

Growing in FAITH™

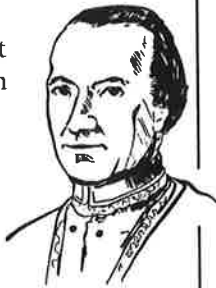
Discovering **hope and joy** in the Catholic faith.

May 2019

One Minute Meditations

St. John Baptist de Rossi

Born in Voltaggio, Italy, St. John Baptist de Rossi was born to devout, middle class parents. Being an excellent student, he was invited to join the Roman College at the age of thirteen! Ten years later, John was ordained a priest. He spent his days serving prisoners, workers, and the patients of the local hospitals and his nights ministering to the poor people of the street. He died of illness, worn out by his labors.



Turn to Mary

During the month of May, we honor Mary, the Mother of God (and ours, too). Turn to her for guidance and protection and she will bring you to her Son: "Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided."

"His mother said to the servants, 'Do whatever he tells you.'" (John 2:5).



Add more joy to your life

Joy is more than a feeling – it comes from making choices that are pleasing to God. Try these tips to add joy to your life.

Give three compliments every day. "Like golden apples in silver settings are words spoken at the proper time" (Proverbs 25:11).

Look for the silver lining in every cloud. "Even though you meant harm to me, God meant it for good, to achieve his present end, the survival of many people" (Genesis 50:20).

Make the best of any situation. "We know that all things work for good for those who love God, who are called according to his purpose" (Romans 8:28).

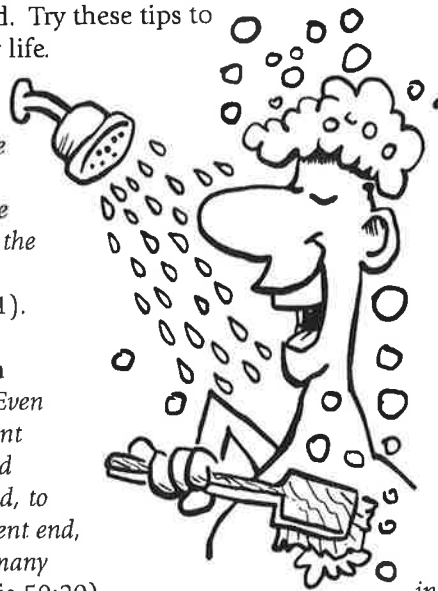
Tip generously, give freely to the needy. "He who confers benefits will be amply enriched, and he who refreshes others will himself be refreshed" (Proverbs 11:25).

Say, "thank you," often. "In all circumstances give thanks, for this is the will of God for you in Christ Jesus" (1 Thessalonians 5:18).

Sing in the shower. "But I shall sing of your strength, extol your love at dawn, for you are my fortress, my refuge in time of trouble" (Psalm 59:17).

Trust God's judgment more than your own. "Trust in the Lord with all your heart, and do not rely on your own insight.

In all your ways acknowledge him, and he will make straight your paths" (Proverbs 3:5-6).



Why Do Catholics Do That?

Why do Catholics invoke the Holy Spirit?

As the Third Person of the Trinity, the Holy Spirit is invoked every time we make the Sign of the Cross. In Baptism, he dwells in our souls and makes us children of God (Romans 8:15). He makes us



receptive to God's grace. He also teaches and helps us to pray. He guides and protects us, just as he guides and protects the Church. Through his gifts, he inspires and enables us to do the good we ought to do.

What will you keep after Easter?

Lent is a chance to take a look at our lives, jettison what is bad, and keep what is good beyond the celebration of Easter. What will you keep after the Easter season?

Fasting? Skipping a meal and spending the time in prayer is a great way to prepare for an important decision or a critical task we are about to take on. It's a way of saying, "God's will be done."

Doing more with less? The simplicity of Lent reminds us of how much we have and how little



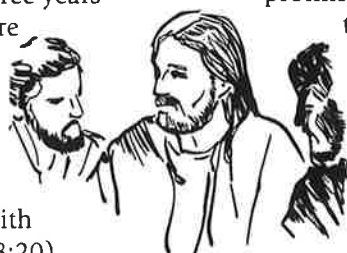
we really need. Keep going through the closets and bookshelves of your life and give away what you don't absolutely need.

Thinking of others? American Catholics have more than any Catholics in the world today. When we feel hunger or can't buy everything we want, we can think of our brothers and sisters around the world who are hungry or needy all the time. Being Catholics unites us to the one Body of Christ no matter where we are.

from Scripture

John 14:23-29, Jesus keeps his promises

This Gospel reading comes from Jesus' Farewell Speech at the Last Supper. After spending three years together, he had to prepare the close-knit group for his Passion, Death, Resurrection, and Ascension into Heaven. Yet, before he ascended, he promised to remain with them always (Matthew 28:20).



Jesus assured his disciples—and us today—that, even though they wouldn't see him, he would continue to be invisibly but powerfully present to them if they kept his word. He and his Father would dwell in them by grace. He would send the Holy Spirit to

guide and comfort them. He gave them the gift of his peace, and he promised that he would return to them.

It's tempting to think that being Catholic would be easier if we could see Jesus and hear his voice. In fact, he continues to be spiritually present in his

Church: in her worship, prayer, sacraments, and charitable outreach. He is especially present in the Eucharist—Body, Blood, Soul, and Divinity (CCC, #1374). We don't have to go back in time. We see him at every Mass.

Q Can I have a & devotion to Mary and A still worship God well?

One question frequently asked of Catholics is, "Why do you worship Mary?" In fact, we don't worship Mary. Worship is the adoration we give to



God where we acknowledge him as Creator, Savior, and Lord. Mary is a creature like us. She is not divine, so we can't worship her.

However, we can honor her. She is the Mother of God, since Jesus is God (*Catechism of the Catholic Church*, #495). Secondly, on the Cross, Jesus gave her to us as our mother and entrusted us to her care (John 19:26-27). Thirdly, we honor her for the good she did and still does for us, and for her holiness.

God is not jealous of our devotion to Mary, just as an artist wouldn't be jealous if his greatest masterpieces were praised. Turning to Mary for her intercession isn't a problem either. Mary's role (and ours) is to help get us to Heaven, which is exactly what God wants, too. Be rest assured, Mary always leads us to her Son, Jesus.

Feasts & Celebrations

May 13 – Our Lady of Fatima (1917): The Blessed Virgin Mary appeared to three children near Fatima, Portugal and asked that they pray the Rosary for peace, for the end of World War I, for sinners and for the conversion of Russia.

May 15 – St. Isidore the Farmer (1170). Born in Madrid to a poor farming family, he married St. Mary de la Cabeza and worked for a wealthy landowner. He spent many hours in prayer and caring for the sick and poor. It is said his food baskets were never empty.

May 25 – Pope St. Gregory VII (1085). Pope Gregory worked to eliminate corruption in the Church and defended it from attacks on its authority. For this he suffered and died in exile.

May 30 – Solemnity of the Ascension of the Lord (1st Century). This solemnity marks the completion of Jesus' mission of salvation and his triumphant entry into Heaven.

Note: In many dioceses, observance of Ascension has been moved to the following Sunday.



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