

MAY JESUS CHRIST BE PRAISED

August 13 2017 – 18th Sunday Ordinary Time

Spiritual Ponderings: Toxic Behaviors (Part II)

Growing up, I was often bullied by others. No one should ever be bullied, I look back upon that time and see that I often did not help the situation by the ways I acted either. Sometimes, I made myself a target. For example there was a period in my life in which I tried to get others to like me by exaggerating my accomplishments. Sadly my efforts to impress my peers made me more of a target. When I finally stopped this behavior of telling tall tales in order to impress people; I found that fewer people would pick on me and I was actually beginning to make more friends. As we continue to explore the idea of toxic behaviors I remind you that quotes from the handout will be in bold and my commentary is in plain text.

Overly Sensitive

Try to remember that it's not always about you. People that over analyze everything and view things as a direct assault are destined to be lonely. No one wants to deal with the dramatics. If you're an overly sensitive person, do not take everything personally.

I have become a firm believer that most problems in a relationship happen out of neglect and not out of malice. This fast pace world in which we all live in makes it hard to slow down and to ponder how our actions may end up impacting

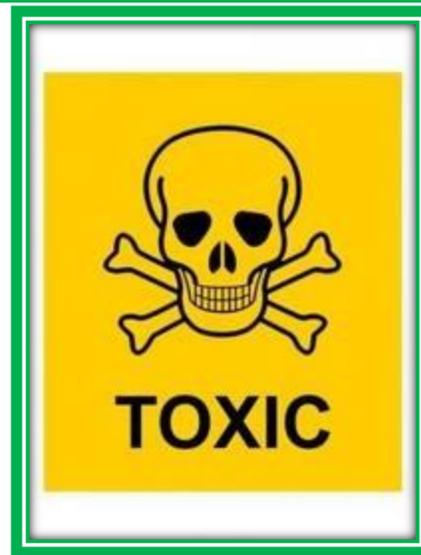
everyone we meet; we often forget to show gratitude to people who have helped us; and we often don't take time to see if our words or actions have hurt someone. When someone hurts us, while not always the case, we can still assume most of the time that the person who hurt us really did not mean to. They were just too busy or caught up in their own world to see how their words or actions hurt us.

Another thing to remember is that the "issue is not always the issue." Sometimes people use surface level actions in order to address deeper issues. For example, people who often go around pointing out other people's faults often do so because they want to appear better by tearing others down or they want people looking at another person and not at them for fear that their weaknesses will be seen.

I can remember one time that I was presenting the Church's teaching on immigration and a after Mass a person verbally attacked me. As I let him talk, I realized that he was not mad at me but he was rather upset because of a friend of his had been in a car accident caused by a man who had no insurance because he was an illegal immigrant.

Victimize

Believing that you're the victim will only impose your bad attitude on others. Constant victimizing will cause you to feel



powerless and weak, when in truth if you release yourself from the victim persona - you'll be more powerful than you ever imagined.

If there is one change that I have made in my life that has benefited me the most it is that I no longer see myself as a victim. It used to be when bad things happen to me, I would simply sit there and cry about life not being fair. Now when bad things come my way, I see them as opportunities to show how strong I am, to demonstrate my faith, and to help others by my example. There are cases in life when someone may be a legitimate victim of a crime but many people today wear the "victim" label over such little things as the store not having the item they wanted, Mass running overtime, a sibling getting more attention than them, etc.

I recently met a young teen age girl who had a disability that kept her in a wheelchair. She

did not see herself as a victim of her disability but rather she took it upon herself to be a source of joy to the people around her. She was the loudest one when it came to cheering her

campmates on the climbing wall. She then impressed her all when without the use of her legs climbed the rock wall a good six feet in the air. I know that when I began to feel down about

myself, I will think about her and be inspired to carry on. With God all things are possible. With Jesus I am a victor and not a victim.

