



Family Life Office

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IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

Jesus refers to His Father 170 times in the Gospels. He also encourages us to call God, “Father”. This month, we honor our fathers on earth and our Father in heaven.

As a family, share with each other your favorite memories of your father. Take a family hike in the woods to spend time together. Try praying the “Our Father” together as a family, but doing it slowly, and coming to understand what each line means.

As June also hosts the feast of Corpus Christi, watch a video on the Eucharist, such as “Presence” or Bishop Barron’s “Eucharist” series.

Finally, if your earthly father is still living, spend some time with him. If you are a father and your children are living, remind them of how much you love them. If your father has died, make sure to pray for him, and comfort those who miss him. And don’t forget to thank your parish priest, the pastoral father of your faith community.

Andre McCarville

Family Life & Missions Office, Diocese of Altoona-Johnstown



THAT BURNING DESIRE

Arnold Palmer

"My father always said to me, 'Remember, whatever game you play, 90% of success is from the shoulders up.' You don't have to be the biggest and the strongest. Having natural ability can even be a detriment if you take it for granted.

Your dedication has to be 100%. It won't happen if you're doing it because someone said you ought to. You have to have that burning desire.

You must begin with the fundamentals, and take it step by step. You have to overcome any physical problems you might have. Everything you do has to contribute to the goal, right down to the people you associate with."

Appleseeds by Brian Cavanaugh TOR



Families and the Gospel

June 7, 2020: Trinity Sunday (JN 3:16-18)

As the Father "sent his son into the world" so parents send their children into the world "so that the world might be saved." This is the missionary role of the Christian family. Your family is a school where your children develop convictions which enable them to make a difference in the world.

June 14, 2020: Body & Blood of Christ-Corpus Christi
(JN 6:51-58)

Parenting is a Eucharistic activity because from the first moment of conception children consume us, our flesh, blood, energy, time and resources. If we don't sacrifice ourselves, our children would not have life. This is the priesthood of parenting. Christ is present in this self-sacrifice.

June 21, 2020: Twelfth Sunday (MT 10:26-33)

Jesus says "Do not be afraid" three times in today's gospel and reminds us "all concealed secrets will be revealed." Do not be afraid to acknowledge problems in your family. If they remain "hidden in darkness" they will "destroy body and soul." Healing, understanding and hope are found only "in the light" of openness. "Do not be afraid."

June 21, 2020: Father's Day

Fathering is an awesome responsibility and not for the weak or transient. Today we humbly recognize our need for courageous fathers to stand boldly in the face of the powerful cultural forces in our culture which threaten our children. Today we ask fathers to be the courageous leaders we need.

June 28, 2020: Thirteenth Sunday (MT 10:37-42)

Today's gospel challenges us to resist the individualism of our culture. Everything we are and have is pure gift which we are expected to share especially to the "lowly ones." What has been freely given needs to be shared freely. No strings attached.

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Sir William Haley

"**Education** would be much more effective if its purpose was to ensure that by the time they leave school every boy and girl should know how much they do not know, and be imbued with a lifelong desire to know it."



Heights of Excellence

"Working together, ordinary people can perform extraordinary feats. They can lift things that come into their hands a little higher, a little further on toward the heights of excellence."

Anonymous



Many thanks and praise to our Fathers! We sleep safely because of you!

Pexel PHOTO by Christian Domingues