

# Growing in FAITH™

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

May 2016

**St. Clement Mary Hofbauer Parish**

Conventual Franciscan Friars

## Give your prayer life a boost

A rich prayer life is the key to happiness in this life and the next. Enriching our prayer is not always about the prayers we say, however. How we approach our time in prayer can be as important.

*"Be still, and know that I am God"* (Psalm 46:11). When we greet a dear friend, we may wave, hug, or say, "hello." When beginning prayer, start by placing yourself in God's presence and greet him as a dearly loved one.

**Come as you are.** God is the only one in our lives with whom we can be completely ourselves. We don't need to have special clothing, use flowery

language, or fold our hands a certain way. For prayer to work, we just have

to bring our whole selves. You will be amazed by what he will do with that.

**Take time out.** "Silence is so lacking in this world which is often too noisy, which is not favorable to recollection and listening to the voice of God" (Pope Emeritus Benedict XVI). Find fifteen minutes you can make silent and place God at the center of your attention.

**Don't stop with prayer.**

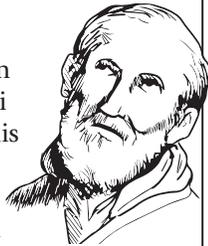
Prayer helps us to learn God's will for us. When we act in communion with his will, it is then that our whole life becomes a prayer in action.



## One Minute Meditations

### St. Philip Neri

Born in Florence in 1515, St. Philip Neri was known for his impulsiveness and sense of humor from a young age. Although he was in line to become a successful businessman, he abandoned his career for a life of prayer and study, spending much of his time giving spiritual direction to the youth. He later founded the Oratorians, where reading, singing, and charitable works were to be practiced. He is remembered for his humor and his joyful love of God.



### True Charity

True charity is challenging because it requires patience. St. Therese said, "True charity consists in putting up with all one's neighbor's faults, never being surprised by his weakness, and being inspired by the least of his virtues." Think positively about everyone - even those who irritate you.

"True charity consists in doing good to those who do us evil, and in thus winning them over."

St. Alphonsus Ligouri



## Why Do Catholics Do That?

### Why do Catholics believe in the Trinity?

The Trinity is one of the great, central mysteries of our faith. We believe it because Jesus, who is Truth, revealed it to us. "Go...make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy



Spirit" (Matthew 28:19). The Trinity is one God in three Persons: the Father, Son, and Holy Spirit (*Catechism of the Catholic Church*, # 253). The Three Persons are distinct from one another, yet each is God.

## Mary brings us to the heart of her Son

Jesus so loved his mother that his last thoughts on the Cross were of her. He gave her to us as our own mother, and wants us to honor her. "Since Mary is rightly to be regarded as the way by which we are led to Christ, the person who encounters Mary cannot help but encounter Christ likewise" (Mense Maio, Blessed Pope Paul VI).

For her "yes." Without fully understanding what God intended, she unhesitatingly agreed to become his mother. Her "yes" made it



possible for God to become human and be crucified for our salvation. Following her example means saying "yes" to whatever God asks.

For her sacrifice. Wouldn't you be forever grateful to someone who gave up her child so that you and your loved ones might live? Mary loved her amazing child and she experienced unspeakable heartache as he was sacrificed for us. Praying the Rosary regularly reminds us of the life of Jesus and the desire of his Mother to bring us close to his heart.

### from Scripture

#### Luke 9:11b-17, God's generosity

This Gospel illustrates Jesus' compassion and generosity. He and his disciples were tired after a long, hard day of preaching. Certainly he would have been entitled to some rest. Yet when the crowds followed him, he cared for them and taught them. The people were tired and hungry, so he asked the disciples to feed them.



Overwhelmed by the numbers, they asked Jesus to send everyone home to get food. It seemed like an impossible task to feed them all.

Instead, Jesus took what little food they had — five loaves and two fish —

and multiplied it a thousand times. The disciples were awed by Jesus' power. For God, there is no need so great that it can't be met.

We may give God a little time, attention, or service but we cannot "out-give" the Giver. He will take our gift to him and give us something magnificent in return.

We see this clearly in the Eucharist. God only asks for an hour of our time once a week. In exchange he gives us himself — Body and Blood, Soul and Divinity.

### Q & A What is Corpus Christi?

Corpus Christi is the solemnity that celebrates the transformation of the bread and wine into Jesus' Body and



Blood in the Holy Eucharist. It is celebrated on the Sunday following Trinity Sunday.

St. Juliana of Mont Cornillon, Belgium, had a deep devotion to the Eucharist. One night, St.

Juliana had a vision. She saw the full moon, representing the Church, with a dark spot in it, representing the missing solemnity. The Eucharist was so important it needed its own feast day.

St. Juliana petitioned everyone from her bishop, Robert de Thorete, to the pope to institute a special feast in honor of the Eucharist. Bishop Robert, who favored her request, ordered the celebration to be held in his diocese. Word of the solemnity reached Pope Urban IV, and in 1264, he ordered a Church-wide celebration for Corpus Christi, and granted indulgences to the faithful if they attended Mass that day. Finally, he asked St. Thomas Aquinas to compose the Office for the feast.

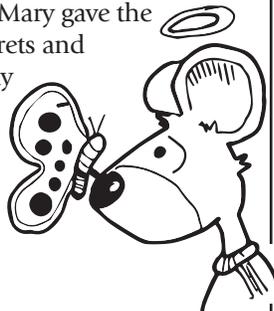
### Feasts & Celebrations

**May 5 - Ascension of the Lord.** This solemnity marks the completion of Jesus' mission of salvation and his triumphant entry into Heaven. Note: In many dioceses, observance of the Ascension has been moved to the following Sunday.

**May 10 - St. Damien of Molokai (1889).** Born in Belgium in 1840, Joseph de Veuster became Father Damien at the age of 19. He ministered to people with leprosy on the Hawaiian island of Molokai where he built roads, water systems, churches, and coffins. He

began each homily with "My dear Lepers," until one day it became "My fellow Lepers." He died of the disease after serving for sixteen years. He is the patron of lepers and outcasts.

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



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