



Thoughtful Moments

St. Anthony of Padua

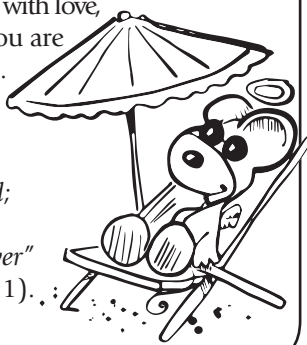
Born Fernando de Bulhom in Lisbon, Portugal, in 1195, St. Anthony was originally an Augustinian monk. He was inspired to join the Franciscans after hearing the news of five martyred Franciscans, taking the name "Anthony." At a meeting of the Dominican and Franciscan Orders, St. Anthony was spontaneously asked to preach a sermon and inspired everyone with his knowledge of the divine. He is known for working miracles and receiving a vision of the Christ Child.



Open your eyes

Parents know that children thrive when they feel loved. However, God knows this need for love doesn't stop when we grow up. Even when we are adults, our heavenly Father is always ready to listen to us, help us, and forgive us. Today, when you look at your children with love, know that you are beloved, too.

"Praise the LORD, for he is good; for his mercy endures forever" (Psalm 136:1).



Celebrate the summer with saints

Embrace the Communion of Saints by integrating saints into your summer activities and dedicating each adventure to one.

Let them inspire and protect your family as you enjoy your warm-weather pursuits. Seek their intercession for your family's well-being.

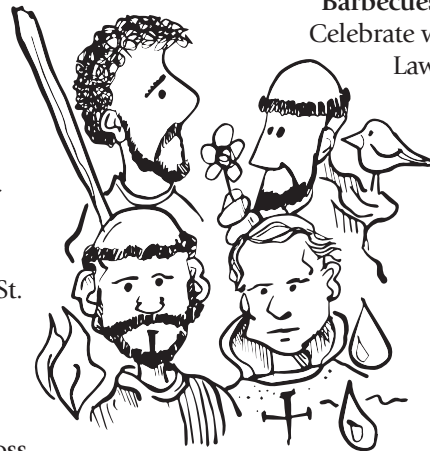
Traveling adventures: Invoke St. Christopher, the patron of travelers, who according to legend safely carried the Christ Child across a river. For air-bound journeys, turn to St. Joseph of Cupertino. Celebrated for his humility and piety, he is said to have levitated due to spiritual ecstasy.

Outdoor activities: Immerse yourself in the natural world with St. Francis of Assisi. His love for all creation shines through in his "Canticle of the Sun."

Patron of animals, he famously brokered peace between a menacing wolf and a terrified town.

Barbecues and campfires: Celebrate with the spirit of St. Lawrence, a third-century Roman deacon who humorously faced martyrdom. As he was roasted alive, he remarked, "I am well done. Turn me over." His courage and wit make him a fitting patron for grill enthusiasts.

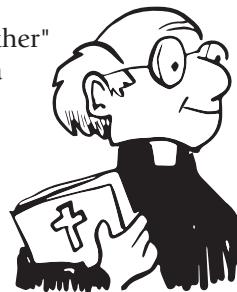
Water fun: When swimming or sailing, remember St. Adjutor of Vernon, the patron saint of swimmers, who swam to freedom to avoid capture. Or, set sail with St. Brendan the Navigator, a fifth-century Irish abbot renowned for his reported journey to the "Promised Land of the Saints" and his safe return.



Why Do Catholics Do That ?

Why do Catholics call priests, "Father?"

Referring to priests as "Father" signifies that we belong to a spiritual family guided by a father figure. This honorific was given to leaders of the early Church. "Even if you should have countless guides to Christ, yet you do not have



many fathers, for I became your father in Christ Jesus through the gospel" (1 Corinthians 4:15). As a father guides, nurtures, instructs, and cares for his children, so a priest does the same for his parish family.

