

November 4, 2018 – 31st Sunday Ordinary Time



*MAY JESUS CHRIST BE PRAISED
NOW AND FOREVER!!!*

SPIRITUAL PONDERINGS

7 Things to Do When Haters Tell You "You Can't"

One of the most important lessons that I have learned in life is that the "virtue is always in the middle of two vices." For example, the virtue of humility is in between the vices of pride and self-hate. The virtue of forgiveness is in the middle of the vice of holding a grudge and the vice of enabling. I like to think of living a virtuous life mentally as shooting at a soccer goal. If I shoot too far to the left I miss and if I miss too far to the right I miss. In order to score, I have to hit the center.

Applying this to my life has made a world of difference, because growing up I was always told not to do point out my good qualities in order to avoid and this was one of the things that led me to suffer from depression. In counseling, I finally learned that there was nothing virtuous in not acknowledging my talents. After all God had given them to me, who was I to deny them or not use them.

Learning to handle others' negative comments has helped me grow in many amazing ways thanks to the grace of God. The following reflection on how to avoid self-hate comes from my reflections on an article entitled "Seven Things to Do When Haters Tell You 'You Can't'". It was written by Wesley Baines. My comments will be in the normal font and quotes will be in the bold font.

When the haters start hating, do you know how to react? Now, we're not talking about the Merriam-Webster definition of "hate." This is intentionally unconstructive, mean behavior that's intended to cause someone pain or anger, and it's made up of two parts jealousy, one-part judgmental attitude, and one-part pettiness.

Do I know how to react? I do now. Having a plan can be the difference between life and death. This is why we practice fire and tornado drills in schools. When someone comes at me in a negative way, I strive to remain calm and to analyze the person's argument to see if there is anything valid in it. If it is valid I try to use what they are saying to improve and if not then I discard it.

But the reality is this: haters can only hurt you as much as you let them. Their words are carefully designed to get under your skin and make you lash out, but you're not going to do that. Instead, you're going to read these 7 things to do when the haters tell you "you can't," and you're going to learn how to handle the hate like a boss.

"The loudest person in the room is the weakest," is a phrase that near and dear to my heart. A person who is confident in oneself does not have to yell or scream. The more vicious a person is in their verbal language the more scared they are. They are acting out of fear

like a cornered tiger. A person is attacking me, and not my argument does so because they often cannot think of a good refute for my argument.

1. TAKE IT AS A SIGN OF SUCCESS
Want to know one of the best ways of dealing with haters? Let their jabs encourage you, rather than taking the wind out of your sails, by seeing them as signs of your own success. Haters hate for a very particular set of reasons. They're insecure, and your successes and victories remind them of their perceived failures. They're comparison junkies who can only feel confident if they're the best one in the room. The moment you step in, though, with even the tiniest accomplishment that they deem better than their own, they start tearing you down.

The non-Christian world is a world of competition. When you do not believe in an afterlife or a loving God, life becomes more about who has the most toys or fame. For Christians, we know that fame and fortune are not that great because they will fade away. A person attacking me has made the mistake to assume that I am interested in winning their game of "he with the most toys wins." Why should I be upset if someone thinks I am doing well at a game that I am not even playing? I should feel good that they are assuming that I have certain talents and gifts that make it look like I would be good at their game.

Before you let it get to you, though, think about what we've just talked about. These people are basically saying, "I think you're better than me." Now that you know their reasoning, you'll be able to hear that statement in everything they say and do!



BREAKING OPEN THE WORD

November 4, 2018 Thirty-first Sunday in Ordinary Time Lectionary: 152 Gospel **MK 12:28B-34**

One of the scribes came to Jesus and asked him, "Which is the first of all the commandments?" Jesus replied, "The first is this: *Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.* The second is this: *You shall love your neighbor as yourself.* There is no other commandment greater than these." The scribe said to him, "Well said, teacher. You are right in saying, 'He is One and there is no other than he.' And 'to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself' is worth more than all burnt offerings and sacrifices." And when Jesus saw that he answered with understanding, he said to him, "You are not far from the kingdom of God." And no one dared to ask him any more questions.

Spiritual Reflection:

"If you judge people, you have no time to love them." -Mother Teresa. Therefore loving others means also a stopping of our desire to judge others.

Spiritual Questions:

1. How do you show others love?
2. How do you show others the opposite of love?
3. How would the world change if everyone obeyed the commandment of love?
4. How can you stop judging others?
5. How can you stop judging yourself?



PRAYER FOR ABORTION VICTIMS

Holy Mother of God and of the Church, our Lady of Guadalupe, you were chosen by the Father for the Son through the Holy Spirit. You are the Woman clothed with the sun who labors to give birth to Christ while Satan, the Red Dragon, waits to voraciously devour your child. So too did Herod seek to destroy your Son, Our Lord and Savior Jesus Christ, and massacred many innocent children in the process. So today does abortion killing many innocent unborn children and exploiting many mothers in its attack upon human life and upon the Church, the Body of Christ. Mother of the Innocents, we praise God in you for His gifts to you of your Immaculate Conception, your freedom from actual sin; your fullness of grace, your Motherhood of God and the Church, your Perpetual Virginity

"Any fool can criticize, condemn, and complain but it takes character and self-control to be understanding and forgiving." – Dale Carnegie

