

feb 2016

Rejoice, Pray and Give Thanks



THEME / TOPIC OF THE MONTH:

Rejoice, Pray, and Give Thanks

SCRIPTURE PASSAGES OF THE MONTH:

PHILIPPIANS 4:4-7

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

HOUSEHOLD TEACHINGS OF THE MONTH:

REJOICE, PRAY AND GIVE THANKS by Fr. Ed Broom OMV

DISCUSSION QUESTION OF THE MONTH:

- 1-Rejoice, Pray and Give Thanks. What of these 3 do I have difficulty doing and why?
- 2-How can I make the 2016 CFC theme of "Rejoice, Pray and Give Thanks" come alive in my life?

SONG OF THE MONTH:

REJOICE AND PRAY by Rodolfo Cayamanda Jr.

"PROUD TO BE CATHOLIC" SECTION OF THE MONTH:

Take the "How Catholic are You" Challenge

SAINT OF THE MONTH:

St. John Bosco

PRAYER OF THE MONTH:

St John Bosco Prayer

MEDIA (BOOK) OF THE MONTH:

Word on Fire

JOKE OF THE MONTH:

REJOICE!

"FAITH WITHOUT ACTION IS DEAD"

APPLICATIONS OF THE MONTH:

- 1-Have joy in your heart... and in your face – SMILE!
- 2-Pray...DAILY!
- 3-Have an attitude of GRATITUDE!

FEBRUARY 2016

Subject: 2015 CFCUSA Pastoral Formation Materials – Rejoice, Pray and Give Thanks (ROH#27)

Dear CFC USA Family:

Since this is our first ROH for 2016 – Happy New Year!

Since this is for the month of February – Happy Valentine’s Day!

Since Lent is just around the corner – Blessed Lenten Season to all!

Since we are all CFC – Rejoice, I say in again, twice, the second time around ☺...Rejoice...and of course Pray and Give Thanks!

What a timely theme for 2016!

In 2015, we pondered on the “LOVE” fruit of the Holy Spirit with the theme of “Love More”. In 2016, we focus on not one but 2 main fruits of the Holy Spirit – JOY and PEACE.

Pure JOY in the love of Christ and true PEACE that the world cannot give. Indeed, as CFC and as Catholics, we have so much reasons to rejoice. In this month’s teaching, we give you ten. In 2016, we will replace the “Catechism of the Catholic Church” (CCC) section with “Proud to be Catholic” section. This new section will still include “condensed” CCC excerpts, but may also feature Apologetics topics, Bible trivia and for this month - the “Catholic Quiz” challenge. Starting 2016, we will also send out the UCFC materials separately from the ROH.

As we embark on the 3rd year of ROH, I would like to personally thank all of you for your continued and faithful use of the materials and would like to seek any input, feedback, comments, suggestions or recommendations for future improvements and enhancements via email at toffeejetcfc@gmail.com.

Keep in mind that the main objective for these materials is for each one of us to...be a Saint or at least to desire to be one. Imagine a CFC full of Saints or Saints-to-be...renewing the face of the earth.

In Christ through Mary,
Bro. Toffee Jeturian

Theme/Topic of the Month:

Rejoice and Pray (CFC 2016 Theme song)

by Rodolfo Cayamanda Jr.

Scripture Passage of the Month:

Philippians 4:4-7

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Household Teaching of the Month:

Rejoice, Pray and Give Thanks

by Fr. Ed Broom O.M.V.

REJOICE, PRAY AND GIVE THANKS!

St. Paul exhorts us in his letter to the Philippians to rejoice, not just once but twice: “Rejoice in the Lord; I say it again: rejoice in the Lord.” (Phil. 4:4).

Pope Francis’ Apostolic exhortation reiterates the same theme— “The Joy of the Gospel”. St. Francis de Sales’ remarks on spiritual progress commenting that after sin, the worse thing is sadness. St. Ignatius agrees, warning us that when we are in a state of desolation—that is to say sadness and discouragement—that is the moment that we are a prime target for the fiery arrows of the devil. Why then should we avoid sadness and be constantly living in a state of joy? There are many reasons, but we would like to offer ten simple reasons to be rejoicing constantly and exultantly.

