

Growing in FAITH™

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

August 2017

One Minute Meditations

St. Rose of Lima

Born in colonial Peru, Rose worked constantly to help her poverty-stricken family. From early on, she wanted to become a nun and practiced heavy penances. When her parents tried to make her marry, she marred her face with pepper and cut her hair to deter suitors. She became a lay Dominican, despite opposition. Concerned about the living conditions of Native Americans and slaves, she cared for homeless children, the elderly, and the sick in her home.

Be meek, not weak.

Meekness can be mistaken for weakness, but nothing could be further from the truth. Being "meek of heart" means being in control of your emotions rather than letting them control you. Today, pray for the courage to be meek of heart.

"If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions"
(Matthew 6:14).



Love can make us saints

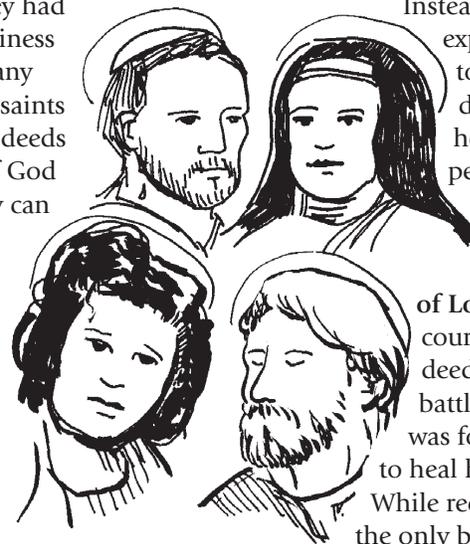
It is very Catholic to admire the saints and imagine that they had characteristics of holiness that we don't. Yet many people who became saints didn't perform great deeds but had great love of God and neighbor. If they can do it, we can, too.

St. Augustine was a playboy. He was into partying, paganism, and an immoral lifestyle. Through the prayers of his mother and the guidance of St. Ambrose, Augustine came to adore the God he discovered in Scripture. His love for God made him a new man.

St. Mary of Egypt lived a life of extreme sin. Openly a prostitute, it is reported that she traveled to the Holy

Land to ply her illicit trade to pilgrims. Instead, she had a spiritual experience while trying to enter a church and devoted the rest of her life to prayer and penance. She had a special love for Our Blessed Mother.

St. Ignatius of Loyola dreamed of courtly love and knightly deeds. Injured during a battle with the French, he was forced to convalesce to heal his shattered leg. While recuperating, he read the only books available - biographies of Jesus and the saints. Captivated by their holiness, Ignatius became attracted to a life of holy love. He later founded the Society of Jesus (Jesuits), a religious order that thrives today.



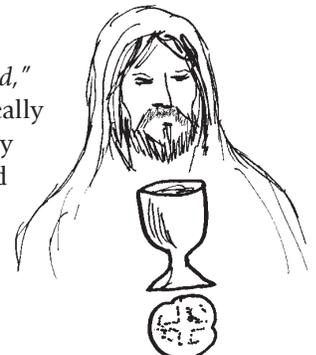
Why Do Catholics Do That?

What is transubstantiation?

During Mass, although the appearance doesn't change, the substance of the bread offered by the priest is changed into the substance of the Body of Christ. The same is true of the wine - its substance is changed into Christ's Blood.

Catholics believe that the words Christ said at the Last Supper, "This is my Body,

this is my blood," meant that really and physically the bread and wine became his Body and Blood. He decreed that it be so.

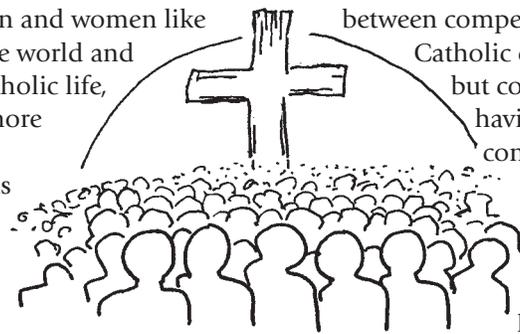


Live a Catholic life

Our history is rich with Catholic men and women like us who have carried their faith into the world and made a difference. When we live a Catholic life, we help shape a better society and a more peaceful world.

