



## THE FISH NET

The official Newsletter of

SAINT MARIA GORETTI CATHOLIC MEN'S FELLOWSHIP

JULY- AUGUST 2017

Webpage: [www.smgcola/catholicmensgroup](http://www.smgcola/catholicmensgroup) Face Book: [www.facebook.com/smgcmf](http://www.facebook.com/smgcmf)

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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.

#### Do I know Him?

Ask any Christian who Jesus is and most will respond, my Lord and savior, and rightfully so. After all, we've been taught this. But, if asked, do you know Him; many will flounder for an answer. Scripture tells us that Jesus said to the apostles, "But who do you say I am?" Simon Peter said in reply, "You are the Messiah, the Son of the living God" (Mt 16:15-16) Peter's response is the only one recorded in scripture. That question remains for each of us to answer. Yes, we all know of Jesus through church teachings, scripture, and even the readings and homilies at Mass. But, the question remains the same, who does each one of us say Jesus is? Every man must discover this for himself. Just as in any relationship, the only way to learn who someone really is requires time, personal interaction, and listening to them. So too, must we do in order to know Jesus. One may say, but I read scripture and pray every day. This is good, but how we read scripture and pray is the key. When we read scripture, we have to take time to meditate on it asking the Holy Spirit to reveal what God's word means for our life. The word of God will be opened to us when we open our hearts to His will for us. When we pray, we often forget that prayer is a conversation between us and God. Many times are prayers are filled with praise, thanksgiving, petitions, and intentions, after which we get on with our day. The missing link is moments of quiet as we listen for God's response. As Catholics, we're blessed with the opportunity to spend time with Jesus physically present, body, blood, soul, and divinity in the Blessed Sacrament during adoration. In the silence of His presence we can come to know Him. Through the divine intervention and our time spent with Him we will know Him. For, when Peter answered Jesus, Jesus replied, "Blessed are you Simon, son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father." (Mt 15:17) To know of Jesus, even though we do as He tells us in scripture is not enough. As disciples of Christ, a personal relationship with Jesus is imperative. Our eternity depends on it. As He said, "Not everyone who says to me Lord, Lord, will enter the kingdom of heaven, but only the ones who do the will of my Father in heaven. Many will say to me on that day, "Lord, did we not prophesy in your name? Did we not drive out demons in your name? Did we not do mighty deeds in your name?" Then I will declare to them solemnly, "I never knew you. Depart from me, you evildoers." (Mt 7: 21-23) It's not too late to get to know Jesus, and more importantly for Him to know us. What will the answer be next time the question about Jesus is, Do you know Him?

### One Simple Way to Do the Scariest Thing as a Catholic – Evangelize

05 26 2017 By Mr. Thomas Wurtz

<http://thosecatholicmen.com>



When I stepped out onto campus as a brand new Catholic missionary with FOCUS, I was still a bit new to the "Jesus thing". I had a huge conversion my senior year, and knew Jesus was the only way to experience joy in life. Still, talking about him to folks I didn't really know was a very new thing to me. When I would say "Jesus" out loud, I would turn a bit red in the face (or at least I felt that way). The good thing is, the more you talk about Jesus, the more natural it becomes. For those of us that are still new, or avoiding it, there is one easy way to get started as an evangelist: share your story. One of the most powerful ways to teach or explain a concept is to share a story. It also, just so happens to be the best way to reach people in a culture like ours – a hyper relativistic one. No one can argue with your story. No one can feel defensive when you tell your story. I think it is one of the best ways to plant the seeds of truth into someone's life, especially if you don't know them well. As Catholics, we have done a poor job of evangelizing over the last century in the United States – especially the men. Now that the culture has completely turned against us, we clearly see how poorly we spread the good news over the last few generations. It is time for us to live the mission we are called to live – to make disciples of all nations. Everyone is called to do it, and everyone easily can – just tell your story. Here are a few basic points that help make your story an evangelistic power tool:

Briefly discuss how your life was not fulfilling before you really encountered Jesus Christ. Tell them how you were confused, wondering in the desert, caught up in a lifestyle that left you miserable and lonely, not headed in the right direction, etc.

Talk to them about when and how you met Jesus Christ. This could be anywhere on a spectrum from a dramatic one-event-encounter to a slow unfolding throughout your life. It doesn't matter how it happened, dramatically or not. What matters here is that it did happen. Speaking out of love, describe how the Lord has transformed your life.

Give a vision of what joy and hope are like in your life. Describe these experiences in detail – they are what everyone is longing for.

