

Growing in FAITH™

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

July 2018

One Minute Meditations

Bl. Pier Giorgio Frassati

Pier Giorgio was born in 1901, in Turin, Italy.

From a young age, he had a deep love for the Holy Eucharist and the Blessed Virgin and had a rich spiritual life. Pier used what resources he had to help the poor. He was devoted to serving the sick, caring for orphans and helping the servicemen returning from war. He studied engineering to better serve Christ among the miners, but died before completing his degree.



Discipleship

Disciples aren't just 12 men chosen by Christ long ago. A disciple is one who makes Christ the center of his or her life. "Make room therefore for Christ, and refuse entrance to all others. When you have Christ, you are rich and have need of (nothing) else." Thomas À Kempis

"Much will be required of the person entrusted with much, and still more will be demanded of the person entrusted with more" (Luke 12:48)



Forgive yourself first

Forgiveness can be a gift we easily offer to others but deny ourselves. Yet, learning to forgive ourselves is a critical ingredient in the ability to forgive others. Consider offering yourself the loving gift of forgiveness:

Release the emotion.

A well-formed conscience feels guilt for sin. A mistake triggers sadness and regret. Holding on to these negative feelings makes them patterns that become part of who we are. Instead, attack the emotion associated with the transgression and release it. Go to Confession, perform acts of kindness, make amends to change the way you look at yourself.

Clarify morals. The reason most of us feel ashamed of our wrongdoings is because they are out of line with our faith and morals.

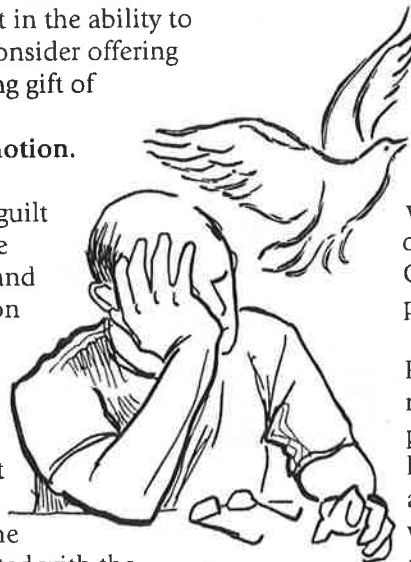
Fortunately, examining our actions can actually clue us into what we really feel is important.

Bringing our actions in line with our beliefs is a positive outcome from transgressions. Growth makes forgiveness possible.

Give yourself a do over.

Refusing to forgive ourselves means we are locked in the past. Instead, the goal is to learn from the experience to avoid repetition. To help, write down how you would act differently if you had the

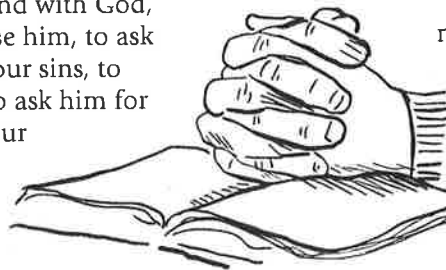
chance to do it again. You will see the skills you have acquired as a result and be able to move on to a better future.



Why Do Catholics Do That?

Why do Catholics pray?

We pray to bond with God, whether to praise him, to ask forgiveness for our sins, to thank him, or to ask him for help. Prayer is our connection to God, who created us and wants to have a relationship with us.



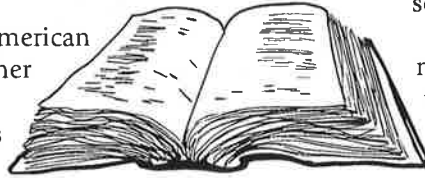
Our prayer is always a response to God's invitation: "Whether we realize it or not, prayer is the encounter of God's thirst with ours. God thirsts that we may thirst for him" (*Catechism of the Catholic Church*, #2560).

