



ST. CECILIA FEAST DAY

Celebration of the Arts

St. Cecilia Feast Day Masses (Saturday, 5 PM & Sunday, 8:30 & 10:30 AM)
"The Mass of St. Cecilia", Composer: Bob Hauser

Saturday, November 16, 2013

St. Cecilia By Candlelight

St. Cecilia Social Hall

Social Hour & Tour of Tables 6:00 p.m.

Dinner (catered by "Aunt Maudes")

\$30.00 per person

Bring Your Own Bottle

Reservation Deadline: Noon, Nov. 4, 2013

Dinner choices:

Roasted Tri Tip w/ Garlic Butter

Main Street Chicken

Vegetable Lasagna

Entertainment

"Odyssey Duo"

Parish Gift: Archdiocesan 175th

Commemorative Book

Volunteer to host a table, call parish office at

233-3092 or Anita Claman at 515-663-8827 &

Ajclaman7@gmail.com

Prizes for best theme-decorated tables

Sunday, November 17, 2013

Pancake and Sausage Breakfast

Following 8:30 and 10:30 Masses (St. Cecilia Social Hall)

(Free will donation)

Des Moines Symphony Bus Trip w/ Fr. Jim

\$30.00 per person (leave St. Cecilia parking lot at 1:00 PM)

Reservation Deadline: Noon, Nov. 4, 2013

St. Cecilia Art and History Walking Tour

Gift to each participant: Archdiocesan 175th

Commemorative Book (Begins in Narthax at 2:00 PM)

"Kid Zone" – Inflatables and Spin Art

Education Center: Multi-Purpose Rm. 4:00 – 6:00 PM

(Free will donation)

Latino Buffet

St. Cecilia Social Hall 5:30 – 7:00 PM (Free will donation)

Life Teen Variety Show

St. Cecilia Social Hall – 7:00 PM

Registration: Register in the parish office or online beginning October 5, 2013 - <http://stcomes.org>

St. Cecilia's Noon Potluck



Tues., Oct. 15 in the Social Hall

Please bring a dish or two to share. Beverages Provided.

11:30AM—Social with wine, beer and Soda

12:00 Noon— Lunch

**12:45PM—Update on “Quilts of Valor”
with Vicki Swenson**

“Quilts of Valor”, a national grassroots effort began in 2003, has provided over 65,000 quilts to wounded combat warriors & veterans to honor and comfort them. So what’s going on now? Come & hear the stories & learn the impact these quilts are making today. (This is not a “how to Quilt” program.)

All Parishioners are Welcome!!

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

October 2013

St. Cecilia Church

Rev. James L. Secora, Pastor

One Minute Meditations

Venerable Pierre Toussaint

Pierre Toussaint was born a slave in Haiti. To escape civil unrest, he and his master came to the United States and Pierre was apprenticed to a hair dresser in New York City. Pierre became a popular stylist loyal to his owners. He cared for his master's wife after she was widowed and was freed shortly before her death. Pierre married, and he and his wife attended daily Mass and devoted themselves to caring for the sick and orphaned.



"God bless you"

In the prayer, "Our Father," we are reminded that our true Father lives in Heaven – our eventual home. We are only temporary travelers on Earth. By asking us to pray this particular prayer, Jesus helps us to keep our eyes on our home where our Father waits patiently for us.

From St. Therese of Liseux

"Without love, deeds, even the most brilliant, count as nothing."
(Story of a Soul)



We can make a more peaceful world

Ordinarily we think of violence as physical – a blow, a gunshot, a bombing. It seems that we hear and read about acts of war every day. But wars escalate from everyday acts in homes, neighborhoods, and communities that can be as subtle as words or gestures that dampen the spirit of another person. As Christians, we can prevent violence by living our faith.

Embrace diversity – don't just tolerate it. Different as we are, we are all made in God's image and likeness. There is great diversity in the communion of saints.

Develop more empathy – see situations from another's perspective. It's the best way to understand the impact of our actions on those affected by them.

Treat everyone with dignity – don't ignore others as a way of expressing anger or disapproval. Giving the silent treatment instead of working out problems denies much needed human contact and fails to solve conflict.

Choose entertainment carefully – a steady diet of violent entertainment and media helps us become comfortable with violence and to see people as characters rather than humans. Instead, pray for victims of violence and for the souls of those who perpetrate it.

Detach – value people more than things. Share what you have. Don't take more than you need. Don't get so attached to achieving an outcome that you forget love matters more.