Bring God's grace into your home

In a world that can feel hostile, tapping into the profound mercy of the Father can transform our lives and bring us peace. Here's how to bring God's grace into your home with five simple practices:

Choose kindness: Outlaw sarcasm, ridicule, and cutting remarks. Demonstrate that a gentle word and an open heart reflect the Father's merciful love.

Pray for those who challenge you: This isn't about changing them — it's about softening your own heart so you can learn to love even those difficult to like.



Take the smallest portion: When sharing a treat, choose the smallest piece for yourself, mirroring the Father's generosity. *"He who did not withhold his own Son, but gave him up for all of us"* (Romans 8:32).

Gift the gift of yourself: Setting aside your screen to offer your undivided attention can be a revolutionary act of love.

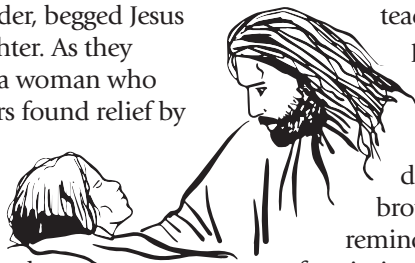
Forgive freely and quickly: We imitate God's mercy when we forgive. It frees us to find peace. Reconciliation isn't always possible (or wise), but forgiveness always is.

Scripture LESSON

Mark 5:21-43, Rewards of faith

In this passage, Jesus encountered two remarkable displays of faith and courage. Jairus, a synagogue leader, begged Jesus to heal his dying daughter. As they travelled to his home, a woman who suffered for twelve years found relief by touching Jesus' cloak.

These readings teach us several important lessons: First, faith is powerful. Both Jairus and the suffering woman were convinced of Jesus' ability to heal, showing us the importance of trust in God's power. Second, compassion matters. Jesus stopped to heal the woman, showing kindness even amidst the urgency of His errand. Third, miracles happen through



prayer. Fourth, perseverance is key. Jairus persisted in seeking Jesus, teaching us to persevere in prayer and trust in God's timing. Lastly, trust God's plan. Though Jairus' daughter died, Jesus brought her back to life, reminding us to trust in God's perfect timing and plan for our lives.

What can a parent do? Encourage children to pray boldly, trusting that God hears and answers. These accounts inspire us to have unwavering faith, show compassion, pray fervently, persevere, and trust in God's ultimate goodness.

Parent TALK

I didn't learn how to do laundry until I was in college. Determined that my children would be more self-sufficient, I taught "Laundry 101" when they were young. Ben mastered it right away but Noah was more resistant.



After months of nagging him to wash his clothes every week, I decided to let Noah experience the consequences of his choices. I stopped nagging and closed my eyes (and nose). Laundry piled up. It started to smell. Noah ran out of clothes and recycled from the dirty clothes hamper. One week. Two weeks. Three weeks. Children at school started to notice.

Finally, even he couldn't take it anymore and asked for help. Together we sorted the clothes into like-colored piles and he washed them. We reorganized his drawers and closet to make it easier to put clothes away. He likes the independence and (mostly) stays on top of his laundry now.

Feasts & Celebrations

June 5 - St. Boniface (754). The "Apostle of Germany," St. Boniface was a monk dedicated to spreading the Gospel in Germany. He converted many to Christianity and restored dioceses in Bavaria, Thuringia, and Franconia.

June 7 - Solemnity of the Sacred Heart (1765). At the end of the seventeenth century, St. Margaret Mary Alacoque began receiving visions of Jesus, who urged her to spread public devotion to the Sacred Heart. The image of Jesus' heart, pierced and enthroned in unquenchable flames reminds us of His

intense and eternal love for us.

June 27 - St. Cyril of Alexandria (444). St. Cyril was a bishop of Alexandria and a Doctor of the Church. He vigorously defended the doctrine of Christ's two natures against the heretic Nestorius at the Council of Ephesus (431).

June 29 - SS. Peter and Paul (1st Century). Peter was the apostle chosen by Jesus to lead the Church. A persecutor of the Church, Paul became the Great Apostle, also transformed by grace.



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