1. **BAPTISMAL GRACES.** Once baptized we receive so many graces that we can barely count them. However of primary importance is that through Baptism, we establish a deep Friendship with three Divine Persons—the Father, the Son and the Holy Spirit. In Baptism, God becomes our Father; Jesus becomes our elder Brother; the Holy Spirit becomes both the Sweet Guest of our soul and our best Friend. Rejoice in God’s Friendship!
2. **SANCTIFYING GRACE.** If we can strive to live in the state of sanctifying grace, then the Friendship with God is constant. We are never alone; loneliness becomes alien to our lifestyle. We can close our eyes and seek the God within the depths of our souls. How happy this should make us!
3. **MERCY!** Even if we fall one hundred times a day, we know that our God is slow to anger and rich in mercy. As soon as our heart beats with the words “Jesus mercy, Jesus forgive me; Jesus I love you”—then once again this treasure of His Friendship is restored and it is sealed in the sacrament of Confession. In this Year of Mercy, let us - “Give thanks to the Lord for He is good; His mercy endures forever.”

4. BLESSED SACRAMENT. What overflowing and immense joy we should experience in knowing that Jesus said that He would be with us even until the end of the world. Where is He? In the Church. However, most especially, He is truly Present (The Real Presence) in the consecrated Host present in all of the Tabernacles of the world. Let us rejoice and come let us adore Him in Eucharistic Adoration...or receive Him DAILY in Holy Communion.

5. ST. RAPHAEL. An invitation! Why not delve into your Bible and go to the Old Testament where you will find a short but truly inspiring book from the Wisdom literature with the title of the Book of Tobit. In this spiritual masterpiece, you will find a heart-warming Friend; he is actually one of the three Archangels mentioned in the Bible. His name is Raphael, meaning God heals. One of his special gifts is to befriend us and to fill us with joy. Why not invoke this holy angel every day for nine days (a novena) and you will notice that your sadness will melt as the snow exposed to the midday sun.

6. SAINTS. Not only should we walk and talk with the Archangel Raphael, but we should be in constant contact and communion with the saints. While on earth the saints were the most joyful men and women. However in heaven, their joy is boundless. Still they so earnestly long to share their joy, which is their Friendship with God, with us on earth. Call out to them now! By the way, who are your three favorite saints? Beg them to share the joy they experience with you now. Your joy will abound!

7. HEAVEN. The reality of the existence of Heaven and the knowledge that Jesus has already gone there to prepare a place for you should cause an explosion of joy in your soul right now. Listen to Jesus' words: "I go now to prepare a place for you so that where I am you also might be. In my Father's house there are many mansions." Wow! Jesus has not only prepared a place for you, but a huge, beautiful, spacious, ineffable mansion for you for all eternity. No cracks, dust, ants, cockroaches, leaks, mildew—none of these, but the best of resting places, all this is yours if you simply persevere in grace. Mary, full of grace pray for us!

8. PRAY. If you wanted to talk to some celebrity, President, star, hero, high-class dignitary, most likely it would take a year and a day to possibly set up a short meeting. How extraordinary is God's love for us that in any time, any place, any circumstance that we want to we can talk to God and He is ready to listen and respond. Too often

people are too busy and simply do not have time for us—sad to say, even those who should be closest to us! Not so with God the Father, God the Son, and God the Holy Spirit. They are always at our beck and call. How humble and loving our God is! Rejoice exultantly in the reality of prayer. Why not make a proposal right now to augment your joy: strive to pray a little bit more and a little bit better every day. Pray with your family every night as well. Your joy will be like the fireworks of the fourth of July!

9. OUR LADY: Our life, our sweetness and our hope! One of the titles of Mary in her Litany is Cause of our joy. After his death, St Dominic Savio returned appearing to St. John Bosco (our February 2016 Saint of the Month) and told the great saint of the youth that his greatest joy in the short 14 years and 11 months of his life was his great love and affection towards Our Lady. Savio exhorted St. John Bosco to follow that path of promoting love and devotion to Mary. In your life get to know Mary, love Mary, invoke Mary, pray to Mary, consecrate your life to Jesus through Mary and spread devotion to Mary. If you do, then undoubtedly you will experience in the depths of your soul an ineffable joy which will overflow in your life to all those you meet. By the way, CFC brethren, have you done or renewed your Consecration to Jesus through Mary with the self-retreat book, “33 Days to Morning Glory” by Fr. Michael Gaitely? If you have not, now is the time.

