



SAINT MARIA GORETTI CATHOLIC MEN'S FELLOWSHIP JANUARY- FEBRUARY 2016 NEWSLETTER

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ABOUT US

The Saint Maria Goretti Catholic Men's fellowship is a group where men explore the faith together, help each to grow spiritually, learn from each other, explore what it means to be a catholic man in today's world, and enable men to mature spiritually and live a fuller expression of the catholic faith in the context of other like-minded men. The group meets bi-weekly and sponsors events throughout the year where men share and grow spiritually. The Saint Maria Goretti Catholic Men's Fellowship group is affiliated with the National Fellowship of Catholic Men.

THE SACRAMENTS



THE EUCHARIST

We'll continue our series on the sacraments with the final Sacrament of Christian Initiation, the Eucharist. *The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist.* (CCC1322) Although it is the final sacrament of initiation, in the Latin (Roman Catholic) church the sacrament is administered after infant baptism, usually in the second grade, and before confirmation. Thus we commonly refer to the reception of the Eucharist for the first time as the First Communion. This was not always the case and is not the case in the Eastern Orthodox church. *In the first centuries Confirmation generally comprised one single celebration with Baptism, forming with it a "double sacrament," according to the expression of St. Cyprian. Among other reasons, the multiplication of infant baptisms all through the year, the increase of rural parishes, and the growth of dioceses often prevented the bishop from being present at all baptismal celebrations. In the West the desire to reserve the completion of Baptism to the bishop caused the temporal separation of the two sacraments. The East has kept them united, so that Confirmation is conferred by the priest who baptizes. But he can do so only with the "myron" consecrated by a bishop.* (CCC1290) *The Eucharist is "the source and summit of the Christian life. "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.* "The Eucharist is the efficacious sign and sublime cause of that communion in the divine life and that unity of the People of God

by which the Church is kept in being. It is the culmination both of God's action sanctifying the world in Christ and of the worship men offer to Christ and through him to the Father in the Holy Spirit." *Finally, by the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all.* (CCC 1324-1326) The Eucharist is the Sacrament of Sacraments. The Eucharist was instituted by Jesus at the Last Supper when he broke the bread, gave it to the apostles and said, "This is my body which will be given up for you do this in memory of me." And when he gave them the cup of wine and said, "This is the new covenant of my blood, which will be shed for you." (See Mt 25:26-28, Mk 14:22-24, Lk 22:19-22) It was at then that Jesus commanded the apostles to celebrate his sacrifice in the Eucharist. This authority is passed down to today's priest through the sacrament of Holy orders, which is why only a validly ordained priest may consecrate the bread and wine so that it becomes the Body and Blood of the Lord. These words of Jesus were used by the apostles and passed down to the priest of today who pray them during the celebration of the Eucharist (the Mass). *In the epiclesis, the Church asks the Father to send his Holy Spirit (or the power of his blessing on the bread and wine, so that by his power they may become the body and blood of Jesus Christ and so that those who take part in the Eucharist may be one body and one spirit (some liturgical traditions put the epiclesis after the anamnesis). In the institution narrative, the power of the words and the action of Christ, and the power of the Holy Spirit, make sacramentally present under the species of bread and wine Christ's body and blood, his sacrifice offered on the cross once for all.* (CCC1353) It is through the power of the Holy Spirit sent by the Father that we receive the body, blood, soul, and divinity of Jesus in the Eucharist. It is also through the reception of the Eucharist come into communion with the body of Christ and receive the fruits of the Eucharist; *Communion with the Body and Blood of Christ increases the communicant's union with the Lord, forgives his venial sins, and preserves him from grave sins. Since receiving this sacrament strengthens the bonds of charity between the communicant and Christ, it also reinforces the unity of the Church as the Mystical Body of Christ.* (CCC1416) Because we receive the body, blood, soul, and divinity of Jesus in the Eucharist, encourages reception of the Eucharist on Sundays and feast days, or more often, even daily. But obligates catholics take part in the mass on Sundays and feast days and, prepare by the sacrament of Reconciliation, and to receive the Eucharist at least once a year, if possible during the Easter season. (See CCC 1389) **Though frequent reception is encouraged, one must be in a state of grace and properly disposed which includes have fasted one hour before reception of the Eucharist, the bodily demeanor (gestures and clothing) ought to convey the respect, solemnity, and joy of this moment. To knowingly receive the Eucharist unworthily is grave matter As St. Paul tells us, "Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself,* and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself.** (1 Cor 11:27-29)

(For more information on the Eucharist see CCC 1322-1419)