Use the Bible well

There's an old saying, "Bibles that are falling apart usually belong to people who aren't." Try these tips to get the most out of your reading:

Choose a Catholic version. The New American Bible is read during Mass but there are other Catholic translations. Most important is having an edition you enjoy that contains all the Catholic books. (Here is a list: uscbb.org/bible/approved-translations/index.cfm.)

Use the aids. The Bible contains customs and terms that are foreign to us. Read the introductions and footnotes for helpful explanations.



Focus on passages. The Bible will make more sense if you read the sections that are grouped together rather than sentence by sentence.

Mark it up. Underline and make notes in the margins as you read to make your book more useful.

Read aloud. The Bible began as an oral tradition. Hearing the passages read may help them become clearer.

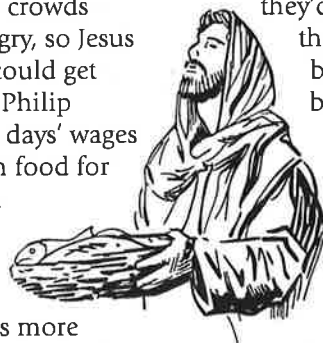
Live it. What you read in the Bible will help you find strength to meet the challenges of life. Don't just read it. Live it.

from Scripture

John 6:1-15; Loaves and fishes.

This Gospel passage records the miracle of the multiplication of the loaves and the fishes. The crowds following Jesus were hungry, so Jesus asked Philip where they could get enough food. Dismayed, Philip figured that two hundred days' wages still wouldn't buy enough food for them. Like Philip, we can face problems that seem too big for us and get dismayed.

The apostle Andrew was more industrious; he found a boy with five loaves of barley bread and two fish. The boy willingly offered to Jesus all he had, meager though it was. What a surprise



when Jesus fed the five thousand "as much...as they wanted." Even after they'd had their fill of bread, there were still twelve wicker baskets left over. God can't be outdone in generosity.

Being faced with problems that appear beyond our ability to solve can feel overwhelming. It's easy to react like Philip and give up hope. On our own, we may not have much to offer. By offering what we have to God, meager though it may be, he can accomplish amazing feats through us.

Q & A What is expected of Catholics?

Successful families have guidelines that help each member grow in love and virtue. Also a family, the Catholic Church recommends basic guidelines so that her children, too, can grow in love and virtue:



Come home every weekend: "You shall attend Mass on Sundays and on Holy days of Obligation and rest from servile labor." God *wants* to see us - often!

Take responsibility: "You shall confess your sins at least once a year." Since we are prone to sin, it's important to repair our relationship with Our Lord.

Proper nourishment: "You shall receive the sacrament of the Eucharist at least during the Easter season." In the Eucharist, Jesus nourishes us with his Body and Blood - at every Mass!

Make room for love: "You shall observe the days of fasting and abstinence established by the Church." Fasting helps us free our hearts for God's love.

Contribute to the family: "You shall help to provide for the needs of the Church." Whether we donate money, time or resources, our help matters (CCC #2042-2043).

Feasts & Celebrations

July 3 - St. Thomas (1st Century). Known as "doubting Thomas" for requesting proof of the Resurrection, he made a beautiful profession of faith when he received proof, "My Lord and My God" (John 20:28). Tradition says that Thomas evangelized the Parthians, Medes, and Persians, and ultimately reached India. He was martyred near Mylapore.

July 9 - St. Veronica Giuliani (1727). Born in Italy, in 1660, St. Veronica entered the Capuchin order as soon as she was old enough to marry. Soon after, she began receiving

visions of Christ's Passion and, by a special grace, received the marks of Christ's wounds on her body.

July 25 - St. James (1st Century). When Jesus called St. James and his brother, John, to become apostles, they left their father in a fishing boat on the Sea of Galilee. St. James was one of three apostles to witness Jesus' transfiguration, the raising of Jairus' daughter, and the agony in Gethsemane. St. James was the first of the apostles to be martyred.



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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)