

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

The family is the “domestic Church.” What does that mean? It means that your own family is a little Church. And as Church, your family is meant to be a light of the Gospel to the world. What are some ways we can live this calling?

Pray as a family every day – more than just at meals, but have some time in the morning or in the evening where you pray together.

Practice hospitality – Be welcoming and inviting to friends, neighbors and strangers. Even in the pandemic, we can find ways to be welcoming while continuing to practice social distancing.

Serve together – A beautiful way to live our calling as domestic Church is to engage in service projects together. Planting a garden to donate to your local soup kitchen is a great way to do this when you cannot serve outside the home.

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William Arthur Ward, Up Words

The Mistakes to Avoid:

- Remorse over yesterday's failures.
- Anxiety over today's problems.
- Worry over tomorrow's uncertainty.
- Waste of the moment's opportunity.
- Procrastination with one's present duty.
- Resentment of another's success.
- Criticism of a neighbor's imperfection.
- Impatience with youth's immaturity.
- Skepticism of our nation's future.
- Unbelief in God's providence.

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“Apple Seeds”, Fr. Brian Cavanaugh, T.O.R.

Memorial of the Passion of Saint John the Baptist

August 29, 2020

St. John the Baptist was truly the forerunner of the Messiah. Always one step ahead of Jesus' ministry. John was born first, began his ministry first, and died a martyr's death first. And it was clear that Jesus loved him, being deeply grieved when he heard the news of his beheading at the hand King Herod. Read: Matthew 14:1-12

Jesus praised John the Baptist highly by saying, “Truly I tell you, among those born of women no one has arisen greater than John the Baptist.”

One of the most highly venerated saints he has two feast days: his *Nativity* on June 24th and his *Passion* on August 29th.

(left) Baptistry of St. John the Baptist, Florence, Italy



Families and the Gospel

August 2, 2020: Eighteenth Sunday (MT 14:13-21)

The apostles were just being practical when they asked Jesus to “dismiss the crowds to go buy food.” Jesus knew there is always enough when we place our trust in the Father, even with just (FIVE) 5 loaves and fishes. Trust is the bridge to miracles.

August 6, 2020: Transfiguration

At the Transfiguration the disciples saw a different side of Jesus. All of us have ‘another side’ which we reveal only to those we trust. A family is the sacred place where we can be transfigured to be our truest self.

August 9, 2020: Nineteenth Sunday (MT 14:22-33)

The demands of family can be so overwhelming we feel walking on water would be easier. When Jesus was pressured, He dismissed everyone, so he could be “by himself and pray.” When overwhelmed and stressed, go to a quiet place and surrender your pressured feelings to the Lord using Peter’s prayer in today’s gospel: “Lord, save me.”

August 15, 2020: The Assumption

“Blessed is the fruit of your womb” can be said of all mothers, because every child is “blessed” and a child of God upon whom God “looks with favor.” This is our deepest identity and destiny. We do not earn this blessing. God’s love is a free gift to each of us.

August 16, 2020: Twentieth Sunday (MT 15:21-28)

The mother in today’s gospel persisted, even when she was ignored and insulted. She would do whatever was necessary to bring relief to her child. Parenting is more than bringing life into the world; it is also about sacrificing daily for your children.

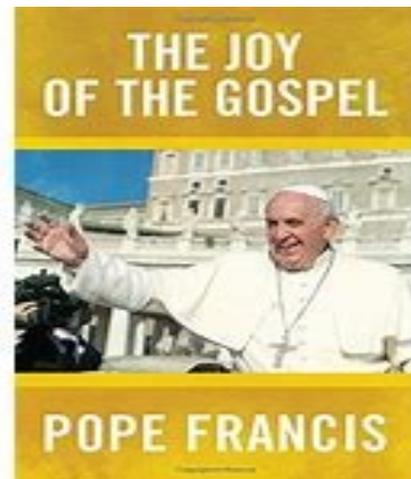
August 23, 2020: Twenty-First Sunday (MT 16:13-20)

Like Jesus in today’s gospel, we are seen by others in different ways. Perhaps the name our family gives us is closest to our true identity. They know us best. Who do they say you are?

August 30, 2020: Twenty-Second Sunday (MT 16:21-27)

Relationships live in a careful balance. If a person changes, the balance is altered requiring a shift in the relationship. In today’s gospel Jesus announced a change and Peter resisted. Sometimes, those we count on for support may actually get in the way. Jesus told Peter: “You are an obstacle to me.”

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The Family Life Office has **20** copies of this exciting work, “*The Joy of the Gospel*” by Pope Francis to be given away **FREE!**

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

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“Let us not say that things are harder today; they are simply different. But let us also learn from the saints who have gone before us, who confronted the difficulties of their own day. So I propose that we **pause** to **rediscover** some of the reasons which can help us to **imitate** them today.”

Pope Francis, *The Joy of the Gospel* (2014)