

MAY JESUS CHRIST BE PRAISED

February 11, 2018 – Fifth Sunday Ordinary Time

Spirituality Ponderings Pornography Part II

Fighting the Sin of Pornography

When a person has a reoccurring sin like pornography, he or she must be willing to address it head on. It is not something we should take lightly. A website that I have found filled with helpful tips in this area is Integrity Restored. These next two weeks, I would like to reflect on their seven steps toward overcoming pornography. Quotes from their website will be in bold and my commentary will be in normal font.

1. Honesty, Self-knowledge and Commitment

Recovery begins with being honest with yourself, other people and God about your addiction. You take full responsibility for your addiction and your recovery, and you are committed to doing whatever it takes to recovery. It also means knowing your weaknesses. This means identifying the triggers and danger zones, which can lead to using porn, and developing the strategies to avoid falling.

I have learned for me personally that I have to turn loneliness from a time of self-pity into a time of prayer and self-appreciation if I am to avoid sins. When I beat myself up and get depressed I am an easier target for the devil. When I see alone time as an opportunity to

do something that I want to do like prayer or a hobby, I find that avoid sin much easier. When I am feeling really lonely, I write, wood work, wood burn, cook, pray, explore the internet for beautiful Church buildings and interesting saints.

2. Purifying Your Life

Healthy recovery obviously means ridding your life of all pornography and any access to it. This means destroying and throwing out any physical porn you may have – magazine, DVDs, catalogs, etc. It also means monitoring all use of technology with software, such as Covenant Eyes. Moreover, it means making the commitment not to use technology/pornography to selfishly gratify ourselves. Anything that even remotely reminds you of pornography must be discarded.

Get rid of the junk. You do not need it.

3. Support and Accountability

Anyone who has been successful in recovery will admit that they could not do it alone. Healing and recovery always occur within community. Thus, you need to surround yourself with others who understand your struggles, will support you, and will keep you accountable to your program. Here is where support groups are crucial.

A support group is important especially for guys who want to do it alone.

4. Counseling

In many ways, pornography use is just a symptom. Most people get into pornography as teenagers out of curiosity. However, what is it about the person who needs to keep going back to is over and over again? There is usually some deep emotional wounds that he is self-medicating with pornography. Often he has had the wounds for so long he doesn't even know they're there anymore. However, subconsciously he uses pornography to ease his pain. Through counseling these wounds can be identified and healed. This will lead to longer lasting sobriety. Unless the root causes of pornography use are identified and resolved, any sobriety will simply be "white-knuckling it." Counseling is also needed for spouses to heal from the deep betrayal wounds they've endured. Counseling is also needed for couples to heal the wounds to their marriages caused by pornography.

Identify the root of a problem makes it easy to find the solutions that are long lasting.



Breaking Open the Word

February 11, 2018 Sixth Sunday in Ordinary Time Lectionary: 77 Gospel MK 1:40-45

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning the him sternly, he dismissed him at once. He said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

Spiritual Reflection:

The most harmful enemy of your apostolic life is not an external enemy, your adversary, but an internal enemy. You could become a double agent, attempting to work both sides: God's and the devil's. – Cardinal Francis Xavier Nguyen Van Thuan. The man is cured and gives glory to God but he disobeys Jesus and hampers Jesus' ministry.

Spiritual Questions:

1. Name some ways in which you have grown in your faith this past week.
2. Name some ways in which you have failed to grow in your faith this past week.
3. When was the last time you thanked God for something?
4. Does your life make it easier for people to believe in God or harder?
5. Are you willing to come to Jesus for help?

Prayers for the Week

PRAYER IN THE STEPS OF THE PASSION

Most dear Jesus, filled with sorrow during the agony in the garden, covered with a sweat of blood while praying, have mercy on us, O Lord.

Most dear Jesus, delivered into the hands of the wicked by a kiss, bound like a robber, and abandoned by your disciples, have mercy on us, O Lord.

Most dear Jesus, condemned to death by an unjust Council, taken as an evildoer before Pilate, and ridiculed by the wicked Herod, have mercy on us, O Lord.

Most dear Jesus, publicly shorn of your garments, and most cruelly scourged at the pillar, have mercy on us, O Lord.

Most dear Jesus, crowned with thorns, beaten and blindfolded, clothed in rich purple and mocked, have mercy on us, O Lord.

Most dear Jesus, likened to the infamous Barabbas, rejected by your people, and unjustly sentenced to death, have mercy on us, O Lord.

Most dear Jesus, burdened with the weight of the Cross and led to the place of execution like a lamb to the slaughter, have mercy on us, O Lord.

Most dear Jesus, reckoned with the wicked, blasphemed, and derided, and given gall to drink to mitigate your pain, have mercy on us, O Lord.

Most dear Jesus, dying on the Cross in the presence of Mary, pierced with a lance that drew blood and water from your side, have mercy on us, O Lord.

Most dear Jesus, taken down and placed in the arms of your Sorrowful Mother, have mercy on us, O Lord.

Most dear Jesus, horribly bruised and marked with five wounds, anointed for burial and placed in a tomb, have mercy on us, O Lord.

My Jesus, I thank you for dying on the Cross for my sins. Have mercy on us, O Lord. Amen.

BENEDICTION OF THE LITANIES FOR LENT

Lord Jesus, you have come to save us from our sins. -Lord, have mercy.

You fasted to encourage us to do penance. - Lord, have

mercy.

You suffered temptation to give us strength. - Lord, have mercy.

You were transfigured to give us hope. - Lord, have mercy.

You suffered insults to bring us salvation. - Lord, have mercy.

You accepted death to bring us life with you. - Lord, have mercy.