Breaking Open the Word

August 13, 2017 Nineteenth Sunday in Ordinary Time Lectionary: 115 Gospel MT 14:22-33

Spiritual Reflection: A close look at the story in today's Gospel show Peter testing God and not God testing Peter and yet it is Peter who fails. God does not abandon Peter despite His failure. Peter will be given many more chances to grow in faith.

Spiritual Questions:

1. How do you test God?
2. What prevents you from keeping focus on Christ?
3. How can failing help you grow in faith?
4. How can you develop more courage in matters of faith?
5. How quickly does the Lord save Peter?



Prayers for the Week

**Prayer for Students
- Anonymous**

Father of Light and Wisdom, thank you for giving me a mind that can know and a heart that can love.

Help me to keep learning every day of my life--no matter what the subject may be. Let me be convinced that all knowledge leads to you and let me know how to find you and love you in all the things you have made.

Encourage me when the studies are difficult and when I am tempted to give up
Enlighten me when my brain is slow and help me to grasp the truth held out to me.

Grant me the grace to put my

knowledge to use in building the kingdom of God on earth so that I may enter the kingdom of God in heaven. Amen.

A Student's Prayer

Loving Father, I stand before You in the midst of confusion and complexities of life. My future sometimes seems distant and unknown. Give me, O Lord, the vision to see the path You set before me. Grant me the courage to follow Your way, that through the gifts and talents You have given me, I may bring Your life and Your love to others. I ask this through Jesus, Your Son and my Brother. Amen

**A Students Prayer
By St. Thomas Aquinas**

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever. Amen.

Catholic Trivia



Last Week's Answers

Match Husband with Wife

- | | |
|-------------------|----------------|
| 1. Joseph ____ | A. Virgin Mary |
| 2. David ____ | E. Bathsheba |
| 3. Moses ____ | D. Zipporah |
| 4. Boaz ____ | F. Ruth |
| 5. Hosea ____ | C. Gomer |
| 6. Zechariah ____ | B. Elizabeth |



This Week's Questions

- Which saint saw a flaming, winged figure in the sky when receiving the stigmata?
 A. St. Francis of Assisi B. St. Rita
 C. St. Catherine of Siena D. St. Pio
- Of the following female saints, which is not a Doctor of the Church?
 A. St. Hildegard of Bingen B. St. Joan of Arc
 C. St. Teresa of Ávila D. St. Thérèse of Lisieux
- Which of the following saints was born in France?
 A. St. Thomas Aquinas B. St. Louis Martin
 C. St. Damien D. St. Ignatius of Loyola
- Which saint is celebrated the day after Christmas on the Church's universal calendar?
 A. St. Stephen B. St. John the Apostle
 C. St. John the Baptist D. St. Thomas Becket

Quotes of the Week – St. Maximilian Kolbe (Feast August 14th)



1) The most deadly poison of our times is indifference. And this happens, although the praise of God should know no limits. Let us strive, therefore, to praise Him to the greatest extent of our powers.

2) Prayer is powerful beyond limits when we turn to the Immaculata who is queen even of God's heart.

3) The Immaculate alone has from God the promise of victory over Satan. She seeks souls that will consecrate themselves entirely to her, that will become in her hands forceful instruments

for the defeat of Satan and the spread of God's kingdom.

4) That night, I asked the Mother of God what was to become of me, a Child of Faith. Then she came to me holding two crowns, one white, the other red. She asked me if I was willing to accept either of these crowns. The white one meant that I should persevere in purity, and the red that I should become a martyr. I said that I would accept them both.

5) For Jesus Christ I am prepared to suffer still more.

Catholic Humor

1) What is a dentist's favorite hymn?
Crown Him with Many Crowns
Extra points: Holy, Holy, Holy

5) How does Moses make his coffee?
Hebrews it.

2) Who's the arch-enemy of the Gsus chord?
The Dmin chord.

3) What's a salesman's favorite
Scripture passage?
The Great Commission

4) Where was Solomon's temple located?
On the side of his head.



Spiritual 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.

Important Reminder

Remember that this Tuesday (August 15th) is a Holy Day of Obligation. Check your parish for the different Mass times near you.