

MAY JESUS CHRIST BE PRAISED

August 20 2017 – 19th Sunday Ordinary Time

Spiritual Ponderings: Toxic Behaviors (Part III)

I love the movie *Star Wars: Empire Strikes Back* for many reasons. The scenes in which Yoda teaches Luke about the ways of the Force, I find personally fool of wisdom. For example at one point in the movie, Yoda places a huge task before Luke and even before Luke makes an effort he resigns himself to defeat to which Yoda quickly replies **“Do. Or do not. There is no try.”** Luke, convinced that the task before him is impossible makes a half-hearted attempt. He is then amazed when Yoda is able to complete the task: **This is Yoda being brutally honest with Luke, who breathlessly says, “I don’t believe it,” after his Master raises an X-wing from the Dagobah swamp. It’s a definitive statement that comes from Yoda’s years and years of experience as a Jedi and a teacher, and it cuts through both to Luke and the audience.**

This little scene from the movie demonstrates the power of negative thinking. (Quotes from my counseling handout will be in bold and my commentary will be in regular font)

Negative Thinking
Everyone, at some point in their life, has suffered a

tragedy or overcame an obstacle that seemed impossible. Allowing those low periods forever effect your thinking process will drive others away. No one wants to surround themselves with negativity because it is toxic. Pessimistic thinking takes more energy than a positive mind frame.

I will spend hours working with someone, if I think that they are giving it their all. On the other hand, I have very little patience for someone who approaches a task convinced that they will never succeed. A friend of mine was convinced that he would never be able to operate a computer and thus any attempt to show him was a waste of time. Imagine my surprise when a few months later, I saw him walking around with a laptop. He told me that he had saw another friend of his using one and he figured that if that friend could use a computer then he could. The key to his success therefore was the attitude he brought to the task before him.

People always want to be around people who will lift up their spirit and encourage them to be better. No one wants to be around a pessimist. If you discover that you are constantly being



negative and driving people away let me suggest that you first begin by simply being quiet. Just because you feel negative about a situation does not mean that you have to express it. Second, try to see why other people in your situation have a sense of a hope or a reason to be optimistic. Finally develop a sense of gratitude. When you realize everything is a blessing from God then you begin to realize how blest you are and that begins to show.

Lack of Self-Control
There will be times when your patience is spread thin however this should not be the norm. Having a lack of self-control can bring on embarrassing situations - uncontrollable crying over small incidents, screaming at someone over spilled milk or getting upset over a mild over sight. A lack of self-control will bring up concerns for the people around you because

they will not want to be an accessory to your behavior.

Here are some things to practice in order to help you grow in self-control.

1. *Look at the big picture.* - Ask yourself why the current situation bothers you. Most likely it is because you have forgotten that God loves you and will provide for you.
2. *Know the perils of inadequate sleep and stress.* - Our bodies and souls are connected. We need to make sure that we are well

rested and find appropriate ways to deal with the stress that builds up in our bodies.

3. *Relax already.* - Soothe yourself, remind yourself that no matter what happens, God will still provide people in your life who love you for who you are.
4. *Do some short bouts of exercise.* - Exercise can help release endorphins and give you a sense of accomplishment.
5. *Know yourself.* - Know what your triggers are and what

the temptations are that you face most often and develop a plan of action to combat them.

6. *Avoid Impairment* - Keep command of your senses (and your tongue). Don't let a foreign substance rob you of your mental filter.
7. *Enjoy the positive things going on* - Take time to remind yourself of all the good things that you have going on in your life and all the great relationships God has given you. There is always something to be grateful for.

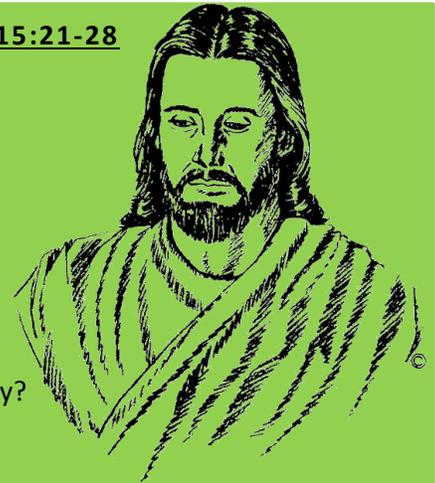
Breaking Open the Word

August 20, 2017 Twentieth Sunday in Ordinary Time Lectionary: 118 Gospel MT 15:21-28

Spiritual Reflection: Sometimes when I read this Gospel passage, I cannot help but be a little bit afraid because at first it seems to look like Jesus is doing things our ways. The people tell Him to get rid of the woman and He begins to but in the end it turns out to be Jesus actually teaching his disciples a lesson by revealing to them that this woman had more faith than they did.

Spiritual Questions:

1. What does a believer look like?
2. How scary would it be if God actually answered all our prayers?
3. How is the woman a model of faith?
4. What would the disciples had missed out if Jesus had sent the woman away?
5. Who in the parish do you think you should get to know better?



Prayers for the Week

August 22nd is the feast of Our Lady Queen of Heaven.

THE PRAYER FOLLOWING MARY'S EXAMPLE

All-powerful and ever-living God, in the plan of your wisdom, she who bore the Christ in her womb was raised body and soul in glory to be with Him in heaven. May we follow her example in

reflecting Your holiness and join her hymn of endless life and praise. Amen.