At home. Our Gospel values guide us to value our families and friends as gifts of God's love. This translates into spending time together, working to strengthen and build up our loved ones, and being for them instruments of love.

At work. As people of faith, we can be pressured to choose



between competing values in the workplace. Making Catholic choices means not just avoiding evil but consciously choosing good. It means having the courage to honor our Catholic consciences always.

In the world. "Everyone to whom much is given, of him will much be required" (Luke 12:48). Catholics – especially in the United States – are called to care for the poor, protect the vulnerable, welcome the stranger and treat all people with dignity.

That is the true Catholic way.

from Scripture

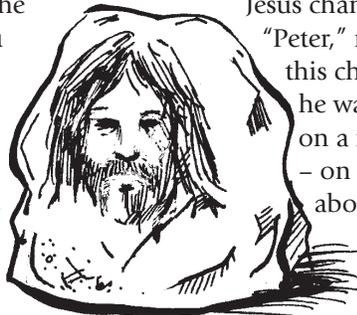
Matthew 16:13-20, The Rock for ages

The events in this passage lay the foundations for the Catholic Church. In it, Jesus asked his disciples who people said he was. Then he asked them, "Who do you say that I am?" It was a question about Jesus' identity, not his teaching or his popularity. At its heart, Catholicism centers around who Jesus is.

Simon Peter answered for the group and identified Jesus as the Son of God, the Messiah. Jesus pointed out that it was only by divine inspiration that Peter could know this. ("Blessed

are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father" Matthew 16:17.)

Jesus changed Simon's name to "Peter," meaning "rock." By this change, Jesus signaled he was building his Church on a rock-solid foundation – on the confession of Peter about Jesus' divinity. This truth has been handed down through the ages, from the Apostles to the bishops to us. The Holy Spirit would lead Peter – and his successors, the popes – to speak and act in truth as the head of the Church.



Feasts & Celebrations

August 3 – St. Peter Julian Eymard (1868). Born in France, Peter was ordained a Marist in 1834 and was especially effective at preaching at Eucharistic devotions. He founded the Congregation of the Blessed Sacrament and the Servants of the Blessed Sacrament to increase devotion to the Holy Eucharist.

August 6 – Transfiguration of the Lord. Tradition says that Mt. Tabor was the site of the Transfiguration during

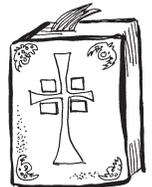
which Christ appeared radiant in the company of Moses and Elijah, and a voice was heard to say, "This is my beloved son, with whom I am well pleased; listen to him" (Matthew 17:5).



August 15 – Solemnity of the Assumption. Declared a dogma of faith in 1950 by Pope Pius XII, this Holy Day of Obligation celebrates Mary being taken up into Heaven body and soul at the end of her life. "A great sign appeared in the sky, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars" (Revelation 12:1). Mass attendance on this day is required.

Q & A How can Sacred Scripture be "truth" if not everything is correct?

The Bible is intended to convey truths about God. More than a book, it is a library of documents written by different authors in different times and places. These works have been compiled by the Church under the guidance of the Holy Spirit, according to specific criteria. Like any library, the Bible contains a variety of literary genres: poetry, history, biography, etc. Knowing this can determine how we read it. For example, a poem may not be meant to be as factually accurate as a biography.



Finally, there are various ways in which to interpret Scripture, and each highlights different aspects of the truth. The literal sense deals with what the author wrote. The allegorical sense highlights the symbolism of the people and events in the story. The moral sense tells us what we ought to do regarding God and our neighbor. The "future" sense concerns what will happen at the end of time. These different senses give us a fuller understanding of God and his plan for us.

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