10. GIVE THANKS. In all honesty, and with the most profound humility and deepest sincerity, we should all admit that everything that we have—except the sins that we willfully choose to commit—is a pure gratuitous gift from God. As the Apostle Paul reminds us, quoting one of the Greek poets, “In Him we live and move and have our being.” Give Thanks to God constantly for His abundant and ceaseless gifts to you. Have you ever noticed this fact: when you exercise gratitude towards God, joy surges in your heart? Try it!

In conclusion, friends in Jesus and Mary, let us strive to spread the joy of the Gospel right now and live out a life of constant joy. We might as well get into the habit of rejoicing now in the Lord because we will be rejoicing with exultant joy in Heaven for all eternity!

SPECIAL THANKS TO FR. ED BROOM OMV

Discussion Question of the Month:

1-Rejoice, Pray and Give Thanks. What of these 3 do I have difficulty doing and why
 2-How can I make the 2016 CFC theme of "Rejoice, Pray and Give Thanks" come alive in my life?

Song of the Month

Rejoice and Pray by Rodolfo Cayamanda Jr.

Click on the link <https://www.youtube.com/watch?v=LMwaa3LaPz8>

Verse I:

G

Let the peace of God

D

Let your fires beyond

G D

Any man can understand

G

Be our guiding light

D

For our hearts and minds

G D

In Lord Jesus for all men

Refrain:

Em D

Never be afraid Of anything

Em C - D

just pray and give the faith

Chorus:

G D

Rejoice and pray

Em C

Give thanks all day

G D C

For the Lord is here

G D

Rejoice and pray

Em C

Give thanks all day

G D C

With our God we have no fear

G - D - C

The Lord is always here

Verse II:

Let us stir our hearts

To our God above

For He listens and He hears

May our gentleness

Lead us to express

All the love of God that's here

Refrain then Repeat Chorus:

May the Lord reside within our hearts

That worries step aside

“Proud to be Catholic” Section of the Month:

Take the “How Catholic are you?”

Challenge and find out answers in next month’s ROH.

1. Pope John Paul II instituted a new set of mysteries to the Rosary called the _____ Mysteries. It is suggested by the Church to say these mysteries on _____ .
2. The 3rd Glorious Mystery of the Rosary is the _____.
3. Saul saw Jesus as a bright light on his way to _____.
4. The first Christian in the New Testament, as well as the first evangelist, was _____.

5. Paul describes Jesus as the new _____.
6. The Ark of the Covenant contained three items, according to Paul, including _____, _____, & _____.
7. There are at least 3 righteous people mentioned in the Book of Luke, _____, _____, and _____.
8. According to the Bible, _____ is the prince of the air.
9. The first murderer in human history was _____.
10. Adam and Eve's third son was named _____.

Saint of the Month

ST. JOHN BOSCO



Feast day: January 31

Birth: 1815

Death: 1888

What do dreams have to do with prayer? Aren't they just random images of our mind? In 1867 Pope Pius IX was upset with John Bosco because he wouldn't take his dreams seriously enough. Nine years earlier when Pope Pius IX met with the future saint who worked with neglected boys, he learned of the dreams that John had been having since the age of nine, dreams that had revealed God's will for

John's life. So Pius IX had made a request, "Write down these dreams and everything else you have told me, minutely and in their natural sense." Pius IX saw John's dreams as a legacy for those John worked with and as an inspiration for those he ministered to.

Despite Scripture evidence and Church tradition respecting dreams, John had encountered skepticism when he had his first dream at the age of nine. The young Bosco dreamed that he was in a field with a crowd of children. The children started cursing and misbehaving. John jumped into the crowd to try to stop them -- by fighting and shouting. Suddenly a man with a face filled with light appeared dressed in a white flowing mantle. The man called John over and made him leader of the boys. John was stunned at being put in charge of these un-

ruly gang. The man said, "You will have to win these friends of yours not with blows but with gentleness and kindness." As adults, most of us would be reluctant to take on such a mission -- and nine year old John was even less pleased. "I'm just a boy," he argued, "how can you order me to do something that looks impossible." The man answered, "What seems so impossible you must achieve by being obedient and acquiring knowledge." Then the boys turned into the wild animals they had been acting like. The man told John that this is the field of John's life work. Once John changed and grew in humility, faithfulness, and strength, he would see a change in the children -- a change that the man now demonstrated. The wild animals suddenly turned into gentle lambs.

