

The Collection Basket

OCTOBER 2020

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

Volume XXXV, Number 10

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

World Mission Sunday is October 18th.

October is the month of World Mission Sunday. As a family, spend some time in prayer to see who you can reach out to as missionaries. Who among your friends, neighbors, parish community, or local community is in need? Brainstorm ways of helping them: from buying gift cards to making a meal and taking it to them. Remember that your family is the domestic Church. Talk to your kids about different ways they can be missionaries to the world, and encourage them to do so.

Andre McCarville
Director of Family Life
Diocese of Altoona Johnstown

FRANCISCAN MORNING PRAYER

Lord Jesus, I offer you this new day because I believe in you, love you, hope all things in you, and thank you for your blessings.

I am sorry for having offended you and forgive everyone who has offended me.

Lord, look on me and leave in me peace and courage and your humble wisdom that I may serve others with joy, and be pleasing to you all day.

Reprinted with permission from:
"Apple Seeds", Fr. Brian Cavanaugh, T.O.R

Anima Christi this prayer by a now unknown author of this 14th Century is most often said after receiving Holy Communion.

Soul of Christ, sanctify me.
Body of Christ, heal me.
Blood of Christ, drench me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
In your wounds, shelter me.
From turning away keep me.
From the evil one protect me.
At the hour of my death call me.
Into your presence lead me,
To praise you with all your saints
For ever and ever. **Amen**

St. Therese of the Child Jesus aged 4 years old counting her practices of virtue with her sister Celine.



Families and the Gospel

October 4, 2020: Twenty-Seventh Sunday (MT 21:33-43)

Every family is visited by difficult times which can unite or divide. These hardships, which we would quickly reject, hold the potential to be the unifying “cornerstone” where we drop our pettiness and defenses and pull together, linked by a common bond and love for one another.

October 11, 2020: Twenty-Eighth Sunday (MT 22:1-14)

Today’s gospel speaks about “unworthy wedding guests.” What makes a “worthy” guest? Presence and presents are not enough. The greatest gift we can give is support to the couple as they voyage through life together because marriage naturally contains within it the fields of disappointment. Think of the weddings you have attended. Have you been a “worthy guest?”

October 18, 2020: Twenty-Ninth Sunday (MT 22:15-21)

Jesus was exasperated when he scolded: “Why do you put me to the test?” It is natural for children to test parents; this is how they learn and how we teach limits, rules and values. Be like Jesus in today’s gospel; he was firm, honest and direct.

October 25, 2020: Thirtieth Sunday (MT 22:34-40)

In today’s gospel the Pharisee was talking about commandments (Something we are forced to obey by external pressure) and Jesus was talking about love (an internal exhortation to give our heart, soul and mind to another). One demands allegiance, the other requires personal commitment. In our families we daily lay down our lives for each other not because we “gotta” but because love compels us.

October 31, 2020: Halloween

It is cute when children pretend and dress in costumes but it is sad when adults hide behind false identities. In our families we don’t need to pretend because we are loved, accepted, affirmed, appreciated for whom we are, and not for whom we want to be!

Reprinted with permission: A Family Perspective by Bud Ozar



2Chronicles 7:14

If my people,
which are called
by my name, shall
humble
themselves, and
pray, and seek my
face, and turn

from their wicked
ways; then will I
hear from heaven,
and will forgive
their sin, and will
heal their land.

Treasure Box
Poetry And
Praise

Attitude or Choice – which comes first?

How we think about ourselves and the world influences our decisions. It’s also true that our choices and actions have a direct bearing on our perspective. They are connected in day-to-day matters and life-altering moments.

Obviously, we need a sense of reality. Denying evil and misery or our own problems and pain is foolish. No one can be cheerful and optimistic every minute of every day.

Yet if people of faith who believe in God’s unceasing love and mercy can’t be positive, who can?

“We have a choice everyday regarding the attitude we will embrace for that day,” said religious writer Charles Swindoll. “Life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes.”

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. -Ezekiel 36:26