

MAY JESUS CHRIST BE PRAISED

August 6 2017 – Transubstantiation

Spiritual Ponderings: Toxic Behaviors (Part 1)

Most people that know me or who have heard me speak, know that throughout my life I have struggled with depression. It is a part of my life that, thanks to some great counselors, I have learned to manage and control. In many ways, I look back upon my battle with depression and time in counseling as a gift because the experiences have given me a greater self-awareness and this has allowed me to help others when they come to me with a variety of different issues that are bothering them.

The other day, I was going through my stuff in an effort to simplify my life and I came across a box of papers that I had saved for future use but had since forgotten about. As I went through this box of papers, I came across a paper that was titled "Seven Toxic Behaviors that Push People Away." Sadly, I do not remember which counselor gave it to me. Upon finding it, I immediately thought that this would be a great topic for my Spiritual Pondering reflections. So, over the next month, I would like to share with you my reflections on these seven toxic behaviors that people may do (knowingly or unknowingly) that ultimately end up poisoning and ruining relationships.

Before, I dive into the seven toxic behaviors, I want to say a word about feelings, emotions, and temptations. I think it is important to realize that feelings, emotions, and temptations are all neutral. They are neither morally good or evil. Remember that Jesus was tempted in the desert by the devil and He experienced a wide variety of emotions but never sinned. When we feel an emotion like anger we should not beat ourselves up for feeling angry but instead we should explore why it is that we feel angry. Often this will help us use our anger in a morally good way instead of allowing the feeling of anger to lead us to sin. A person might be tempted to look at something inappropriate on the internet. If he or she gives into the temptation and look at something inappropriate, then he or she has sinned. However, if a person being tempted chooses to get up away from the computer and pray.

I am all for turning a weakness into a strength but that does not happen simply by ignoring our weaknesses. The first step in becoming a better person is to admit that we need to improve. The second step is to admit that is alright to be a person who needs to improve because everyone needs to improve. The third step is to figure out what it is that we need to improve and to begin improving. All of this presupposes that we have asked God for grace and strength.



Upon finding it, I immediately thought that this would be a great topic to tackle in my Spiritual Ponderings. So, over the next month, I would like to

focus on these 7 toxic behaviors. Quotes from the paper will be in bold and my commentary will be in regular font.

**First Toxic Behavior is Envy
Do not measure your life and success in comparison of someone else. Be your own person and live your life to your means. Constant envy and jealousy will only push people away because they will not want to be part of your consistent competition.**

Someone wants told me that the reason why the seven deadly sins are so deadly is because they distort our reality. For example, giving into pride distorts our reality by making us think that we are the center, purpose, or end of the universe instead of God. Envy is the

second of the seven deadly sins because it causes a distorted view of others. Instead of seeing others as brothers and sisters in Christ, we see them as competition either for God's love or happiness. The truth of the matter is that there is no competition for God's love because God's love is infinite. He loves all of us equally.

Each of us has grown up in a world though built on competition which breeds envy. When we are young we are told that we must be the smartest, most beautiful, the most

talented, etc. When this happens, it is hard not to see everything as competition. If, we keep looking for honor/fame, pleasure, power, or wealth to make you happy then others will be competition for you. Getting over envy is all about focusing on the Father's love for us. The more we realize that God loves us all and that we are all different, it is easier to move away from envy and the desire/need to tear others down.

In my own life, I used to desire to be an extravert because it

seemed like priests who were extraverts had the ability to make their parish love them. I realize that I can make a parish love me but it takes a little longer because as an introvert, I need more one-on-one time. If I try to be the extravert that I am not, I will fail. If I spend time getting mad that God made other people extraverts and not me, I will fail. If I can compensate for not be an extravert by seizing opportunities like one-on-one meetings and small group meetings, I will succeed with God's grace.

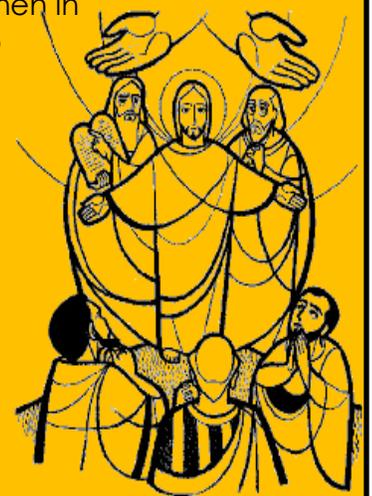
Breaking Open the Word

August 6, 2017 Feast of the Transfiguration of the Lord Lectionary: 614 Gospel MT 17:1-9

Spiritual Reflection: Have you ever wondered by Jesus does not allow all twelve Apostles to witness the Transfiguration? I believe that He does what He does for two reasons. The first is that Peter, James, and John needed to be strengthen in their faith before the Crucifixion in order to take on their roles of leadership afterwards (God gives to each person what they need) and secondly it shows us that even special spiritual experiences do not prevent us from abandoning Christ because all three of them deserted Christ in His time of need.