Quotes of the Week

How far that little candle throws its beams! So shines a good deed in a naughty world. - William Shakespeare

God gives His gifts where He finds the vessel empty enough to receive them. - C. S. Lewis

You must make your choice: either this man was, and is, the Son of God, or else a madman or something worse. You can shut him up for a fool, you can spit at him and kill him as a demon; or you can fall at his feet and call him Lord and God. But let us not come with any patronizing nonsense about his being a great human teacher. He has not left that open to us. He did not intend to. - C. S. Lewis

It is the duty of a good shepherd to shear his sheep, not to skin them. - Tiberius

Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships. - Stephen Covey



and your Assumption in body and soul into heaven. O Help of Christians, we beg you to protect all mothers of the unborn and the children within their wombs. We plead with you for your help to end the holocaust of abortion. Melt hearts so that life may be revered! Holy Mother, we pray to your Sorrowful and Immaculate Heart for all mothers and all unborn children that they may have life here on earth and by the most Precious Blood shed by your Son that they may have eternal life with Him in heaven. We also pray to your Sorrowful and Immaculate Heart for all abortionists and all abortion supporters that they may be converted and accept your Son, Jesus Christ, as their Lord and Savior. Defend all of your children in the battle against Satan and all of the evil spirits in this present darkness. We desire that the innocent unborn children who die without Baptism should be baptized and saved. We ask that you obtain this grace for them and repentance, reconciliation and pardon from God for their parents and their killers. Let there be revealed, once more, in the history of the world the infinite power of merciful love. May it put an end to evil. May it transform consciences. May your Sorrowful and Immaculate Heart reveal for all the light of hope. May Christ the King reign over us, our families, cities, states, nations and the whole of humanity. O clement, O loving, O sweet Virgin Mary, hear our pleas and accept this cry from our hearts! Our Lady of Guadalupe, Protectress of the Unborn, Pray for us!



Please join us in praying a special prayer each month for Catholics who have fallen away from their faith.

A SPIRIT TO KNOW YOU

Gracious and Holy Father, Please give to our fallen away brothers and sisters: an intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, hearts to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, ways of life pleasing to you, patience to wait for you and perseverance to look for you. Grant all of us a perfect end, your holy presence, a blessed resurrection and life everlasting.



PRAYER(S) OF THE WEEK

PRAYER FOR A LOVING ATTITUDE

Lord Jesus Christ, You gave your life out of love for all people, and You encouraged your followers to do good to others. Over the years many Christians have found this difficult and I am no exception. I try, but it is so hard to have a loving attitude toward all, and then I feel hypocritical in claiming to follow You. Help me, dear Lord, to really believe that Christian love is the greatest power in the world. Let me see that this is not an emotion, but a central attitude of one's being, an attitude of service for others in Your Name. It is the result of your grace, and prompts us to will only good things for others as images of God. Grant that I may always strive to attain this attitude and so live up to the noble vocation to which I am called. Amen.

PRAYER FOR ATTENTIVENESS

Lord, you said: wherever two or three are gathered together in my name, I am there among them. You are with us now. Make us aware of your presence. Gather

us in together in Your love. Lord, we are here to be attentive to your Word; we are here to search for Your Truth. Speak to us, Lord, Your servants are listening. Teach us to listen and respond. Lord, in the noise and bustle of life it is not easy to find Your Truth. Help us to be quiet and still. Make us attentive to You tonight. For You alone have the words of Eternal Life. Inspire us to yearn for Your Word. Lord, at times through sin and selfishness we have hardened our hearts. Forgive our foolish ways; open our eyes to the greatness of your love; bless us with the Truth that sets us free. Bless us, Lord, and set us free.

Let us pray.

God our Father, only You can give meaning and purpose to life. Let Your Word, rich as it is, pierce deeply into our hearts and change our lives, so that we may know life at its best, and learn to live for You and for others. Through Christ our Lord. Amen.

TRIVIA

Last Week's Answers	This Week's Question
<p>True or False</p> <p>1. When a person dies he or she becomes either an angel in heaven or demon in hell. (False we become Saints if we go to heaven)</p> <p>2. People in purgatory cannot be helped by our prayers. (False, we believe that our prayers can help those in purgatory)</p> <p>3. Anyone can baptize in an emergency (True if they use water and mean what the Church means by Trinity).</p> <p>4. Jesus never let anyone walk away from Him in the Gospels. (Jesus allowed a lot of people to walk away from Him in John 6)</p>	<p>Match the founder with his or her religious order</p> <p>1. Saint Vincent De Paul 2. Mother Teresa</p> <p>3. St. Francis of Assisi 4. St. Ignatius of Loyola</p> <p>A. Company of Jesus B. Congregation of Missions</p> <p>C. Missionaries of Charity D. Franciscans</p>



Humor

Joe asked God, "How much is a penny worth in heaven?"
 God replied, "\$1 million."
 Joe asked, "How long is a minute in heaven?"
 God said, "One million years."
 Joe asked for a penny.
 God said, "Sure, in a minute."

Two old guys are talking about death, and they wonder if there's baseball in heaven. So they promise each other that the first one to die will let the other one know. A week later, one of them dies, and a few days after that, the friend recognizes a voice coming down from the clouds.
 "Joe," says the disembodied voice. "I've got some good news and some bad news. The good news is, yes, there IS a baseball team in heaven. The bad news? You're pitching on Friday."