Catholic Trivia

 <p>Last Week's Answers</p>	 <p>This Week's Questions</p>																
<p>Identify the Coat of Arms</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>1. "Come, and you will see" Bishop Rice</p> </div> <div style="text-align: center;">  <p>2. ANTE CRUCEM NIHIL DEFENSIONIS Archbishop Carlson</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>3. CARITAS CHRISTI URGET NOS Bishop Rivituso</p> </div> <div style="text-align: center;">  <p>4. SECUNDUM COR TUUM Archbishop Burke</p> </div> </div>	<ol style="list-style-type: none"> 1. All the following are sacraments of initiation except: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">a. Baptism</td> <td style="width: 50%;">b. Confession</td> </tr> <tr> <td>c. Eucharist</td> <td>d. Confirmation</td> </tr> </table> 2. Which pope issued Humanae Vitae: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">a. JP II</td> <td style="width: 50%;">b. Pope St. Pius X</td> </tr> <tr> <td>c. Paul VI</td> <td>d. John XXIII</td> </tr> </table> 3. The first five books of the bible are called the: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">a. Pentecost</td> <td style="width: 50%;">b. Pentathlon</td> </tr> <tr> <td>c. Pentateuch</td> <td>d. Pentagon</td> </tr> </table> 4. The book of prayers used at mass is called: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">a. Missal</td> <td style="width: 50%;">b. Missalette</td> </tr> <tr> <td>c. Lectionary</td> <td>d. Sacramentary</td> </tr> </table> 	a. Baptism	b. Confession	c. Eucharist	d. Confirmation	a. JP II	b. Pope St. Pius X	c. Paul VI	d. John XXIII	a. Pentecost	b. Pentathlon	c. Pentateuch	d. Pentagon	a. Missal	b. Missalette	c. Lectionary	d. Sacramentary
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Quotes of the Week

"The most important thing in the life of every man and every woman is not that they should never fall along the way. The important thing is always to get back up, not to stay on the ground licking your wounds." — Pope Francis

"But, careful! Jesus does not say, Go off and do things on your own. No! That is not what he is

saying. Jesus says, Go, for I am with you! This is what is so beautiful for us; it is what guides us. If we go out to bring his Gospel with love, with a true apostolic spirit, with parrhesia, he walks with us, he goes ahead of us, and he gets there first. As we say in Spanish, nos primerea. By now you know what I mean by this. It is the same thing that the Bible tells us. In the Bible, the Lord says: I

am like the flower of the almond. Why? Because that is the first flower to blossom in the spring. He is always the first! This is fundamental for us: God is always ahead of us! When we think about going far away, to an extreme outskirt, we may be a bit afraid, but in fact God is already there. Jesus is waiting for us in the hearts of our brothers and sisters, in their wounded bodies, in their hardships, in their lack of faith." — Pope Francis,

"The lack of historical memory is a serious shortcoming in our society. A mentality that can

only say, "Then was then, now is now", is ultimately immature. Knowing and judging past events is the only way to build a meaningful future. Memory is necessary for growth." — Pope Francis,

"The Church Fathers teach us that a shattered heart is the most pleasing gift to God. It is the sign that we are conscious of our sins, of the evil we have done, of our wretchedness, and of our need for forgiveness and mercy." — Pope Francis,

Pro-Life Corner

Pro-Life Quote: "Just because something happens to be legal does not make it moral, ethical or right. Abortion is perhaps one of the most dramatic examples of a situation where something is legal, but is very much a sin against God."

—A.L. Barry, The Lutheran Church, President of the Missouri Synod

Pro-Life Prayer for February: Prayer for the Unborn

Jesus, Impeccable Judge of human kind, Generous Allocator of all blessings, Thank you for the gift of life and the virtue of charity. Grant me the strength to model my life after You, Help me to refrain from any acts of judging others. Assist me so that I too may generously share with those in need. Erase from me any weaknesses of my human nature that prevent me from respecting human life in all its stages.

Allowing my soul to shine as the morning sun and be a beacon of your divine presence By Your grace may my charity towards others demonstrate a true respect for dignity of each human person. May Your name be forever praised. — Amen.



Saint Monica Society Prayer For February

Prayer for Fallen Away Catholics

Teach me, my Lord, to be sweet and gentle in all the events of life, in disappointments, in the thoughtlessness of those I trusted, in the unfaithfulness of those on whom I relied. May my example lead fallen away Catholics back to you.

Let me put myself aside, to think of the happiness of others, to hide my little pains and heartaches, so that I may be the only one to suffer from them. Teach me to profit by the suffering that comes across my path. May by example lead fallen away Catholics back to you.

Let me so use it that it may make me patient, not irritable. That it may make me broad in my forgiveness, not narrow, haughty and overbearing. May my example lead fallen away Catholics back to you.

May no one be less good for having come within my influence. No one less pure, less true, less kind, less noble for having been a fellow traveler in our journey toward Eternal Life. As I go my rounds

St. Monica Society

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

from one distraction to another, let me whisper from time to time, a word of love to Thee. May my example lead fallen away Catholics back to you.

May my life be lived in the supernatural, full of power for good, and strong in its purpose of sanctity. May my example lead fallen away Catholics back to you. - Amen.

Catholic Humor

10 More Catholic Pick Up Lines:

1. You want to do something? Sure, let's go pray.
2. You are as lovely as a rose, you must be my answer to the novena I was praying to St. Theresa the Little Flower
3. My Guardian Angel thinks you're cute
4. I have a vocation to the married life...will you help me out?
5. Nice bible
6. You know Jesus!? Me too!!!
7. (For the ladies) Excuse me, I believe one of your ribs belongs to me.
8. (for the gentleman) God said it is not good for man to be alone. So how about it?
9. Gee, that's a lovely scent of incense you're burning there.
10. What's your theological world view?"