Spiritual Questions:

1. Why does God give special gifts of grace to certain people?
2. Does God ever hold back grace from someone who needs it?
3. Why must the vision be kept a secret until the Son of Man is raised from the dead?
4. What do you think the other apostles were thinking?
5. Does God glory scare you?



Prayers for the Week

It is hard to believe that the new school year is very close.

TEACHER'S PRAYER: TO SAINT JOSEPH # 1

O Glorious Saint Joseph, foster father of Our Lord, guardian and teacher of the young Jesus, help

us as we teach our children to grow in the love and truth of Jesus. Guide us so that we will lead them in the right path to acknowledge the truth that Jesus teaches. Amen.

TEACHER'S PRAYER TO SAINT JOSEPH # 2

O Blessed Saint Joseph, guardian of the Child Jesus, we pray that you will help us in our daily troubles and tribulations as we try to pass on to our students all the teachings that they need,

to be able succeed in their chosen professions. Help us to teach, and help them to learn. Guide us all as thou didst guide your most Holy foster Son, Jesus. Obtain for us the graces we need, not only to teach and to learn, but to stay on the path shown by the Light of Christ. Amen.

**TEACHER'S PRAYER
TO SAINT JOSEPH # 3**

O Blessed Saint Joseph guide me every minute of today as I teach my students. Intercede for me so that I may provide them with the all the knowledge they require. Amen.

**TEACHER'S PRAYER
TO SAINT JOSEPH # 4**

O Blessed St. Joseph, please be with me this day. Guide me through my lessons. Make every act and word I present to my students blessed through your

intercession. Obtain for me patience, love, and understanding when dealing with problems in the classroom. O St. Joseph, help me to become the best possible teacher that I can be. For this reason, I take thee as my patron. You who taught your son, Our Savior, while on this earth. St. Joseph, foster father of the Sacred Heart, pray for us. Amen.

Catholic Trivia

 <p style="text-align: center;">Last Week's Answers</p>	 <p style="text-align: center;">This Week's Questions</p>
<p>Which one does not belong</p> <p>1. Enoch Cain Seth Abel Enoch was not a son of Adam and Eve.</p> <p>2. James Simon Judas Matthew Mathew did not share his name with another apostle.</p> <p>3. Reuben Ephraim Joseph Judah Ephraim was not a son of Jacob</p> <p>4. Samuel Job Samson Gideon Job was not a Judge of the Israelites</p>	<p>Match Husband with Wife</p> <p>1. Joseph ____ A. Virgin Mary</p> <p>2. David ____ B. Elizabeth</p> <p>3. Moses ____ C. Gomer</p> <p>4. Boaz ____ D. Zipporah</p> <p>5. Hosea ____ E. Bathsheba</p> <p>6. Zechariah ____ F. Ruth</p>

Quotes of the Week – St. Dominic (Feast August 8th)



1) A man who governs his passions is master of his world. We must either command them or be enslaved by them. It is better to be a hammer than an anvil.

2) One day, through the Rosary and the Scapular, Our Lady will save the world.

3) Do not weep, for I shall be more useful to you after my death and I shall help you then more effectively than during my life.

4) We must sow the seed, not hoard it.

Catholic Humor

1. A teacher asked her Sunday School class to draw pictures of their favorite Bible stories. She was puzzled by a boy's picture which showed four people on an aircraft, so she asked him which story it was meant to represent.

'The flight to Egypt,' he replied.

'I see...

And that must be Mary, Joseph, and Baby Jesus,' she said.

'But who's the fourth person?'

'Oh, that's Pontius – the Pilot!'

2. A little nine year old girl was in church with her mother when she started feeling ill.

"Mommy" she said "Can we leave now?" "No"

her mother replied. "Well, I think I have to throw up!" "Then go

out the front door and around to the back of the church and throw up behind a bush." In about two minutes the little girl returned to her seat. "Did you throw up?" her mother asked. "Yes" the little girl replied. "Well, how could you have gone all the way to the back of the church and return so quickly?" "I didn't have to go out of the church, Mommy" the little girl replied, "They have a box next to the front door that says 'for the sick'."



ual Adoption

Spiritual Adoption Prayer



"Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of [baby's name] the unborn baby that I have spiritually adopted who is in danger of abortion." - Prayer of Archbishop Fulton J. Sheen

Seventh Month Your baby is now about 3 pounds – this added weight makes her skin look smoother. Her eyelids can now open and close, her eyes look around and respond to light. She has a powerful grip now - strong enough to support her body weight with one hand.