Running Away to Get Away

Running away to get away, Ha Ha, Ha Ha, you're wearing out your shoes; words from a 1972 Sly and the Family Stone song reflect how everyman feels at sometime in his life. When the pressures of life start to mount we all want to get away, but regardless of how we feel we face them and overcome them. After all, isn't that what a man is supposed to do? We stare adversity in the face, adapt and overcome it. But all too often when we hear God calling us into his service we try to run away to get away from Him. The call may come from an usher asking you bring the gifts up at mass, or a priest asking you to consider becoming an Extraordinary Minister of Holy Communion or lector, or a friend inviting you to a men's spirituality program. We run away giving explanations like I'm not dressed properly to bring up the gifts, I get nervous speaking in front of crowds, or I'm not worthy to distribute communion besides that's a women's ministry, or I can't make it the wife might have something planned. The wife is always a good reason to avoid doing something. We run away so fast even Jonah in the Old Testament would be amazed. But unlike Jonah, God will not send a big fish to swallow us until we cry out to Him and promise to do his will. God will allow us to make that decision; after all, He created us with free will. We have a tendency to see the messenger and not listen to the message. We only see the usher, or the priest, or the friend who asks us to do something, but, we never ask why me. Is it because the person you ask you is only a friend or just happen to see you or is it something else? In our haste to run away we never stop to think that God is using that person to deliver His call to you? Often times the Holy Spirit is using the person who said yes to His request to be a messenger so that He can work in your life. The call to serve God and his church could be the beginning of many graces that He wants to pour out on you but we run. The invitation to a men's spirituality could be the gateway that the Holy Spirit is opening to bring you closer to God, but we run away. As men we listen with our ears and only hear the message and sometimes just like Jonah we need a storm to get our attention before we'll respond. But we have to learn to listen with our hearts to discern when God is talking to us even if it's through someone else. We have to learn to trust God that when he calls us He'll give us what we need to do the job. Before we say no, let's think about our Lord who while praying in Gethsemane was so afraid that He sweat blood and asked the Father to take it away, but also said let the Father's will be done. If Jesus said yes to endure the pain of having his skin ripped off, thorns beat into this head, falling three times with the cross beam of tied arms across his shoulders, then having spikes nailed through his wrists and feet, surely we can say yes to serve Him. *Lord, help me to know when you are calling me so that I may run towards you and serve you with love.*

PRAYER CORNER

PRAYER FOR DAILY NEGLECTS

Eternal Father I offer You the Sacred Heart of Jesus with all its love, all its sufferings, and all its merits.

First: to expiate all the sins I have committed this day and during all my life. Glory be to the Father.....

Second: to purify the good that I have done badly this day and during all my life. Glory be to the Father....

Third: to supply for the good I ought to have done and that I neglected to do this day and during all my life. Glory be to the Father

YEAR OF MERCY

Pope Francis has declared an Extraordinary Jubilee Year of Mercy that began on December 8, 2015 the Feast of the Immaculate Conception and will end on November 20, 2016 the feast of Christ the King. As Catholics are called to be open to receiving God's mercy and to give mercy. We can show our mercy through the Spiritual and Corporal Works of Mercy. Here are some suggestions for applying Corporal Works of Mercy in our daily lives. (From USCCB)

FEED THE HUNGRY

- Donate to a Thanksgiving or Christmas food drive
- Contribute financially to organizations that serve the hungry.
- Make a recipe that can be easily frozen, make a double batch and donate one to your local food pantry or soup kitchen.
- Try not to purchase more food than you are able to eat. If you notice that you end up throwing groceries away each week, purchasing less groceries would eliminate waste and allow you to donate the savings to those in need

GIVE DRINK TO THE THIRSTY

- Donate to help build wells for water for those in need
- Organize a group to collect bottled water to distribute at a shelter for families.
- Make an effort not to waste water.

SHELTER THE HOMELESS

- See if your parish or diocese is involved with a local homeless shelter and volunteer some time.
- Donate time or money to organizations that build homes for those who need shelter.
- Seek ways to provide shelter for the homeless locally, regionally, nationally or internationally.

VISIT THE SICK

- Give blood
- Spend time volunteering at a nursing home – Get creative and make use of your talents (
- Visit with an elderly neighbor.
- Offer to assist caregivers of chronically sick family members on a one-time or periodic basis. Give caregivers time off from their caregiving responsibilities so they can rest, complete personal chores, or enjoy a relaxing break
- Make a meal and give it to a family in your parish who has a sick loved one.

BURY THE DEAD

- Send a card to someone who has recently lost a loved one.
- Visit the cemetery and pray for those you have lost.
- Spend time planning your own funeral mass

VISIT THE PRISONERS

- Get involved in a prison ministry
- Volunteer to help out or donate to charities that give Christmas presents to children whose parents are in prison.

CATHOLIC MEN WEBSITES

<http://www.goodconfession.com>

<http://2232men.com/2232menstrengtheningsummit/>

<http://realmenpraytherosary.org>

COMING EVENTS

January 6, 2016 - Meeting; 7:00pm - Center library

January 8, 2016-Men's Rosary for Peace; 6:00pm- Chapel

January 20, 2016- Meeting; 7:00pm - Center library

January 27, 2016- Radio Rosary; 6:00pm Center Rms 3-4

February 3, 2016- Meeting; 7:00pm - Center library

February 5, 2016-Men's Rosary for Peace; 6:00pm- Chapel

February 17, 2016- Meeting; 7:00pm - Center library

February 26, 2016- Radio Rosary; 6:00pm Center Rms 3-4