

# Growing in FAITH™

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

October 2019

**Sacred Heart Church**

Robbinsdale MN.

## One Minute Meditations

### St. Hedwig of Silesia

Raised by a duke, Hedwig was married to Duke Henry of Silesia, the head of the Polish Royal family. They had a happy marriage and together founded a convent, hospitals, and monasteries. They had seven children, two of whom caused them significant trouble with their rivalries. St. Hedwig convinced them to stop fighting and they reconciled. After her husband's death, Hedwig became a Cistercian nun and lived simply, giving her wealth for charity.

### Ignore more

Ironically, it actually feels good to walk away from a fight. Jesus knew that when he said, "When someone strikes you on (your) right cheek, turn the other one to him as well" (Matthew 5:39). He wants us to make a point of ignoring slights or insults, even if they sting. Next time you feel annoyed or hurt, turn your cheek and walk peacefully away.

"We love because he first loved us" (1 John 4:19).



## Our Father knows best

After months of unemployment, Mike was glad to find a job but disappointed that it paid considerably less and had poorer benefits than the old one. Jen and her husband prayed for a beautiful house in their favorite neighborhood but the financing fell through and they ended up with a smaller house on the other side of town. What happened to the power of prayer?

**Understand that our way isn't God's way.** God always listens to our prayers but he doesn't necessarily answer the way we expect. Yet we know no one is more qualified to lead us than the Creator of the universe. We must trust

him with all our concerns.

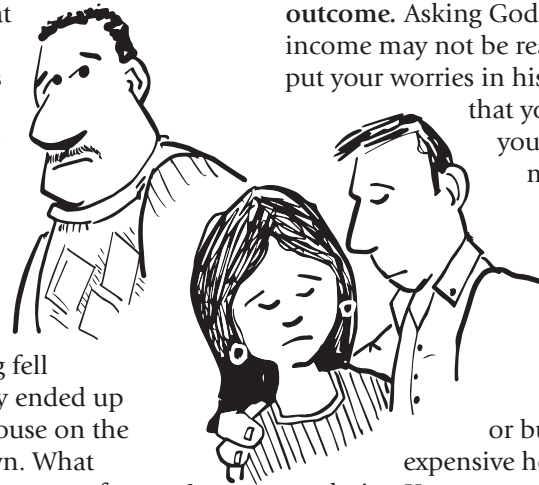
**Don't set your heart on an outcome.** Asking God to double your income may not be reasonable. Instead put your worries in his hands. Know that your Father has your best interest in mind and will find what is right for you.

**Be open to alternatives.** Sometimes taking a different job

or buying a less

expensive home is the better choice. You may net more personal time and less overall stress.

**Let scripture speak to you.** "Trust in the Lord with all your heart, on your own intelligence rely not; In all your ways be mindful of him, and he will make straight your paths" (Proverbs 3:5-6).

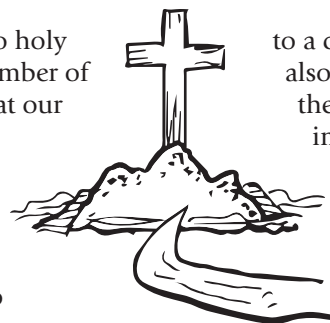


## Why Do Catholics Do That?

Making pilgrimages to holy sites accomplishes a number of things: it reminds us that our faith is founded on miraculous events that really happened, in a specific place and time (e.g. Calvary Hill, c.A.D.33). Journeying to the site of an apparition or

## Why do Catholics make pilgrimages?

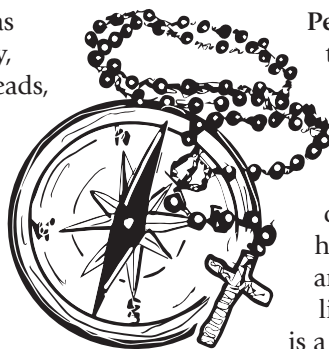
to a church holding saints' relics also encourages us to reflect on their example of virtue and imitate them in our own lives. Lastly, "Pilgrimages evoke our earthly journey toward heaven" (Catechism of the Catholic Church (CCC), #2691).