When John told his family about his dream, his brothers just laughed at him. Everyone had a different interpretation of what it meant: he would become a shepherd, a priest, a gang leader. His own grandmother echoed the sage advice we have heard through the years, "You mustn't pay any attention to dreams." John said, "I felt the same way about it, yet I could never get that dream out of my head."

Eventually that first dream led him to minister to poor and neglected boys, to use the love and guidance that seemed so impossible at age nine to lead them to faithful and fulfilled lives. He started out by learning how to juggle and do tricks to catch the attention of the children. Once he had their attention he would teach them and take them to Mass. It wasn't always easy -- few people wanted a crowd of loud, bedraggled boys hanging around. And he had so little money and help that people thought he was crazy. Priests who promised to help would get frustrated and leave.

Two "friends" even tried to commit him to an institution for the mentally ill. They brought a carriage and were planning to trick him into coming with him. But instead of getting in, John said, "After you" and politely let them go ahead. When his friends were in the carriage he slammed the door and told the driver to take off as fast as he could go!

Through it all he found encouragement and support through his dreams. In one dream, Mary led him into a beautiful garden. There were roses everywhere, crowding the ground with their blooms and the air with their scent. He was told to take off his shoes and walk along a path through a rose arbor. Before he had walked more than a few steps, his naked feet were cut and bleeding from the thorns. When he said he would have to wear shoes or turn back, Mary told him to put on sturdy shoes. As he stepped forward a second time, he was fol-

lowed by helpers. But the walls of the arbor closed on him, the roof sank lower and the roses crept onto the path. Thorns caught at him from all around. When he pushed them aside he only got more cuts, until he was tangled in thorns. Yet those who watched said, "How lucky Don John is! His path is forever strewn with roses! He hasn't a worry in the world. No troubles at all!" Many of the helpers, who had been expecting an easy journey, turned back, but some stayed with him. Finally he climbed through the roses and thorns to find another incredible garden. A cool breeze soothed his torn skin and healed his wounds.

In his interpretation, the path was his mission, the roses were his charity to the boys, and the thorns were the distractions, the obstacles, and frustrations that would stand in his way. The message of the dream was clear to John: he must keep going, not lose faith in God or his mission, and he would come through to the place he belonged.

Often John acted on his dreams simply by sharing them, sometimes repeating them to several different individuals or groups he thought would be affected by the dream. "Let me tell you about a dream that has absorbed my mind," he would say.

The groups he most often shared with were the boys he helped -- because so many of the dreams involved them. For example, he used several dreams to remind the boys to keep to a good and moral life. In one dream he saw the boys eating bread of four kinds -- tasty rolls, ordinary bread, coarse bread, and moldy bread, which represented the state of the boys' souls. He said he would be glad to talk to any boys who wanted to know which bread they were eating and then proceeded to use the occasion to give them moral guidance.

He died in 1888, at the age of seventy-two. His work lives on in the Salesian order he founded.

Prayer of the Month

Saint John Bosco, you reached out to children whom no one cared for despite ridicule and insults. Help us to care less about the laughter of the world and care more about the joy of the Lord. Amen

Media (Book) of the Month:

Word on Fire

<http://www.wordonfire.org/>

Word on Fire Catholic Ministries is a nonprofit global media apostolate that supports the work of Father Robert Barron (Auxiliary Bishop of the Archdiocese of Los Angeles) and reaches millions of people to draw them into— or back to— the Catholic faith.

Word on Fire is evangelical; it proclaims Jesus Christ as the source of conversion and new life. Word on Fire is Catholic; it utilizes the tremendous resources of the Roman Catholic tradition—art, architecture, poetry, philosophy, theology, and the lives of the saints— in order to explain and interpret the event of Jesus Christ.

Word on Fire Catholic Ministries exists to draw people into the body of Christ, which is the Church, and thereby give them access to all the gifts that Jesus wants his people to enjoy. To be most effective in this mission, Word on Fire places an emphasis and urgency on the use of contemporary forms of media and innovative communication technologies.

Joke of the Month

REJOICE!

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water," says the priest, fingers crossed. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "REJOICE! He's done it again!"

Applications of the Month:

- 1-Have joy in your heart... and in your face – SMILE!
- 2-Pray...DAILY!
- 3-Have an attitude of GRATITUDE!