

September 23, 2018 - 25<sup>th</sup> Sunday Ordinary Time



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

# SPIRITUAL PONDERINGS

## Listening

For today's spiritual reflection, I thought I would reflect on the art of listening. To guide our reflections, I will be commenting on an article from Forbes magazine entitled "10 Steps to Effective Listening" by Dianne Schilling. Quotes from her article will be in bold and my commentary will be in the normal font.

### Step 1: Face the speaker and maintain eye contact.

Talking to someone while they scan the room, study a computer screen, or gaze out the window is like trying to hit a moving target. How much of the person's divided attention you are actually getting? Fifty percent? Five percent? If the person were your child you might demand, "Look at me when I'm talking to you," but that's not the sort of thing we say to a lover, friend or colleague.

In most Western cultures, eye contact is considered a basic ingredient of effective communication. When we talk, we look each other in the eye. That doesn't mean that you can't carry on a conversation from across the room, or from another room, but if the conversation continues for any length of time, you (or the other person) will get up and move. The desire for better communication pulls you together.

Do your conversational partners the courtesy of turning to face them. Put aside papers, books,

the phone and other distractions. **Look at them, even if they don't look at you. Shyness, uncertainty, shame, guilt, or other emotions, along with cultural taboos, can inhibit eye contact in some people under some circumstances. Excuse the other guy, but stay focused yourself.**

The same is important with prayer. This is why setting aside a spot to pray in one's house or going to Eucharistic Adoration can enhance one's prayer life tremendously.

### Step 2: Be attentive, but relaxed.

Now that you've made eye contact, relax. You don't have to stare fixedly at the other person. You can look away now and then and carry on like a normal person. The important thing is to be attentive. The dictionary says that to "attend" another person means to: 1) be present 2) give attention 3) apply or direct yourself 4) pay attention 5) remain ready to serve. **Mentally screen out distractions, like background activity and noise. In addition, try not to focus on the speaker's accent or speech mannerisms to the point where they become distractions. Finally, don't be distracted by your own thoughts, feelings, or biases.**

Distractions will come and there is nothing you can do about it but while you cannot stop distractions, you can avoid fixating on them.



### Step 3: Keep an open mind.

**Listen without judging the other person or mentally criticizing the things she tells you. If what she says alarms you, go ahead and feel alarmed, but don't say to yourself, "Well, that was a stupid move." As soon as you indulge in judgmental bemusements, you've compromised your effectiveness as a listener. Listen without jumping to conclusions. Remember that the speaker is using language to represent the thoughts and feelings inside her brain. You don't know what those thoughts and feelings are and the only way you'll find out is by listening.**

Sometimes people just need to express things out loud. They do not need you to fix their problem. Sometimes they simply want to know that you love and respect them even if they are not perfect. It can be painful when people try to "fix us" instead of listen to us because it feels like they only want to be around a perfect you. There is something comforting and reassuring to me when I can express a problem to a friend and he or she assures me that they understand or

that they believe I will come up with the right answer if given enough time.

**Step 4: Listen to the words and try to picture what the speaker is saying.**

**Allow your mind to create a mental model of the information being communicated. Whether a literal picture, or an arrangement of abstract concepts, your brain will do the necessary work if you stay focused, with senses fully alert. When listening for long stretches, concentrate on, and remember, key words and phrases. When it's your turn to listen, don't spend the time planning what to say next. You can't rehearse and listen at the same time. Think only about what the other person is saying. Finally, concentrate on what is being said, even if it bores you. If your thoughts start to wander, immediately force yourself to refocus.**

Try your best to understand where the other person is coming

from and don't assume that they had the same experience you have had.

**Step 5: Don't interrupt and don't impose your "solutions."**

**"This isn't a conversation, it's a contest, and I'm going to win." We all think and speak at different rates. If you are a quick thinker and an agile talker, the burden is on you to relax your pace for the slower, more thoughtful communicator—or for the guy who has trouble expressing himself. When listening to someone talk about a problem, refrain from suggesting solutions. Most of us don't want your advice anyway. If we do, we'll ask for it. Most of us prefer to figure out our own solutions. We need you to listen and help us do that. Somewhere way down the line, if you are absolutely bursting with a brilliant solution, at least get the speaker's permission. Ask, "Would you like to hear my ideas?"**

Remember the goal is always to discover the truth and not to get one's ways.

## Quotes of the Week

"When you see the storm coming, if you seek safety in that firm refuge which is Mary, there will be no danger of your wavering or going down." --St. Josemaria Escriva

"I have great reverence for Saint Michael the Archangel; he had no example to follow in doing the will of God, and yet he fulfilled God's will faithfully." -- St. Faustina Kowalska

If two friends ask you to judge a dispute, don't accept, because you will lose one friend; on the other hand, if two strangers come with the same request, accept because you will gain one friend. - Saint Augustine

There are more tears shed over answered prayers than over unanswered prayers. - Teresa of Avila

Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important. - C. S. Lewis

When freedom does not have a purpose, when it does not wish to know anything about the rule of law engraved in the hearts of men and women, when it does not listen to the voice of conscience, it turns against humanity and society. - Pope John Paul II

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# BREAKING OPEN THE WORD

**9-23-18 25<sup>th</sup> Sunday in Ordinary Time Lectionary: 134 Gospel MK 9:30-37**

Jesus and his disciples left from there and began a journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death the Son of Man will rise." But they did not understand the saying, and they were afraid to question him. They came to Capernaum and, once inside the house, he began to ask them, "What were you arguing about on the way?" But they remained silent. They had been discussing among themselves on the way who was the greatest. Then he sat down, called the Twelve, and said to them, "If anyone wishes to be first, he shall be the last of all and the servant of all." Taking a child, he placed it in their midst, and putting his arms around it, he said to them, "Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the One who sent me."

