help us face the difficulties and reality of death.

Every baptized Catholic has a right to a Catholic funeral. The Rites of a Catholic Funeral include Prayers after Death, Prayers in the Presence of the Body, the Scripture Prayer Service at the Wake, the Funeral at Church (with or without Mass), and the Internment Prayer Service at the cemetery. Together these services not only make up the total Catholic Funeral Service, but also provide the Church's special prayers for the deceased. The Rites also support families and friends who are grieving for their loved one.

Catholics are entitled to a Catholic Funeral whether they are frequent or infrequent Mass attendees. (For specific questions, check with your local parish.)

Feasts & Celebrations

In October we celebrate the Rosary especially on the feast of **Our Lady of the Rosary on October 7th**. The Rosary helps us to meditate on Jesus' birth, life, death, and resurrection.

October 6 – St. Bruno (1101). Bruno was born in Germany, studied in France and became a theology professor. With six other companions, Bruno founded the Carthusian Order in 1084 and helped reform the clergy in Rome.

October 14 – St. Callistus I (222). A Roman slave, Callistus obtained his

freedom and was ordained a deacon by Pope Zephyrinus, whom he later succeeded. Callistus's election caused an eighteen-year schism, spawning the first anti-pope. In a time of trial and confusion, he reopened the Church to all. He was martyred in Rome.

October 20 – St. Paul of the Cross (1775). Paul was inspired by a vision to start a religious order dedicated to the Passion of Christ.

He founded the Passionists in 1720, lived a penitential life, worked miracles, and cared for the poor and sick.



Our Mission

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)