

Faith Formation

St. Joseph Catholic Church

January 2018

Upcoming Events At A Glance

Jan. 7th K-6th PSR Class resumes
Jan. 8th Parent University 7:30
Jan. 10th 7th-12th PSR Class resumes
Jan. 16th-21st March 4 Life Youth Bus Trip
Jan. 20th First Reconciliation

CYM



CYM –Jan. 31st 7-9pm
Possible CYM mass and Lock-In Feb. 3rd!

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.

FIRST RECONCILIATION PROGRAM FROM DYNAMIC CATHOLIC

THERE'S NEVER BEEN ANYTHING LIKE BLESSED IN THE CATHOLIC WORLD FOR CHILDREN. WORLD-CLASS ANIMATION. WORKBOOKS THAT ARE WORKS OF ART. CATECHIST-FRIENDLY LEADER GUIDES. AND INCREDIBLE CONTENT THAT MEETS CHILDREN WHERE THEY ARE AND LEADS THEM, STEP BY STEP, TO WHERE GOD IS CALLING THEM TO BE. BLESSED ISN'T JUST DIFFERENT, IT'S GROUNDBREAKING.

AND IT'S FREE!

<https://dynamiccatholic.com/blessed/program-view>

Adult Faith Formation



Parent University: On Jan. 8, our topic will be "Building a Stronger School." We all want our school to grow and thrive for generations to come. How do we help to make that happen? Just as the building is only as strong as its bricks, our school is only as strong as the individual families.

Sr. Maria Jacinta, IHM, will offer practical suggestions for how you can grow in your faith and share Gods love with your children. All parishioners are invited to hear her speak at 7:30 in the cafeteria

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.

Opportunities in the Diocese and Surrounding Areas

Jan. 8th Theology on Tap 7pm Loft 150
Jan. 19-20 Catholic Faith Festival SLC
Feb. 9-11th Grace that Reigns Retreat SLC
Feb. 9-10th Retreat for Catholic Young Adults SLC

Wednesday February 14 Lent Begins

Feb. 17th Catholic Mens Conference Kapaun
Feb. 17-19 TEC SLC

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

www.stjoecs.org/faith-formation

As Christians we are commanded to forgive

People hurt one another emotionally every day. And all too often when we should forgive, bitterness festers.

A close family member betrays another. A wife or husband walks out and files for divorce. A trusted friend stabs you in the back. Hurtful words are said to us in a fit of anger.

At some point in our lives, there is a good chance we will experience some kind of painful emotional situation. While we are called to be Christians, we are also humans with sensitive emotions. It is not always easy to restrain our anger and bitterness when we are hurt, but as children of God that is what we are called to do.

Jesus commanded us to forgive in [Matthew 18:21-22](#).

21 Then Peter approaching asked him, “Lord, if my brother sins against me, how often must I forgive him? As many as seven times?”

22 Jesus answered, “I say to you, not seven times but seventy-seven times.”

Of course this is easier said than done. Our pain can cause us to change for the worst. We are weak in our flesh, and feeling bitter is easier than letting go. But it is never better to fight sin with sin! Two wrongs never make a right.

Some people lash out at others when they are in deep pain. It can be a defense mechanism that keeps them from having to reveal weakness. But there are also those whose pain may manifest itself in other ways, like projecting their problems onto others, self-harm, and all around bad decision-making. They may seem angry all the time.

Seek Jesus

It is important to remember that we all need reassurance that God loves us unconditionally. It can be quite difficult to say to someone who just disrespected you, “Hey, man, I forgive you. Maybe you should go to church this Sunday?” A more subtle approach may be “I used to feel the same way until I listened to that nagging, gut-wrenching feeling I have had for years, calling me to Jesus!” Do you have the courage to forgive and then help someone who is lashing out? It can be daunting and maybe even a little dangerous sometimes. Have faith and let God lead you.

I will say here that if you are being abused, please seek professional help! Otherwise, forgiving those who have hurt us seventy times seven is not only good for them, it is good for us. It is true that holding grudges is horrible for your health. Thinking about the bad things that have happened to you can raise your blood pressure and cortisol (the stress hormone). It is also detrimental to your spiritual life. How can we be Christians and not answer the call to forgive? It is not always easy, but it always helps the situation. Prayer, fasting, and trusting in God are foundations for forgiveness.

Forgive and seek Forgiveness

None of us are perfect. We all need forgiveness. Perhaps you believe your sin to be small in comparison to those hurts that have been inflicted on you. Although this may be true to some extent, sin creeps into all of our lives. Whether you are a criminal serving time in prison for murder or just a housewife who in a moment of weakness uttered Our Lord’s name in vain, you have sinned. Even our dear Pope must confess his sins. As children of God, we are all equal in His eyes. If we are to live as Christ did, we must believe this too.

It can take years to forgive someone. Pain clouds reason and steals time. But if we recognize it and internalize why it is occurring, then we can openly express the need for forgiveness.

This is an article from www.catholicstand.com

About the Author: Karen Reep

Karen Reep is a Catholic wife and mother to seven children from our parish. She teaches catechism to the tenth grade girls of our local parish.