

# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

June 2020

St. Anthony Catholic Church

Rev. James W. Fliss, Pastor

## One Minute Meditations

### St. Francis Caracciolo

Originally named Ascanio, Francis was born in the Abruzzi region of Italy to a noble Neopolitan family. Even as a child, he was noted for his gentleness and virtue. Upon recovering from a life-threatening illness, he became a priest. With a holy nobleman, Adorno, he co-founded the Minor Clerks Regular. St. Francis served reluctantly but effectively as the superior of the order. He was known for his love for the poor and devotion to the Blessed Sacrament.



### Alone with God

We live our lives in God's presence whether we are aware of him or not. Take advantage of it and be alone with him as often as possible. Soon you will see him everywhere you are.

*"... And in the wilderness, where you have seen how the Lord your God bore you, as a man bears his son, in all the way that you went until you came to this place"*

(Deuteronomy 1:31).



## Four ways to find peace

When the world around us looks very different from what we expect, we lose the calming, soothing peace Christ wants to give us. The best chance we have for achieving peace in the midst of chaos is to move in harmony with God's will. Try these tips for a more peaceful life.

**1. Don't fear what is coming next.** Fearing consequences of the pandemic, worrying about finances, feeling anxious about our health or the health of our loved ones can lead to frustration and dismay. There's no peace in trying to go it alone. Instead, be open and place all your hopes, plans, and efforts at God's feet. Let him handle your concerns for you.

**2. Be kind and gentle.** Resentment, anger, and frustration rob you of peace. Be gentle and considerate of your neighbor. Remember, Jesus was *"meek and humble of heart"*

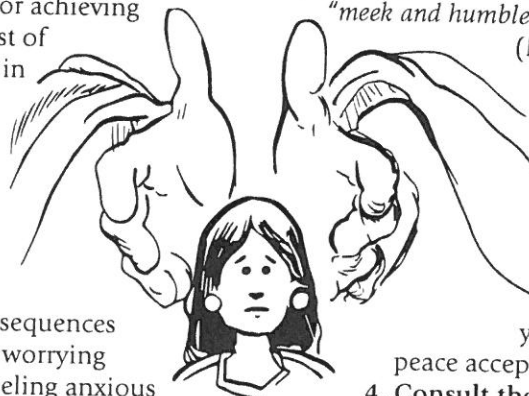
(Matthew 11:29).

**3. Learn to live with what you cannot control.**

When you let God help you rise above such things, you'll have the

peace acceptance brings.

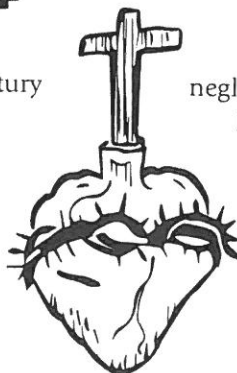
**4. Consult the Church for answers.** It isn't always easy for us to discern God's will, so Jesus created the Catholic Church. When it doubt, turn to Scripture, the Catechism, or a trusted priest or religious for advice. After all, helping us to achieve Heaven is what they're here for!



## Why Do Catholics Do That?

### Why do Catholics honor the Sacred Heart of Jesus?

In the late seventeenth-century France, Jesus appeared to St. Margaret Mary Alacoque and revealed the infinite love of his heart, wounded by sins. He urged her to spread this devotion, back when people were so afraid of God, they



neglected his love. On this feast, Jesus addresses each of us: "Behold this Heart which has so loved you, yet is so little loved." When we consider the many proofs of his love, we can't help but love him in return.