

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

October 2022

St. Ann of the Dunes

One Minute Meditations

Our home is not here

No one wants to stand out or appear different from the norm. Yet, in the prayer, "Our Father," we are reminded that our real Father is in Heaven. Our life on Earth is temporary. By asking us to pray this prayer, Jesus reminds us that our Father waits for us in Heaven, our true home.

Choose entertainment wisely

Those who make movies, television shows, video games, or other forms of entertainment make what sells. They don't necessarily intend to enlighten or uplift. A steady diet of violent entertainment and media helps us become comfortable with violence and to see people as characters rather than humans. Instead, choose entertainment that inspires you to live a better life, and pray for victims of violence and for the souls of those who perpetrate it.

From St. Therese of Lisieux

"Without love, deeds, even the most brilliant, count as nothing."
(*Story of a Soul*)



What gifts did God gift just to you?

God gave us each a distinctive set of talents and gifts that make us unique and special. He intends us to use those gifts to bring others to Him and encourage us to grow in love and knowledge of the Father, Son, and Holy Spirit. Here are some practical tips for discerning your spiritual gifts and how to use them:

Take a clue from what you enjoy. How do you like to spend your time? Do you enjoy teaching, creating, singing, reading, constructing, instructing, socializing? We often enjoy doing what we do best. God often wants us to use those competencies to share His love with others.

Tap into your personality. God

loves and delights in each of us. He will purify our sinfulness, but what is essential to us, He wants to develop and strengthen. If God made you

humorous, artistic, pragmatic, or athletic, grow your best qualities for His use.

How are you living your vocation?

Whether we are married, single, or consecrated religious, it's the "role" in which we serve God best. All

priorities should be ordered around that vocation.

Make your gift a gift to others. Our gifts are meant to be given away in service of the Kingdom. We give away and God gives us more. Ask God where your gifts can do the most good.



Why Do Catholics Do That?

Why do Catholics honor the saints?

Non-Catholics often wonder at the hundreds of calendar days, prayers, and statues devoted to the saints. The Church recognizes and celebrates men and women of extraordinary holiness who we realize are in heaven. We look to them as examples to follow and

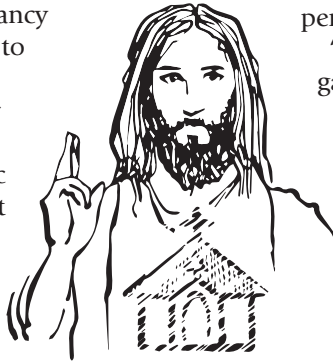
what we can become when we cooperate fully with God's grace. God's goodness, beauty, and love is reflected in the saints' lives. Just as complimenting an artwork is honoring the artist, so by honoring the saints, we glorify God.



Why are you Catholic?

Even adults who have been Catholic since infancy ought to be able to provide a deliberate answer to the question, "Why are you Catholic?" The answers will be varied, personal, and may differ from time to time.

Kara said, "I am Catholic because the Catholic Church is the one that Jesus founded. He gave it to Peter and the Apostles, and they passed His teaching on to their successors, the Pope and the bishops. That Church is still standing, despite 2,000 years of scandal and



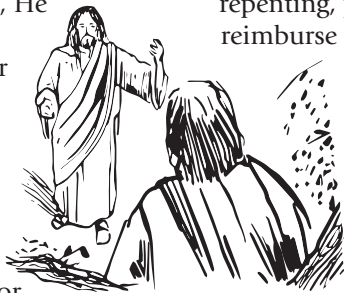
persecution. That proves its divine foundation." "Jesus promised to stay with us," said Nick. "He gave us the Sacraments so we can experience His presence. The only Church in which I can meet Him in the Sacraments is the Catholic Church."

Laura said simply, "The Catholic Church teaches Jesus' Real Presence in the Eucharist. Jesus said, 'This is My Body.' It's not a symbol; it's really Him. I won't encounter Him anywhere else as fully and directly as in the Eucharist."

from Scripture

Luke 19:1-10, Don't judge by public perception

Jesus didn't evaluate people the way others did. Instead of calling the best of society to follow Him, He included people others often excluded. Consider Zacchaeus, the tax collector. We know he was unpopular, small in stature, dishonestly wealthy, and he really wanted to see Jesus.



As the chief tax collector in Jericho, Zacchaeus was rich but unpopular. Tax collectors often overcharged and kept the extra money. Something about Jesus must have intrigued Zacchaeus, who climbed a tree to see Him. Imagine his shock when Jesus called him down and invited

Himself over for dinner. Deeply moved, Zacchaeus was shocked into repenting, promising to generously reimburse the people he robbed – and to donating half his wealth to the poor.

Jesus saw Zacchaeus as a child of God. In return, Zacchaeus' eagerness for Jesus' friendship changed his life forever, beginning with generous restitution. As followers of Jesus, we are called to be open, forgiving, and accepting of others. We never know their full story. Look past the gossip and adopt Jesus' habit of forgiving quickly and being welcoming in your relationships.

Q & A Why are we asked to pray the Rosary?

When Our Lady appeared at Fatima, Portugal, she asked that the Rosary be prayed for peace. As an immensely powerful prayer, the Rosary also has benefits for our:



Minds: Even on our busiest days, we need to spend time reflecting on Jesus. A whole Rosary takes a mere 20 minutes. The

Rosary should be part of every day. Take breaks, pray for souls, receive graces.

Hearts: The Rosary is a Christ-centered, deeply Scriptural prayer. By meditating on the mysteries of the Rosary – important events in the life of Christ – we recall evidence of God's love in history. We can ask for the graces to imitate the virtues of Jesus and Mary. Gradually, our hearts will be conformed to Jesus' Heart.

Souls: The Rosary prepares us for deeper prayer. Switching from "active working mode" to "contemplative prayer mode" may not happen right away. The repetition of the Our Father and Hail Mary prayers creates a space in our minds and hearts, so we can enter into deep, intimate prayer with God.

Feasts & Celebrations

October 2 – Feast of the Guardian Angels. All of us have a guardian angel, in charge of protecting us and watching over us day and night. On this feast day, remember to thank the Guardian Angels for the work they have done in helping us.

October 6 – St. Bruno (1101). St. Bruno was born in Germany, studied in France and became a theology professor. He founded the Carthusian Order in 1084, whose life was based on prayerful solitude, manual labor, and poverty. He was never formally canonized.

October 16 – St. Margaret Mary Alacoque (1690). St. Margaret joined the Sisters of the Visitation at Paray-le-Monial. In 1673, she began having visions of Jesus Christ, in which He asked for a feast to his Sacred Heart. The Church officially recognized the devotion to the Sacred Heart in 1765.

October 18 – St. Luke, Evangelist (1st century). St. Luke was a Christian physician from Antioch. His Gospel and Acts of the Apostles were probably written between 70 and 85 A.D.



Our Mission

To provide practical ideas that promote faithful Catholic living.

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