

# Faith Formation

St. Joseph Catholic Church

November 2017

## Upcoming Events At A Glance

Nov. 17<sup>th</sup> 8<sup>th</sup> grade PSR Homeless Sleepout  
Nov. 22<sup>nd</sup> and 26<sup>th</sup> No PSR classes. Blessed Thanksgiving!  
Nov. 29<sup>th</sup> CYM 7pm-9pm

## CYM



CYM November 29<sup>th</sup> 7-9pm! Jesse Tree activity and Beach Ball Game!

CYM are looking for parents/families/parishioners to help with meals and possible projects in the future! We would love to have you participate! We would like to start a meal plan calendar. CYM is held the last Wednesday of each month from 7-9pm in the cafeteria. If your family would like to make, serve, and clean up a meal for our youth please contact Lila Stuhlsatz or Laura O'Neal.

Catholic Youth Ministry seeks to empower our young people to live as faithful disciples of Jesus Christ in our world today by drawing them into active participation in the life and mission of the Catholic Church. The components incorporated each month are: Faith formation, Community life, prayer and worship, and justice and service.

**“Prayer warriors” who spend time on their knees petitioning God for the return of friends and family to the Catholic Church are inviting others to join them in their ministry.**

**The Marian Mantle Group was formed to bring peace to those concerned about their prodigal son, daughter, friend, and others who are no longer practicing the faith.**

**Those interested may join our existing prayer group. Wednesdays at 5:00 pm. Praying of the Rosary, Parents’ Litany and The Way of the Cross**

Visit our parish website for more information on CYM, PSR, Faith Formation locally and surrounding events.

[www.stjoecs.org/faith-formation](http://www.stjoecs.org/faith-formation)

## Adult Faith Formation



### Best Advent Ever!

Advent is a time to slow down and get closer to Jesus. Short inspiration videos, practical tips, real life stories. I highly encourage you to sign up for FREE, it's easy and comes right to your email. <https://dynamiccatholic.com/best-advent-ever>

Looking for volunteers to run adult formation classes. Possibly small groups. Have possible suggestions and free materials through Catholic Diocese of Wichita. Please contact Jamie Lange if you are interested in being a leader or committee member.

EWTN program guides are available in back of church. Matthew Kelly books and other great titles available in the back of church on the book cart. CDs available in the back of church to borrow or purchase. Share these with family and friends. Spread the good news! Evangelize! It only

## Opportunities in the Diocese and Surrounding Areas

Nov. 10<sup>th</sup>-12<sup>th</sup> The three T's Retreat

Nov. 12<sup>th</sup> WAM benefit dinner St. Peter Schulte 5pm

Nov. 12<sup>th</sup> Find your greatness event. 2-6 SEAS. Tickets available

here. <https://dynamiccatholic.com/find-your-greatness-wichita-ks-nov-012-2017>

Nov. 13<sup>th</sup> Theology on Tap 8 – 10 at River City Brewery

Nov. 18<sup>th</sup> Fall Ball SEAS 7:30-11pm

Dec. 1<sup>st</sup>-3<sup>rd</sup> Engaged Encounter

Dec. 2<sup>nd</sup> Advent day of renewal

Dec. 2<sup>nd</sup> CLAY retreat at All Saints 9:30am-8pm

Dec. 8 and 9<sup>th</sup> ChristLife Conference SLC

Dec. 9<sup>th</sup> Dirt Retreat St. Paul U Parish Wichita

Dec. 15<sup>th</sup>-16<sup>th</sup> Advent Silent Retreat 7pm SLC

# CLAY

## A retreat for Freshman & Sophomores

On Saturday, December 2, the Office of Faith Formation is holding another Christ's Light in All Youth (CLAY) retreat. The retreat begins at 9:30 am, ends at 8:00 pm and will take place at the All Saints parish, Wichita.

CLAY is a retreat for freshmen & sophomores and is based on Jeremiah 18:1-6. We explore images of clay and light as we focus on teen years as a time of formation, of being molded into ever more perfect vessels for the light that is Christ in us. The attendees make a clay candle holder, watch a live potter at work, and hear some talks to help them take a deeper look at themselves and what their life is centered on. The retreat includes a penance service in the afternoon and the retreat ends with a Mass that the participants' families are invited to attend.

## for·ma·tion

noun

1.

the action of forming or process of being formed.

*synonyms:* emergence, coming into

being, genesis, development, evolution, shaping

**Are you being formed?**

**Are you developing?**

Favorite websites

•••

Dynamic Catholic

<https://dynamiccatholic.com/>

You tube it! <<<<>>>> Life Teen Inc

## Altruism: Good for Both of You

By Chris Ebberwein, Ph.D.

When on earth, Jesus proclaimed that he desires us to have a joy in him that "might be complete" (Jn 15:11). In word and deed, he also taught us to love one another. The parable of the Good Samaritan is just one example of Jesus' instruction to live a life in service to others. Since Jesus does not contradict himself, a life of loving one's neighbor must also be one of joy and abundance in God's plan.

Consistent with our faith, Positive Psychology shows that altruism has benefits not only for the receiver of a kind act, but for the "do-er" of the act. Some social scientists have surmised that altruism is just another side of selfishness, for example by relieving feelings of guilt or through gaining recognition. We again see the consistency when recalling that Jesus warned us of this very thing: "When you give alms, do not let your left hand know what your right is doing" (Mt 6:3).

As Christians, we know we have to ward against the pride that can come from "doing good." According to the saints, true charity is always sacrifice, but God has designed a world where sacrificial love results in positive emotional health on the other side of the good act. Research shows that doing five acts of kindness each day has lasting effects on positive emotion. This research is consistent with one part of depression treatment that encourages individuals to do something good for others, as a way to see beyond the current state of melancholy. **We might ask ourselves: In my parish, who could benefit from a visit, a card, a meal, a kind word, or a ride to Mass or a parish event? When we make the sacrifice, the reward will go both ways.**

Chris Ebberwein, Ph.D., Licensed Psychologist [www.whateverhetellsyou.com](http://www.whateverhetellsyou.com).

Chris is a member of St. Elizabeth Ann Seaton Parish. He is the author of "The Cana Rosary" prayer book for Catholic couples.