MARIAN PRAYER OF MOTHER TERESA OF CALCUTTA (A.D. 1910-1997)

Give us a heart as beautiful, pure, and spotless as yours. A heart like yours, so full of love and humility. May

we be able to receive Jesus as the Bread of Life, to love Him as you loved Him, to serve Him under the mistreated face of the poor. We ask this through Jesus Christ our Lord. Amen.

THE MARIAN PRAYER OF POPE JOHN-PAUL II

Mother of the Redeemer, with great joy we call you blessed. In order to carry out His plan of salvation, God the Father chose you before the creation of the world. You believed in His love and obeyed His word. The Son of God desired you for His Mother when He became man to save the human race. You received Him with ready obedience and undivided heart. The Holy Spirit loved you as His mystical spouse and filled you with singular gifts. You allowed yourself to be led by His hidden powerful action. On the eve of the third Christian Millennium, we entrust to you the Church which

acknowledges you and invokes you as Mother. To you, Mother of human family and of the nations, we confidently entrust the whole humanity, with its hopes and fears. Do not let it lack the light of true wisdom. Guide its steps in the ways of peace. Enable all to meet Christ, the Way, the Truth, and the Life. Sustain us, O Virgin Mary, on our journey of faith and obtain for us the grace of eternal salvation. O clement, O loving, O sweet Mother of God and our Mother, Mary!

PRAYER TO MARY, QUEEN IN THE HOME

O Blessed Virgin Mary, you are the mother and queen of every Christian family. When you conceived and gave

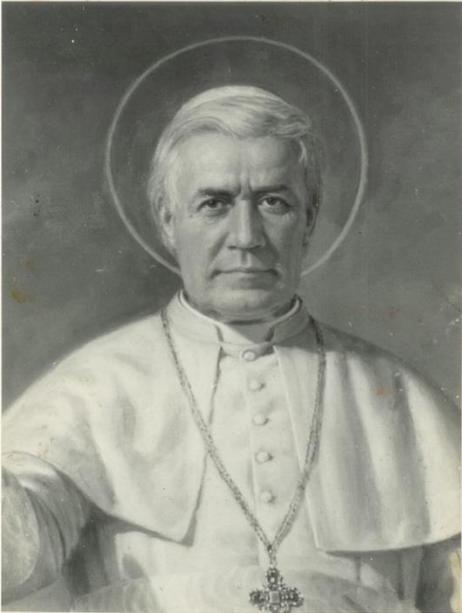
birth to Jesus, human motherhood reached its greatest achievement. From the time of the Annunciation you were the living chalice of the Son of God made man. You are the queen of the home.

As a woman of faith, you inspire all mothers to transmit faith to their children. Watch over our families. Let children learn free and loving obedience inspired by your obedience to God. Let parents learn dedication and selflessness based on your unselfish attitude. Let all families honor you and remain devoted to you so that they may be held together by your example and your intercession. Amen.

Catholic Trivia

 Last Week's Answers	 This Week's Questions
1. 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	1. Which evangelists wrote more than one New Testament Book? A. Matthew B. Mark C. Luke D. John
2. 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	2. What Gospel(s) contain the story of Jesus washing of the feet? A. Matthew B. Mark C. Luke D. John
3. 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	3. What Gospel(s) contain the story of the feeding of the 5,000? A. Matthew B. Mark C. Luke D. John
4. 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	4. What Gospel contains story of two disciples on the Road to Emmaus? A. Matthew B. Mark C. Luke D. John

Quotes of the Week – St. Pius X (Feast August 21st)



"The Rosary is the most beautiful and the most rich in graces of all

prayers; it is the prayer that touches most the Heart of the Mother of God...and if you wish peace to reign in your homes, recite the family Rosary."

"Holy Communion is the shortest and safest way to heaven."

"Truly we are passing through disastrous times, when we may well make our own the lamentation of the Prophet: "There is no truth, and there is no mercy, and there is no knowledge of God in the land" (Hosea 4:1). Yet in the midst of this tide of evil, the Virgin Most Merciful rises before our eyes like a rainbow, as the arbiter of

peace between God and man."

"Among all the devotions approved by the Church none has been so favored by so many miracles as the devotion of the Most Holy Rosary"

"Let the storm rage and the sky darken — not for that shall we be dismayed. If we trust as we should in Mary, we shall recognize in her, the Virgin Most Powerful who with virginal foot did crush the head of the serpent."

Catholic Humor

Luke: Why did the M&M go to school?

Stan: I'm stumped.

Luke: Because he really wanted to be a Smartie!

Chad: Why do magicians do so well in school?

Josh: I don't know. Why?

Chad: They're good at trick questions.

Jacob: Why was the teacher wearing sunglasses to school?

Leonard: Why?

Jacob: She had bright students!

A book never written: "High School Math" by Cal Q. Luss.

A book never written: "When Does School Start?" by Wendy Belrings.

Joe: What's the king of all school supplies?

Moe: I don't know. What?

Joe: The ruler.



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

MONTH 8 – Developing Baby -- “I like to listen to my Mommy’s voice!” Spiritual Adoption Program

Now your spiritually adopted baby is finished developing and is concentrating on gaining weight; she might be making her mother uncomfortable with her size. She will need a layer of fat to help her stay warm after she leaves the perfect temperature inside her mother’s womb. For some weeks now she has recognized her mother’s voice. In a short time, her baby will be born. Your baby’s mother appreciated the prayers you have said for her and her baby throughout the pregnancy. It has not been easy, but your prayers have given her the grace she needed to bring her baby to term.