If we as Catholic men step out into the deep as evangelists, the world will be set ablaze with the gospel. If we simply share the experience of our own life, we could be impacting a soul for eternity. Heaven and Hell are real – if we act like it, what a difference it would make. -

## A Call to Love!

On the night that he was betrayed, Jesus said to his disciples “I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another.” (Jn 13:34-35) This commandment holds true for us today. Jesus didn’t tell us to love only those who love us, but to love all peoples, even those who despise us. As believers we know how easy it is to reciprocate love when given to us. But, Jesus never said that being a disciple of his would be easy; to the contrary, he said take up your cross everyday and follow me. And a cross it is, if we give in to the societal pressures to hate those who hate us. In our world and even our country we have only to tune in to the news or social media newsfeeds and we’re inundated with unrest, stories about how “others” want to attack us, or calls to arms to prepare for impending civil war by domestic terrorists groups here in the U.S. But, as believers we cannot and must not give in to the fear, anxiety, and hate. If we do, we become that which we seek to overcome. We must remember that only love and conquer hate. First, we must pray for the gift of fortitude to persist in doing what is right and remain strong in our faith. Second, we must pray for those who hate us and want to do us harm, that their hearts may be pierced by the love of God and freed from fear and hate. And finally, we must pray for the courage and strength to be the light of Christ’s love that illuminates the darkness that is trying to snuff out the good that lies in the hearts of all. Yes, now more than ever, as believers, as men of faith, we must answer the call to love; our survival depends on it.

## PRAYER CORNER PRAYER FOR INNER HEALING

Lord Jesus, please come and heal my wounded and troubled heart. I beg you to heal the torments that cause anxiety in my heart; I beg you, in a particular way, to heal all who are causes of my sinfulness.

I beg you to come into my life and heal me of the psychological harms that struck me in my childhood and from injuries that they caused throughout my life.

Lord Jesus, you know my burdens, I lay them all on you Good Shepherd’s Heart. I beseech you- by the merits of the great open wound in your heart- to heal the small wounds that are in me. Heal the pain of my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety. Heal, O Lord, all those wounds that have been the cause of the evil that is rooted in my life.

I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You who came to forgive the afflicted of heart, please heal my heart.

Heal, my Lord Jesus, those intimate wounds that cause me physical illness. I offer you my heart.

Accept it, Lord, purify it and give me the sentiments of your Divine Heart. Help me to be meek and humble.

Heal me, O Lord, from the pain caused by the death of loved ones, which is oppressing me.

Grant me to regain peace and joy in the knowledge that You are the Resurrection. You are victory over sin and death. You are the living presence of God among all men. Amen

## A Simple Method of Christian Meditation – How to Pray, Part IV

July 7, 2016 by Connie Rossini

In this series, Friedrich Overbeck Praying Monk we have seen that Meditation on Sacred Scripture is the preferred mental prayer of the Church and the saints; that Christian meditation is fundamentally different from non-Christian meditation; and, we’ve considered how to choose material to meditate on. Today I’d like to share with you a simple method of meditation.

Christian meditation is not a method of prayer. Rather, it is one of the three expressions of prayer in the life of the individual Christian. Just as numerous types of vocal prayer have been sanctioned by the Church, so many good methods of meditation exist. St. Francis de Sales proposes a method in Introduction to the Devout Life. Lectio Divina is a particular method of meditation. When I was a member of the Secular Carmelites, we practiced the method found in Conversation with Christ by Fr. Peter Thomas Rohrbach. Under spiritual direction, I am currently using the simplest method of all. It’s this method I wish to share with you. It does not require remembering elaborate steps. You can begin practicing it today. I hope you do, unless you already have a method that is working well for you.

Here is the method:

1. Choose a quiet spot alone to pray.
2. Focus your mind and heart on God.
3. Ask the Holy Spirit to speak to you through the Scriptures.
4. Begin prayerfully reading your chosen passage.
5. When anything moves you, pause. Ponder. Talk to God about what you have read, praise Him, or silently lift your heart to Him in love—whichever you feel moved to do.
6. When your conversation with God dries up, return to your passage.
7. Repeat numbers 5 and 6 until your time is almost ended.
8. End with the Our Father, another vocal prayer of your choice, or a brief word of thanksgiving.

Now, you’ll notice that even though I wrote this as eight steps, it’s very simple and natural. Virtually anyone can do it. Complete beginners or those transitioning towards simpler forms of mental prayer can adapt it to suit their needs. You don’t need a cheat sheet to make sure you’re doing it “right.” If you are getting to know and love Jesus better, listening to God through Scripture, and speaking to Him from the heart, you are doing it right! Your prayer time will be very personal and individual, different from any other person meditating on the same passage. Your relationship with the Lord is also unique.

I hope you find this method fruitful for your spiritual life.

## CATHOLIC MEN WEBSITES

<http://thosecatholicmen.com>

<http://www.battlereadystrong.com/>

<https://www.romancatholicman.com>

## COMING EVENTS

July 7, 2017 - Men’s Rosary for Peace; 6:00pm - Chapel

July 8, 2017-Family Movie Matinee; 3:30pm - Center

July 13, 2017- Meeting; 7:00pm - Center library

July 22, 2017 - Family Movie Matinee; 3:30pm – Center

July 26, 2017- Meeting; 7:00pm - Center library

August 4, 2017-Men’s Rosary for Peace; 6:00pm- Chapel

August 5, 2017Men’s Summit-8:30am-Center

August 9, 2017- Meeting; 7:00pm - Center library

August 12., 2017- Family Movie Night; 6:30pm - Center

August 23, 2017- Meeting; 7:00pm - Center library