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### IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

## Whose Life Will You Positively Impact Today?

The majority of us lead quiet, unheralded lives as we pass through this World. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt. Leo Buscaglia

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# One Minute at a Time

Lord, You give me today one minute at a time. That's all I have, all I ever will have.

### Give me the faith

that believes each moment

asks me to trust You even as You trust me.

### Give me the hope

that holds within each minute

 $\sim$  despite pain or doubt or fear  $\sim$ 

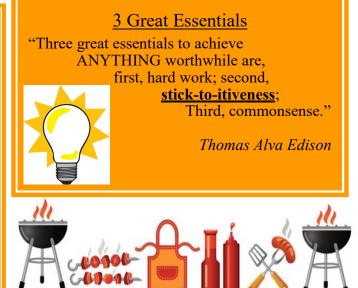
an anticipation of eternity with You.

### Give me the love

that transforms each minute of my life into a reflection of Your forgiveness, mercy and goodness.

Amen.

from The Christophers



### Families and the Gospel

#### September 6, 2020: Twenty-Third Sunday (MT 18: 15-20)

The key word in today's gospel is "listen." We cannot change another person; not alone, not with others and not with a whole Church. All we can do is state our position and "if he listens to you" then he / she can take the steps necessary to change themselves. Change comes from within.

#### September 7, 2020: Labor Day

**Labor Day** we celebrate our ability to respond to the challenge of Genesis. Our is labor an opportunity to enter into partnership with The Creator, unfolding the possibilities within ourselves and within our world through the creative skills planted within us.

### September 13, 2020: Twenty-Fourth Sunday

(MT 18: 21-35)

Unable to forgive another, means we are holding onto a past wrong and hoping for a better past. That is not going to happen. We must move on with our life by accepting we were unjustly treated and it will not be corrected. We aren't condoning the injustice. We just don't let it control our lives any longer. Forgiveness is critical to living a healthy life in the present.

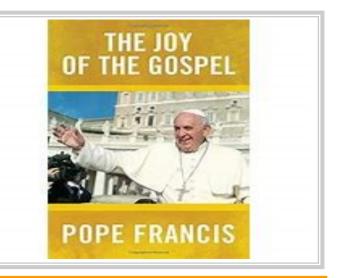
### September 20, 2020: Twenty-Fifth Sunday (MT 20:1-16a)

Today Jesus is saying to us: "Why are you idle? Go into my **vineyard**." Family, where "the last will be first," is the "vineyard" entrusted to us in today's gospel. Successful families are constructed by "laborers," who work hard on family relationships, and not by couch potatoes.

**September 27, 2020: Twenty-Sixth Sunday** (MT 21:28-32) In today's gospel Jesus asked, "What is your opinion?" Why do we think our opinion is dogma or fact? An opinion is only how we perceive a situation or how we feel comfortable doing something. Don't argue over or become divided by "your opinion."

Reprinted with permission: A Family Perspective by Bud Ozar





The Family Life Office has <u>8</u> copies of this exciting work, *"The Joy of the Gospel"* by Pope Francis to be given away <u>FREE</u>!

Give Maureen a call or email (814) 317 –2643, mroberts@dioceseaj.org Family Life Office, Diocese of Altoona-Johnstown.



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"Those who have a true encounter with Christ find their lives filled with happiness. This is a deep happiness that brings inner emptiness to an end because these

Christians are set free from selfishness. They are saved. I want to encourage

everyone who experiences this to spread the word, beginning a new chapter in the history of the Church."

Pope Francis, The Joy of the Gospel