

Thirteenth Sunday in Ordinary Time ~ June 28, 2020

I am bound by the vows I have made you.
O God, I will offer You praise
for You rescued my soul from death,
You kept my feet from stumbling
that I may walk in the presence of God
and enjoy the light of the living.

Psalm 56:14

More Prayer Suggestions

Here are a few more ways we can pray with our day. If you find yourself caught in the worries of what has or could happen:

- Close your eyes and take a few deep breathes. You may even want to put your hand on your heart as you do so, remembering God is with you in everything.
- As they say in the 12 Step Programs, "Be where your feet are." Literally, you might want to look at your feet or at your surroundings and bring yourself back to this current moment remembering God is with you in everything.
- Start a gratitude journal. (Remember when you were told to count your blessings?) Write down a few things each day that you are grateful for. No blessing, no grace, no one thing is too small. The more you notice, the more you will see ... and in the process, it will become easier to remember that God is with you in everything!

Parenting Pointers Susan Vogt

"Although you have hidden these things from the wise and the learned you have revealed them to little ones." Mt. 11:25

Usually the parent is the teacher of the child. But today ponder what you can learn from your child: playfulness, trust, technology ...

To Find Our Lives

The Liturgy this week continues to instruct us in the elements of discipleship. We are told that even the most humble among us have a share in the mission Christ gives to His Church. We are not all called to the ministry of the Apostles, or to be prophets like Elisha in the First Reading, but each of us is called to a holy life (2 Timothy 1:9; 1 Thessalonians 4:3).

At Baptism our lives were joined forever to the cross of Christ, as Paul tells us in the Epistle. Baptized into His death, we are to renounce sin and live for God in Christ Jesus. We are to follow Him, each of us taking up our personal cross, as Jesus states in the Gospel. That does not mean we will all be asked to suffer a martyr's death, but each of us is called to self-denial, to the offering of our lives in service of God's plan. Jesus must be elevated to first place in our lives, above even our closest bonds of kinship and love.

By Baptism, we have been made part of a new family -- the kingdom of God, the Church. We are to proclaim that kingdom with our lives, bringing our fathers and mothers, and all men and women, to live as "little ones" under the fatherhood of God and the kingship of the Holy One. We do this by opening our hearts and homes to the service of the Lord, following the Shunnamite woman's example in the First Reading. As Jesus tells us, we are to receive others, not only prophets but also little children, the poor, and the imprisoned, as we receive Christ Himself (Matthew 18:5; 25:31-46).

We are to hold fast to the promise: that if we have died with Christ, we shall also live, that if we lose our lives for His sake, we shall find our reward, and walk forever in His countenance. Dr. Scott Hahn

What consoles me is the thought that the Sacred of Our Lord Jesus Christ will do everything for me.

Saint Margaret Mary Alacoque

Family Perspective Bud Ozar

The Gospel challenges us to resist the individualism of our culture. Everything we are and have is a pure gift, which we are expected to share especially to the "lowly ones." What has been freely given needs to be shared freely ... no strings attached.

Dominican Retreat Virtual Programs

The Dominican Sisters have cancelled their in-house programs through July 12. They are currently offering the following virtual programs, which can be accessed via **Zoom**:

**** How many losses have you had since March? We have all had to cope with a drastic change in our lives. One day we were stuck in our "normal"; the next day there was no "normal". We have all lost our sense of security and have had to adapt to a new way of being. Where has God been in all of this? An opportunity to sit, reflect, and pray about our losses and what God maybe saying to us. Presenter: Rev. Thomas Konopka
Wednesday, July 29, 7-8 pm. Cost: \$10.**

**** Daily Bread: The God of Ordinary Time ~Weeklong Virtual Preached Retreat for Women and Men. Jesus teaches us to pray for daily bread, the food of ordinary time. Ordinary time calls us to holiness to find God in the stuff of everyday, and to rejoice in the commonplace. We will explore Jesus' teaching on this topic and perhaps our own history. July 6 thru July 12, 10 - 11 am. Presenter: Sister Kitty Hanley, CSJ
Suggested offering: \$20/day or \$130/whole retreat.**

Marriage Moments Susan Vogt

Marriage advice from 1886:

"Let your love be stronger than your anger... Believe the best rather than the worst... Remember that true friendship is the basis for any lasting relationship. The person you choose to marry is deserving of the courtesies and kindnesses you bestow on your friends." Jane Wells

Seven Ways to Avoid Burnout

What are we supposed to do being locked up together this summer? What can we do to avoid family burnout?

1. **Pray more:** God wants to use this time of social distancing to make us better. We are called to draw even closer to the One who loves us best. If we have more time together as a family, perhaps God is asking us to use more of it with Him in prayer. Let's choose to pray even more. Start praying in a new way as a family.

2. **Start a project:** Begin a long-term project that you can do together with all or part of your family i.e. plant a vegetable garden, build furniture, put together picture albums, fix things that have been broken for ages, etc.

3. **Get out of the house (safely):** While social distancing may still be the norm for the foreseeable future, we have to be creative in finding ways to spend time outside the house: create a small and inexpensive water park in your yard, as a family pick up trash in your neighborhood or public trails, a weekly drive with a meal for a home-bound elderly person.

4. **Find joy in the little things:** Enjoying the people, if not the actual playing of a game, watching birds, listening to kids laugh together, cooking a meal with others. There are many opportunities find joy (and thus find God).

5. **Support each other:** We all need to be able to give room to the lows that we all have. If your kids are struggling because they feel lonely being separated from friends, then affirm their feelings. Give them an opportunity to talk. Pray with them. Comfort them. If they mess up and sin, forgive them. It may mean creating personal time to spend alone.

6. **Date your spouse:** If you are married, you need to continue to date your spouse. Make special time: picnic in a park or your back patio, staying up an extra hour after the kids go to bed so you can watch a movie together. It can be an opportunity to have important conversations and can keep the spark of romance alive.

7. **Set a routine:** Now that school is on break, you may have to adjust and find a new schedule. It is worth the effort. Make sure the priorities are done first: chores, personal prayer time, family prayer time, exercise, eating dinner together, and other responsibilities. Afterward, free time, limited screen time, and other things may happen.

Your family is a blessing. This time is a blessing, even if it is difficult. Let us all take advantage of the graces God is giving our families, so at the end we can all be better for it.

Marcel LeJeune, Pres./Founder, Catholic Missionary Disciples