

Family Life Office

2713 West Chestnut Avenue Altoona, PA 16601 (814) 695-5579 familylife@dioceseaj.org

Volume XXXV. Number 7

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

One thing the past few months has done for us is to help us see how much we all take for granted. Try to take a walk and notice the flowers in bloom and the birds in the sky. Take your family berry picking or out for a picnic. Play in a sandbox with your little ones, or build something with older children. Do art projects together, or have a family dance party. Enjoy every moment that you have together. In the evenings, gather your family to thank God for the little gifts in your lives each day.

Andre McCarville

Family Life & Missions Office, Diocese of Altoona-Johnstown

Reflecting—Maybe by the Pool

Christian service involves an element of reflection. We might pause before we serve, considering why it is that helping others is so central to our Faith. After our act of service, it's good to ask ourselves a few questions. How did my serving draw me closer to the Lord? If my experience of helping was unpleasant in some way, was it really a total loss?

Summer's pace might make reflecting on service or life in general a bit more likely. An excellent basis for reflection is our weekly readings from Mass on Sunday, especially the Gospel. Developing a habit of reading the Sunday Gospel beforehand and talking about it on the way to or from Mass, connecting it to helping others or any important aspect of your family's daily life, is an excellent practice to enhance spiritual well-being throughout the entire year.

Reprinted with permission from: Catholic Parent 200 Noll Plaza, Huntington, IN 46750



Feast of Saint Mary Magdalene

On June 3, 2016, the Holy See raised the liturgical rank of the Memorial of Saint Mary Magdalene to a Feast, with the date remaining on July 22. A new Preface before the Eucharistic Prayer for the Feast was also promulgated in Latin.

The Congregation for Divine Worship and the Discipline of the Sacraments confirmed the English translation of the Preface for the **Feast of St. Mary Magdalene** on September 21, 2019. It may be used during Masses in honor of St. Mary Magdalene, especially her Feast on July 22, beginning in 2020. **US Conf. of Catholic Bishops**



Preface: Apostle to the Apostles

V. The Lord be with you. R. And with your spirit. V. Lift up your hearts. R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.

R. It is right and just.

It is truly right and just, our duty and our salvation, to glorify you in all things, almighty Father, whose mercy is not less than your power, through Christ our Lord.

He appeared in the garden and revealed himself to Mary Magdalene, who had loved him in life. witnessed him dying on the Cross, sought him as he lay in the tomb, and was the first to adore him, newly risen from the

He honored her with the office of being an apostle to the Apostles,

so that the good news of new life might reach the ends of the earth.

And so, Lord, with all the Angels and Saints, we, too, give you thanks, as in exultation we acclaim: Eucharistic Prayer

Families and the Gospel

July 4, 2020: July 4th A Family Perspective

by Bud Ozar

Our nation is blessed with so many opportunities our lives are often frenzied as we try to take advantage of all the possibilities. As we celebrate our Independence this weekend, perhaps we need to be aware of our dependence on fashion, fad and cultural pressure to consume.

July 5, 2020: Fourteenth Sunday (MT 11:25-30)

Just as Jesus received a mission today, parents accept the mission of raising a family. Parents are not alone in this exhausting and difficult mission. Today Jesus tells us "Come to me and I will give your rest."

July 12, 2020: Fifteenth Sunday (MT 13:1-23)

The stress and anxieties of family life are like "thorns which choke off" any opportunity to reflect on God's presence in our lives. Notice in today's gospel Jesus "left the house" so He could connect with His Father. Grasp five minutes each day to appreciate God walking with you.

July 19, 2020: Sixteenth Sunday (MT 13:24-43)

Parents plant values in their children anticipating the tiny seeds of honesty, respect, commitment and fidelity will grow with their child and one day become "a safe haven" to many.

<u>July 26, 2020: Seventeenth Sunday</u> (MT 13:44-52)

The man in today's gospel "sold all he had" for the treasure he found. Family relationships are "treasures" and demand our total personal investment. Invest yourself in the "treasure" of your family.

Reprinted with permission: A Family Perspective by Bud Ozar



Five suggestions for getting along with people:

- 1. Never miss a chance to say a kind or encouraging word to or about somebody. Praise good work, no matter who does it.
- 2. When you make a promise, keep it. Just don't make too many.
- 3. Hold your tongue. Always say less than you think. Speak softly and persuasively. How you say something often means more than what you say.
- 4. Show an interest in others——in their pursuits, their work, and their families. Have fun with those who rejoice. Weep with those who mourn. Let everyone you meet, however humble, feel that you regard him or her as important.
- 5. Be cheerful. Don't depress others by dwelling on your aches and pains, and small disappointments. Remember, everyone has some burden to carry.

Getting Along With People

Soundings, Vol. 4, #8 Appleseeds by Brian Cavanaugh TOR

Outdoor Mass honoring Married Couples with Bishop Mark

The Altoona-Johnstown Diocesan Family is invited to participate and to pray for those living the Sacrament of Marriage at an **Outdoor Mass** honoring Married Couples on Sunday evening,

July 19 at 7:00 pm at the Shrine of Our Lady of the Alleghenies in Loretto. Bring a lawn chair.

Indoors if rain. **Bishop Mark** is the celebrant and homilist. This is a wonderful way to celebrate, encourage and support married couples!

JULY 19, 2020



7PM, LORETTO