Why Do Catholics Do That?

Why do Catholics cross their forehead, lips, and chest before listening to the Gospel at Mass?

One reason we cross ourselves before listening to the Gospel is to ask God to let its message dominate our thoughts, words, and feelings.

Before the priest or deacon proclaims the Gospel, we trace the sign of the cross first on the



forehead, then the lips, and finally over the heart. Some even say a prayer similar to this, "May the Lord purify my understanding, my speech, and my heart, so that I may receive the words of the Gospel."

5 tips for greater holiness

Achieving holiness requires a constant effort like climbing a mountain. To stop trying, even for a little while, is to lose ground. Daily effort will pay off with results.

1. Become aware of Jesus' presence every day. If you struggle to find him, ask for his help. Not only will awareness of him help you grow in love and kindness toward everyone, you will find it easier to control your faults.

2. Don't be afraid of work or suffering. Jesus experienced both in his time on Earth and used

them to pave our way to Heaven.

3. Give God your full attention. Speak to him, ask him for help, express sorrow for your mistakes, tell him you love him. Visit him regularly in Church.

4. Nurture your faith. Just as air and food keep our bodies alive, faith feeds our souls. It's the bond that unites us to God. Read Scripture every day. Learn about the saints. Listen to the Pope.

5. Practice patience. It's the first step toward holiness.

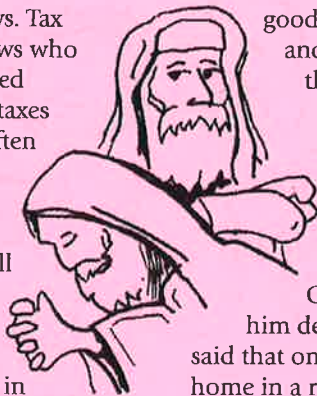


from Scripture

Luke 18:9-14, God wants only love

Imagine the impact Jesus made when he compared a Pharisee and a tax collector. Pharisees wanted to be emulated by everyday Jews. Tax collectors were usually Jews who collaborated with the hated Romans to collect unfair taxes from fellow Jews – and often cheated to gather a little extra for themselves. Yet in Jesus' example, the Pharisee didn't fare so well when both approached God in prayer.

The Pharisee marched up to a position of honor in the temple to pray, presumably to be seen and admired. He focused



his prayer on himself and offered thanks that he was superior in holiness to all around him. He listed his many good (but meaningless) deeds, and looked with disgust upon the tax collector.

By contrast, the tax collector humbled himself before God and offered only a simple prayer casting himself on God's mercy. He was aware of God's graciousness in loving him despite his sinfulness. Jesus said that only the tax collector went home in a right relationship with God. He said that our sincere love matters more than anything else.

Q & A Why does God make us suffer?

As Catholics, we know that God is infinitely perfect and incapable of doing evil. In fact, he created us out of love so that we could share in his own blessed life. It was his plan for us to live in harmony with him.



When our first parents sinned, they disrupted the harmony by which we were protected from suffering and death. The world we have now is not the original perfection of God's creation but a fallen one with sin and evil that God didn't put here. We suffer because of the disorder created by that Original Sin compounded by our own sin, not because God makes us suffer.

Sometimes God does allow us to suffer, though. The purpose of our lives on Earth is to determine where we shall be for eternity, either with God or separated from God. Sometimes God allows suffering in order to awaken us to the fact of our sin, our impending death and judgment, to help us repent and turn back to him.

Feasts & Celebrations

In October we celebrate the Rosary with the feast of **Our Lady of the Rosary on October 7th**. The Rosary helps us meditate on the mysteries of our salvation – Jesus' birth, life, death, and resurrection.

Oct. 15 - St. Teresa of Avila (1583). Teresa founded a strict religious order whose nuns wore rough brown habits and sandals instead of shoes. St. Teresa established more than 17 convents of Discalced Carmelites and helped reform the Carmelite friars.

Oct. 17 - St. Ignatius of Antioch (1st century). Succeeded St. Peter as the

second bishop of Antioch. St. Ignatius encouraged obedience to the world's bishops and reminded people that Jesus is present in the Church and in each other.

Oct. 28 - St. Simon and St. Jude (1st century). St. Simon was a Zealot – Jews who believed that the Messiah would free them from political oppression. St. Jude was a fisherman. After being called by Jesus to be apostles, they ended up in Persia where they evangelized until they were martyred.



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