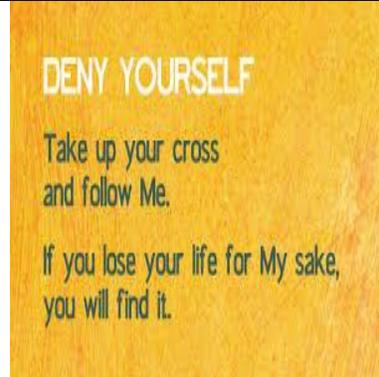


St. Joseph Catholic Church
Nome, AK 99762
Pastor: Rev. Tom Kuffel
Email: tkuffel@cbna.org
Parish: 907-443-5527; Cell: 907-434-6117
23rd Sunday Year C 9.4.2016

	St. Joseph	St Francis	St. Anne
Sunday	\$1441.00	\$0	\$50.00

Don't let negativity be an excuse that prevents you from living the life you're called to live.
 The most important thing to remember:
 When you feel discouraged especially about your finances,
 You have the power to turn things around.
 Personal finance is only 20% head knowledge;
 the other 80% is behavior.



Happiness: How to Make It!

Get busy and do something! The obvious question is, "What?" Well, exercise is one of the things we can do. Getting busy and in motion certainly does wonders for the attitude. Recent studies reveal that aerobic exercise is a powerful cure for depression and anxiety. In my own case, I can be feeling slightly down, so I don my walking shoes and take a brisk 45-minute walk and I come back feeling good.

Action is, obviously, a key factor in a person's happiness.

Optimism is also a happiness factor. The optimist feels like he can do something about whatever the circumstances might be. This makes him or her feel less like a victim and more in control. The optimist also is far more likely to talk and act in an enthusiastic, upbeat manner, which helps create the emotion of happiness. David G. Meyers, Ph.D., reveals that the most important factor in happiness is good interpersonal relations with our friends and family and of course our Faith! We are to exercise not only our bodies but build up relationships with our friends, family and faith. Relationships, especially with Jesus, need to be exercised, that is we need to reach out to others for our relationships to grow and become healthy.

Research indicates that money is incapable of buying happiness because happiness really is not for sale. Hence Jesus teaches us, "Anyone of you who does not renounce all his possessions cannot be my disciple" (Lk 14:33). It is not that we have to live in poverty, but that we live without being possessed by money and what money can buy: material things. Happiness comes not from pleasure, possessions and purchases, but from having a purpose.

The price of happiness is purpose of life. What is your purpose? Setting of specific long-range goals is a major step in the right direction. I have never seen a depressed person who had specific, long-range goals. So, if happiness is one of your goals, which is the goal of every person, what is your purpose in life? What are your goals in life? What inspires you?

Ultimately, we were created to be in relationship with God, Our Father. Our purpose in life is to live in the Kingdom of Jesus. That is why Jesus teaches us to first seek the kingdom of heaven and the rest will be given to you. Our first goal then in life is our Faith in our Father. It is an odd coincidence that people who work hard also are the ones who work hard on their faith life along with their family relationships. They make their faith and their family their priority, knowing that as they sacrifice for their faith and serve their family they have happiness for they are in relationship with others who strengthen their relationship with the Father. They are not deceived by the entitlement mindset that their family and their work is to serve them.

That is why St. Paul reminds us that those who do not work should not eat. He gives us the mindset that we are to work, that is we are to exercise our faith, hope, and love in Jesus, and in so doing, our Father blesses us usually with healthy relationships.

We know why we serve others, especially our family and our faith! We do so because we seek His Kingdom not creating our own little kingdom. This is the inverse of so many today who work and labor for themselves creating their own kingdom. Instead of working and laboring for the Kingdom of Heaven, they live solely for the pleasures and perks of this life. St. Paul addresses this attitude also. "Let us eat and drink for tomorrow we die" (I Cor 15:32).

Many today live with this philosophy. But in the end, those pleasures and perks drain us and empty our souls of an eternal purpose and so we become depressed, desolate, and desire death for we have run out of earthly desires.

Jesus warns us again as He warned his disciples. "If anyone comes to me without hating his father and mother, wife and children, brothers and sisters, and even his own life, he cannot be my disciple" (Lk 14: 25). If all we live for is this life and deny our eternal purpose, we detach ourselves from God's kingdom and attach ourselves to earthly life where we know moth and rust come and destroy. We know death is inevitable. That is why we carry our cross daily so we are not so focused on earthly happiness, but divine happiness: our ultimate purpose!

Announcements

Sept 11 Relg Ed begins.
 Please pick signup sheets at entrance of church and fill them out.

