

# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

June 2024

## One Minute Meditations

### St. Anthony of Padua

Born Fernando de Bulhom in Lisbon, Portugal, in 1195,

St. Anthony was inspired to join the Franciscans after hearing the news of five martyred Franciscans, taking the name "Anthony." At a meeting of the Dominican and Franciscan Orders, St. Anthony was spontaneously asked to preach a sermon. His listeners were so inspired, St. Francis charged him with overseeing the studies of Franciscans. He is known for working miracles and receiving a vision of the Christ Child.



### The face of Christ

How do you show the face of Christ to people around you? Do you bake for others? Can you sing or play music for others' enjoyment? If you have a car can you drive people who need rides to church or their doctors? Whatever you can offer, your community can use it. Call your parish to find out how you can help.

"One loving spirit sets another on fire."  
St. Augustine  
(Confessions)



## Thrive spiritually in today's secular world

One challenge for contemporary Catholics is balancing a faithful, God-centered life with the secular temptations of modern society. Here's how we can constructively engage with the world while staying devout:

**Active participation:** Regularly engage in parish activities. Attend weekly Mass, partake in Sacraments, and support parish outreach programs. These activities strengthen our religious identity and nurture a supportive faith community.

**Grow in knowledge:** Enhance your understanding of Catholic teachings, history, and tradition through formal education if available, personal reading, or online forums such as Formed.org or Wordonfire.org. Consult your priest for additional recommendations.

**Weave faith into daily life:** Incorporate prayer and devotion into

your daily routines. Dedicate at least 15 minutes to prayer each day, observe seasonal devotions, and celebrate Catholic liturgical feasts to connect faith with everyday life.

**Dialogue with others of different faiths:** Engage in discussions with people of differing religious beliefs to deepen your own spiritual understanding and commitment. This not only challenges you to know and critically consider your faith but also helps you articulate your beliefs clearly, fostering a deeper personal connection to

Catholicism.

**Community engagement:** Actively participate in service activities that reflect Catholic values. This practical application of your beliefs demonstrates a faith committed to loving your neighbor.

By embracing these practices, we can maintain our Catholic identity and have a positive impact on others.



## Why Do Catholics Do That?

### Why do we believe the Catholic Church is the "original" one?

Catholics believe the Catholic Church is the "original" church, because it is the only one founded by Jesus Christ. Apostolic Succession means there is an unbroken papal line starting with St. Peter, emphasizing divine continuity. Early Church

Tradition is the foundation of what has become widespread practices in Christianity. The role of the Roman See, with the Pope as Peter's successor, centralized Church authority. Doctrinal continuity means that teachings and practices align closely with early Christian doctrines, asserting spiritual and historical continuity.



## June is the month of the Sacred Heart of Jesus

The image of the Sacred Heart of Jesus is a symbol of His passionate love for us and a reminder of the cost of our salvation. Consider these simple ways to honor His heart this month:

**Make the morning offering daily:** Begin each day with a prayer of dedication to the Sacred Heart, "O Jesus, I offer You my prayers, works, joys, and sufferings today, in union with the Holy Sacrifice of the Mass, for the intentions of Your Sacred Heart." This daily offering reinforces our connection to His divine love.



Display the image of the Sacred Heart: Jesus promised to bless every place where the image of His Heart is exposed and honored. Display the Sacred Heart of Jesus in your workspace, car, or home as a reminder of God's promised blessing.

**Return love for Love:** Each Friday, imitate Jesus' love by acknowledging His ultimate act of love on Good Friday. Choose a sacrifice to make every Friday this June, as a gesture of love, gratitude, humility, and reparation.

### from Scripture

### Mark 5:21-43, Faith in action

This passage tells of two miracles Jesus worked to demonstrate the crucial importance of faith. It recounts the story of a woman who, despite suffering from continuous bleeding, demonstrated her faith by touching Jesus' cloak, and Jairus, who pleaded for his dying daughter even after learning of her death. These examples teach us the importance of a proactive and trusting faith.

In these accounts, Jesus' actions underscore His compassion and willingness to assist those marginalized by society, such as the woman deemed unclean. He provided hope and healing through

acts of kindness, urging us to emulate His example.



The text illustrates how Jesus instills hope, even in dire circumstances like the death of Jairus' daughter. It reassures us that no situation is too desperate, and that we can rely on Jesus' aid, for even death is within His domain.

Ultimately, our joy in life and our eternal salvation hinge on possessing an active faith. This faith should not only trust in Jesus' help but also extend compassion and maintain hope during challenging times.

### Q & A What is Eucharistic Adoration?

Eucharistic Adoration is a profound encounter with Jesus Christ outside the liturgy of the Mass. Before the Blessed Sacrament displayed in a monstrance, we engage in a deep act of worship and honor towards God's tangible presence. This practice enriches our spirituality with:



**Deepened awareness:** In the silence, amidst distractions, we realize God listens, cherishes, and watches over us intimately, enhancing our awareness of His presence in all life's facets.

**Strengthened faith:** What appears to be mere bread is, in fact, the divine — Jesus Christ in His entirety: Body, Blood, soul, and divinity. Spending time in Adoration is a profound declaration of belief, reinforcing our faith and deepening our understanding.

**Enhanced longing for the Mass:** Love compels us to give fully of ourselves. Just as Jesus offers His whole self during Mass, He invites us to reciprocate with our entire being, deepening our relationship with Him through this sacred exchange.

### Feasts & Celebrations

**June 2 – Corpus Christi Sunday.** On this solemnity, we celebrate the transformation of the bread and wine into Jesus' Body and Blood in the Eucharist. Pope Urban IV ordered a Church-wide celebration for Corpus Christi in 1264.

**June 6 – St. Norbert (1134).** St. Norbert lived in twelfth century Prémontré, France. He is known for founding the Norbertines to combat heresies and religious indifference. The Norbertines successfully converted heretics, reconciled enemies, and

rekindled the faith in indifferent believers.

**June 11 – St. Barnabas (First Century).** A contemporary of the Apostles, his name means "son of encouragement." He was also a sponsor for St. Paul and accompanied him on his first evangelical journey.

**June 26 – St. Josemaría Escrivá (1975).** Born in Barbastro, Spain in 1902, St. Josemaría was ordained a priest in 1925. He ministered secretly during the religious persecution of the Spanish Civil War. In 1928, he founded the Opus Dei organization for those living in the world to become holy by dedicating their daily duties to God.



### 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)