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### Spiritual Reflection:

We should let God be the One to praise us and not praise ourselves. For God detests those who commend themselves. Let others applaud our good deeds. --



Pope St. Clement I. Most of us hates it when we hear others brag about how “great they are”. Why do we think God wants to hear us brag about how “great we think we are?”

**Spiritual Questions:**

1. What can children do to teach us humility?
2. Why were the apostles arguing about who was the greatest?
3. When do you try to prove that you are better than others?
4. Can you celebrate other’s accomplishments?
5. How often do you compare yourself to others?

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## PRO-LIFE

### PRAYER FOR THOSE WHO OPPOSE LIFE

Jesus, Prince of Peace, you have asked us to love our enemies and pray for those who persecute us.

We pray for those who our currently enemies of life and those who oppose us. With the help of the Holy Spirit, may all people learn to work together and grow to have a deeper respect for human life. so that justice which brings true and lasting peace can come to our world and all life be seen as precious. To you be glory and honor for ever and ever. - Amen

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## St. Monica Society

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

### PRAYER FOR HEALING OF MIND, BODY, and SOUL

O Jesus, come into the sorrows, anxieties, mental troubles of those who have rejected you. Deliver them from the painful memories of the past. Fill them with your Holy Spirit. Help them to forgive all those who hurt have hurt them. May they come to see You and your Church as the way to true happiness. Fill them and us with your Holy Spirit. Thank you, Jesus. Praise you Jesus. Amen.



## PRAYER(S) OF THE WEEK

### LITANY IN HONOR OF SAINT MICHAEL

Lord, have mercy on us. **R.** Christ, have mercy on us.  
Lord, have mercy on us. Christ, hear us. **R.** Christ,  
graciously hear us.

**R.** Have Mercy on Us.

God the Father of Heaven, **R.**

God the Son, Redeemer of the world, **R.**

God the Holy Spirit, **R.**

Holy Trinity, One God, **R.**

Holy Mary, Queen of Angels, **R.**

St. Michael, **R.**

St. Michael, filled with the wisdom of God, **R.**

St. Michael, perfect adorer of the Incarnate Word, **R.**

St. Michael, crowned with honor and glory, **R.**

St. Michael, most powerful Prince of the armies of the Lord, **R.**

St. Michael, standard-bearer of the Most Holy Trinity, **R.**

St. Michael, victor over Satan, **R.**

St. Michael, guardian of Paradise, **R.**

St. Michael, guide and comforter of the people of Israel, **R.**

St. Michael, splendor& fortress of the Church Militant, **R.**

St. Michael, honor and joy of the Church Triumphant, **R.**

St. Michael, light of angels, **R.**

St. Michael, bulwark of orthodox believers, **R.**

St. Michael, strength of those who fight under the standard of the Cross, **R.**

St. Michael, light and confidence of souls at the hour of death, **R.**

St. Michael, our most sure aid, **R.**

St. Michael, our help in all adversities, **R.**

St. Michael, Herald of the Everlasting Sentence, **R.**

St. Michael, Consoler of souls detained in the flames of Purgatory, **R.**

Thou whom the Lord has charged to receive souls after death, **R.**

St. Michael, our Prince, **R.**

St. Michael, our Advocate, **R.**

Lamb of God, Who takest away the sins of the world, **R.**  
Spare us, O Lord.

Lamb of God, Who takest away the sins of the world, **R.**  
 Graciously hear us, O Lord.  
 Lamb of God, Who takest away the sins of the world, **R.**  
 Have mercy on us.  
 Christ, hear us. **R.** Christ, graciously hear us.

Pray for us, O glorious St. Michael, Prince of the Church of  
 Jesus Christ, that we may be made worthy of His promises.

Let Us Pray;  
 Sanctify us, we beseech Thee, O Lord, with Thy holy  
 blessing, and grant us, by the intercession of St.  
 Michael, that wisdom which teaches us to lay up treasures  
 in Heaven by exchanging the goods of this world for those  
 of eternity, Thou Who lives and reigns, world without end.  
 Amen.

## TRIVIA

Last Week's Answers	This Week's Question										
<p>Match the Saint with what he or she is patron of.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. St. Isidore</td> <td style="width: 50%;">A. Gas Station Workers</td> </tr> <tr> <td>2. St. Polycarp of Smyrna</td> <td>B. Dysentery</td> </tr> <tr> <td>3. St. Clotilde</td> <td>C. The Internet</td> </tr> <tr> <td>4. St. Eligius</td> <td>D. Against Fear of Wasp</td> </tr> <tr> <td>5. St. Friard</td> <td>E. Disappointed Children</td> </tr> </table> <p>Answer: 1-C   2-B   3-E   4-A   5-D</p>	1. St. Isidore	A. Gas Station Workers	2. St. Polycarp of Smyrna	B. Dysentery	3. St. Clotilde	C. The Internet	4. St. Eligius	D. Against Fear of Wasp	5. St. Friard	E. Disappointed Children	<ol style="list-style-type: none"> <li>1. In what city was Jesus born?</li> <li>2. How many books are in the New Testament?</li> <li>3. What type of insect did John the Baptist eat in the desert?</li> <li>4. Who were the first apostles called to follow Jesus?</li> <li>5. Who recognized Jesus as the Messiah when he was presented at the Temple as a baby?</li> </ol>
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## Humor

What is fast, loud and crunchy? A rocket chip!

Why did the teddy bear say no to dessert? Because she was stuffed.

What has ears but cannot hear? A cornfield.

What did the left eye say to the right eye? Between us, something smells!