

Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

November 2013

St. Cecilia Church

Rev. James L. Secora, Pastor

One Minute Meditations

Venerable Fulton Sheen

The last Year of Faith saint is Peter "Fulton" John Sheen.

Archbishop Sheen

was a Catholic theologian with an unforgettable voice and a gift for communicating the Christian message in the early days of television. His popular television series won awards, yet he remained a dedicated priest. Each day he spent a Holy Hour in Eucharistic Adoration. Pope John Paul II told him, "You have written and spoken well of the Lord Jesus. You are a loyal son of the Church!"



Need a map?

Christian morality is like a road map for life. If we don't know where we are headed, we don't need a map at all. A Christian road map will help us get to Heaven.

Trust God

If we let him, God will work in our lives. Because he's perfect, God can't make mistakes. When we trust him completely, we feel a sense of personal well-being, security, and peace.



Thankfulness is good for the health

"This is the day which the Lord has made; let us rejoice and be glad in it" (Psalm 118:24). Studies show that people who are actively thankful are less likely to be depressed, anxious, jealous and find they enjoy ordinary pleasures like sunsets, good health and simply being alive. Here is how you can join them ...

Keep score. For three days straight, keep track of how many times you think grateful thoughts versus complaining. This is your Grateful to Grumbling Ratio. The higher your G2G Ratio, the happier you will be.

Poll others. Find out what others are thankful for. You will probably discover something you should also be thankful

for but haven't thought of.

"I get to ..." Instead of saying, "I have to ..." to describe tasks, say, "I get to ..." Think of every day as a blessing and chance to serve God.

Fast. Forgo something you like such as food, TV, the internet. It will make you more thankful for it when you get it back.

Watch the company you keep. Attitudes are contagious.

Do the people around you encourage gratitude or griping? Consider changing your environment or your friends to lean toward gratitude.

Purge often. Have you noticed that the people who have the least seem the happiest? Keep only what you need.



Why Do Catholics Do That?

Catholics believe in one God with three distinct persons. The third divine person of the Blessed Trinity is called the Holy Spirit. He is consubstantial with the Father and the Son.

Other names for the

Who is the Holy Spirit?

Holy Spirit include the Paraclete, Advocate, Spirit of Truth, Consoler, the Spirit of Christ, the Spirit of God. We understand that the Holy Spirit is at work with the Father and the Son from the beginning to the completion of God's plan for our salvation.



Forgiveness is a gift for you

Right or wrong, when we hold onto an injury, we get trapped in the pain of it indefinitely. Forgiving frees us to move on. Forgiveness is something we do for ourselves:

Start with a sign. Even if you are the one injured, let the other person know you are ready to forgive by offering something tangible: flowers, a card, a hug. *"Come now, let us set things right, says the Lord"* (Isaiah 1:18).

Separate the offense from the offender. God doesn't abandon us when we sin. He loves us no



matter what and asks that we do the same for each other.

Forgive and forget. You can't have one without the other. Forgiveness entails cancelling a debt, whether by God or another person. *"(Love) does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things ..."* (1 Corinthians 13:5-8).

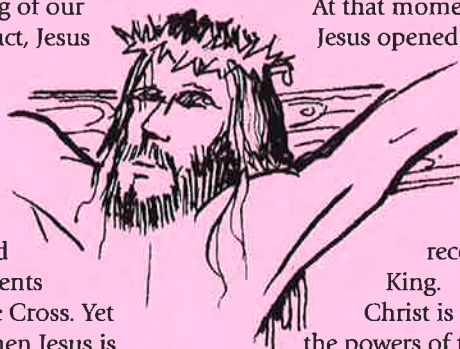
Celebrate. A mended relationship is stronger than one that has never been tested.

from Scripture

Luke 23:35-43, the true King

In 1925, Pope Pius XI, established the solemnity of Christ the King to remind the Church that our ultimate allegiance is to Jesus, the true king of our hearts and minds. In fact, Jesus is the only king still in power while all others have passed away.