## Follow the Rosary to treasure

The Rosary is like an ancient treasure map. It has led countless faithful to the treasures of peace, joy, clarity, and contentment. If you follow where it leads, you'll find that a devotion to praying the Rosary can transform your life.

**Shelter in a chaotic world.** Leading hectic lives can fog the mind, unsettle the soul, and turn us away from God. Yet, our souls are made for peace. Praying the Rosary settles our thoughts. It puts us at ease, creating a peace that is otherworldly.



**Perspective.** Humans are constantly changing, thus our relationship with God changes. The Rosary provides the context, the format, and the process for God to speak to us about all these things.

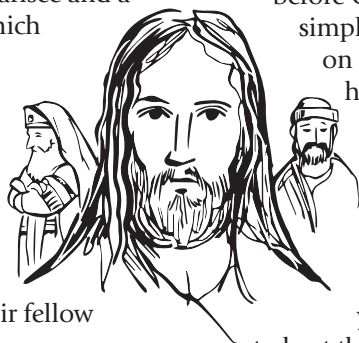
**Mary's blessing.** Nobody sees the life of a child the way that child's mother does. Our Lady has a mother's perspective of Jesus' life. Learning and sharing that perspective helps us ponder the life of Jesus through the eyes of his Mother. This is a powerful experience if we enter into it fully.

### from Scripture

#### Luke 18:9-14, God wants only love

In this Gospel passage, Jesus compared the prayers of a proud Pharisee and a humble tax collector—which probably scandalized his audience. Pharisees were considered the model for faithful Jews, while tax collectors, who worked for the Romans (and stole a little extra money on the side), were considered traitors by their fellow Jews.

The Pharisee marched up to a position of honor in the temple to pray, presumably to be seen and admired. His prayer wasn't really a prayer of thanksgiving, but self-praise. By contrast,



the tax collector humbled himself before God and offered only a simple prayer casting himself on God's mercy. He went home justified.

Promoting oneself in prayer is unnecessary: God already knows and loves us, and he wants us to love him in return. When you love someone, you'd never do anything to hurt them, and if you did, you'd apologize right away and try to fix it. With God, we have to call on his grace and mercy to make amends. In the end, our love counts for more than anything else we do.

### Q & A

#### Why should I read the Bible?

The Bible is the world's longest love letter. As part of the deposit of faith, it's a treasure-trove of our inheritance as children of God. Here are three benefits of reading Scripture:



**We encounter God.** We not only learn about God from the Bible, but we actually encounter him in our hearts when we pray with Scripture. "In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them" (CCC, #104).

**Packed with sound advice.** Books like Sirach, Proverbs, and Wisdom have practical advice on how to virtuously handle relationships, home life, business, and dealing with difficult people. If we want to know what this looks like in action, the Gospels give us Christ's teaching and example.

**It is a "roadmap" to heaven.** Like a map, Scripture outlines what we need to know about God and his saving plan. The Magisterium, who interprets the Scriptures under the guidance of the Holy Spirit, holds the "key" to reading the "map" (CCC, #100).

### Feasts & Celebrations

**Oct. 7 – Our Lady of the Rosary (1571).** Pope Gregory XIII named this feast because it was believed that Christians won a critical victory at the Battle of Lepanto after praying the Rosary.

**Oct. 15 – St. Teresa of Ávila (1582).** Teresa joined the Carmelites, against her father's wishes. In 1563, she was inspired to reform her order. Despite serious opposition, she founded more than 17 convents of Discalced Carmelites and helped reform the Carmelite friars.

**October 17 – St. Ignatius of Antioch**

(d.c. 107). Successor to St. Peter as Bishop of Antioch, Ignatius was sentenced to death for his faith. On route to Rome, he wrote letters, encouraging his fellow Christians to remain faithful.

**Oct. 28 – SS. Simon and Jude (1st Century).** St. Simon was a Zealot – Jews who believed that the Messiah would free them from political oppression. St. Jude was a fisherman. After being called by Jesus to be apostles, they eventually traveled to Persia where they preached the Gospel until they were martyred.



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