

# Growing in FAITH™

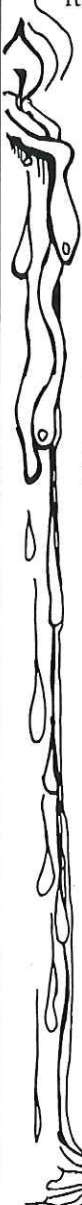
Discovering **hope and joy** in the Catholic faith.

February 2017

Church of St. Elizabeth  
Rev. James Weiner, Pastor

## One Minute Meditations

### St. Gabriel Possenti

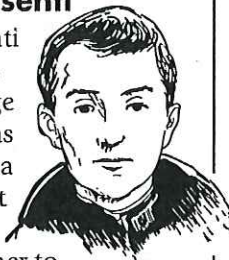


Francesco Possenti was born in Assisi, Italy, into a large family. He was often sick as a child. He lost two sisters and his mother to illness by the time he was four. At 18, he joined the Passionists and was named Gabriel of Our Lady of Sorrows. He inspired others by his prayer and faithfulness in the little things. He suffered from tuberculosis shortly after entering, which he endured patiently and cheerfully until his death.

### Serve without complaint

Every job has aspects about it that are tedious, messy, and unrewarding, yet they are necessary. However, they can be opportunities to grow in virtue: humility, patience, self-discipline, etc. When you dread doing your work, smile and say a prayer, *"and your Father, who sees in secret, will repay you"* (Matthew 6:4).

*"The works of God are all of them good; in its own time every need is supplied"*  
(Sirach 39:16).



## Love and live your faith

Faith in God is not a passive virtue resting in the background of our lives. Belief and love for God compels us to an active life of serving, sharing, and living our faith daily.

**Embrace excellence.** All that we do becomes a prayer when we give our employers, communities, neighborhoods and families our best abilities in God's name.

**Celebrate the Eucharist.** No Catholic life is complete without weekly Mass attendance. Do what is necessary so you can receive Communion.

**Become family.** Register in your parish and look for ways to get involved in a parish ministry, such as lecturing, ushering, singing, or becoming a Eucharistic minister.

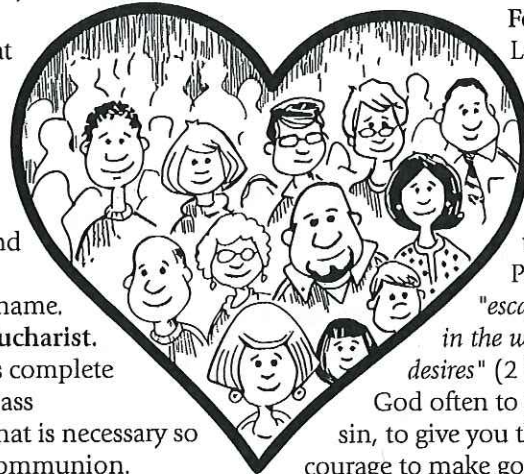
Be joyful. Scripture comforts us with the assurance that God will not rest until we find our way home to him. Reject Earthly worry and live with joy. God is in control.

**Forgive often.** Learn to practice this critical skill—and to ask for it when needed. Flee

**temptation.** St. Peter tells us to *"escape the corruption in the world caused by evil desires"* (2 Peter 1:4). Ask

God often to protect you from sin, to give you the wisdom and courage to make good choices.

**Listen to God.** Be sensitive to the promptings of the Holy Spirit. God will reveal when you've messed up, and rejoice with you when you get it right.



## Why Do Catholics Do That?

### Why do Catholics venerate relics?

The saints were ordinary people, like us, but they had an extraordinary love for God. Relics—their remains and personal possessions—represent those who are in glory with God. Just as we treasure things that once belonged to someone we loved



or admired—a piece of clothing or jewelry, for example—we treasure the relics of saints. Although relics themselves have no special properties, venerating them reminds us of the virtuous examples of the saints.