At first glance, this gospel reading shows Jesus at his weakest and most vulnerable, moments before his death on the Cross. Yet it is at that moment when Jesus is actually at his strongest. It is at that moment when he is shouldering the sins of the entire human race and



restoring God's grace to each one of us then and now. No king could do that except Jesus.

At that moment on Calvary, Jesus opened the gates of Heaven, beginning with the man beside him who led a life of sin but recognized the true King.

Christ is our King so that the powers of this world cannot hold us in their grip. With Christ as our King, we will never be consumed by the world.

Q & A How can I "love" people I don't like?

In fact, Jesus addressed this very question in Matthew 22. The Jewish leaders didn't like Jesus. Jesus made them angry when he accused them of hypocrisy and insincerity. They



knew he was right, of course.

So some of the Pharisees tried to trick Jesus into saying something illegal in public. They asked Jesus which of the Jewish laws was most important. If he encouraged people to disregard any law, he could be harshly punished. This was an old debate, so the lawyer who challenged Jesus only asked hoping that Jesus would trip himself up.

Instead Jesus said everything starts and ends with love – love for God and each other. To love God is to love one another. They are as inseparable as the beams of the cross.

True love of neighbor is measured by how we treat those outside our circle. It means including people we may prefer to exclude or avoid. Jesus loved prostitutes, thieves, lepers, even Pharisees. This is how God loves and we are to do no less.

Feasts & Celebrations

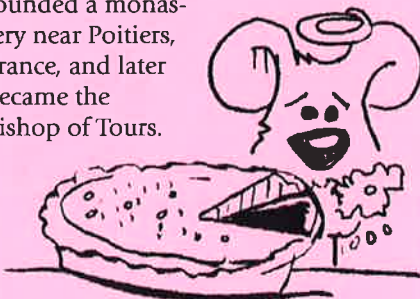
In November we pray for the dead, especially on November 1st All Saints Day (A Holy Day of Obligation) and on November 2nd All Souls Day.

Nov. 4 – St. Charles Borromeo (1584). After earning doctorates in civil and canon law by the age of 21, he was called to Rome by his uncle, Pope Pius IV, to be cardinal and bishop of Milan. He led by example to reform his diocese and tirelessly worked for poor and sick in his care.

Nov. 10 – Pope St. Leo, the Great (461). Pope St. Leo helped the Church stay united despite attacks from false

teachers and warring tribes. He is famous for his explanations of the faith.

Nov. 11 - St. Martin of Tours (397). The patron of soldiers, St. Martin was forced to join the army at the young age of 15 in what is now Hungary but left to become a priest. He founded a monastery near Poitiers, France, and later became the bishop of Tours.



Our Mission

To provide practical ideas that promote faithful Catholic living.

Success Publishing & Media, LLC
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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)

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FRIDAY NITE LIVE

Friday, November 8, 2013

6:15-8:30 pm

St. Cecilia Catholic Church – Social Hall

Bring your own desserts to share

Non-alcoholic drinks will be provided

Presenter

Fr. Jim Socora

Pastor, St. Cecilia Church

Topic

Funerals & Dying with Dignity:

- ***Should I have advance directives?***
- ***What are the options?***
- ***Can we sing, "Take Me Out to the Ball Game?"***
- ***Does the Church allow cremation?***



ST. CECILIA FEAST DAY

Celebration of the Arts

Saturday, November 16, 2013

St. Cecilia By Candlelight

St. Cecilia Social Hall

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

Entertainment
"Odyssey Duo"

Parish Gift: Archdiocesan
175th Commemorative Book

Volunteer to host a table
Call the parish office at 233-3092 or
Anita Claman at 515-663-8827 &
Ajclaman7@gmail.com
Prizes for best theme-decorated tables

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

Registration

Register in parish office or
online beginning October 5, 2013

<http://stcames.org>



Facilities Exploration Committee Presentation

Join us on November 10th
at 11:45 in the Social Hall
Mark Hanson, FEC Chair and
Randall L. Milbrath & Scott Sankey
from RDG Design & Planning,
will share the survey results and
review the facilities needs of the School,
Religious Ed, Faith Formation, Liturgy
and all aspects of our Parish.

A question and answer forum
will follow the presentation.