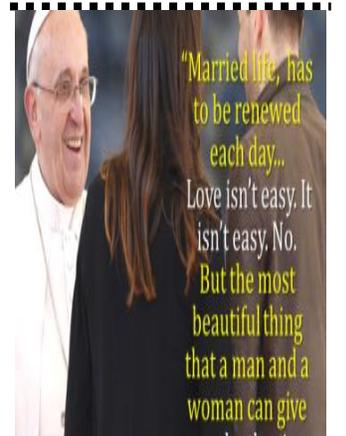
.....
Fr. Tom in Kotz 9.6 for Frank Davidovics Funeral 1:00 PM,

In Anchorage for retreat Sept 6 - 10.

.....
Nome: Parish Council Meeting Sept 15 at 6:00 PM. If you have anything to discuss please talk to a council member. We have cleaned up the shed, the stumps underneath the facility, painted and cleaned the rectory, fixed some lighting and electrical problems, upgraded the classrooms.

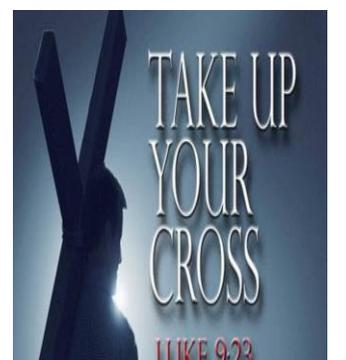
.....
 Free will offering for: Two twin mattresses and a box spring, 4 sheets (4x8) of particle board

 Fr. Tom will be in Kotzebue Sept 18th



Attitude multiplies everything.

- Your strengths.
 - Your gifts.
 - Your skills.
 - Your effort.
 - Your character.
 - Your weaknesses.
 - Your shortcomings.
 - Your lack of skill.
 - Your laziness.
 - Your undeveloped character.
- "The right attitude rarely leads to the wrong action."**



Weekly Schedule:

Date	MassTime	Place	Feast Day	Lector/Minister	Intention	Activity
Mon Sept 5	9:00 AM	Nome	M. Teresa		Jim Tubbs	
Tue Sept 6	1:00 PM	Kotz	Funeral Mass		John Seigel	6:00 PM Bible Study
Wed Sept 7		Anch			Tom Cabela	6:00 PM Rosary
Thur Sept 8		Anch	Mary		Vocations	
Fri Sept 9		Anch	Peter Claver		Bishop Chad	
Sat Sept 10	5:30 PM	Nome	24 th Sunday	Tom Moran	KNOM	
Sun Sept 11	10:30 AM	Nome	24 th Sunday	July Farley	St. Joseph Parish	
Sun Sept 11	4:00 PM	Teller	24 th Sunday		St. Ann Parish	

Teach us to number our days aright, that we may gain wisdom of heart.

Return, O LORD! How long? Have pity on your servants!

Pope Francis analyzes the state of the family in his latest letter, The Joy of Love. Belonging to a family transcends every need and want a person has. But families today are so disjointed and dysfunctional that many hate and escape their family because they only experience the torment and torture of family life. They feel they have only one option. Escape!

Does not the dream of family still have its hold on our hearts and our imaginations? And yet now the fact is that more than 50% of marriages end in divorce. Adultery, promiscuity and infidelities permeate many of our families, even prominent families. Children are abused by parents, priests, teachers, and siblings. Women are battered; men are held in contempt. Abortion is completely part of our American family. Addictions are common and now marketed, sponsored, and encouraged. We have all sorts of definitions of family from blended families to polygamy families. Even the very nature of family is under assault by those who view alternative relationships as the same way as we see marriage revealed in Scripture: male and female.

Our Father makes extreme demands upon Christians just as He did with the Jews. If you take Him seriously then you will come to know that Jewish and Christian faith is an adult religion that requires very mature and responsible decision. Commitments are hard and demanding, decisions are extreme and severe, because Jesus tells us that Our Father wants *all* of our love, not just an hour of our love on Sunday (even that on Sunday seems extreme!). Belonging to His family has greater importance than belonging to our natural, earthly family, as Jesus teaches us in the Prayer: Our Father – His will be done!

He tells us to embrace and take up our cross daily. Not just when we feel strong enough, not just when we see some benefit. We are to take up our cross, especially our family crosses, which cost us much more than we are able to give. They cost us much more than what we perceivably receive in return. These family crosses, however, are the will of our Father. Through our sacrifice and surrender we learn the depth of Jesus' love for us, but more importantly we learn how to love ourselves.

Because of the sad state in which we find families, Jesus reveals to us the power of family life, not just our human families, but to be part of the Family of our heavenly Father for communion with Our Father satisfies our deepest longing.

We can never draw close enough to another person to completely satisfy our longing for communion. No matter how close our relationships become, we still long to be close. No person will ever be enough to make us feel totally complete.

That is because our human relationships can only point to the one, ultimate relationship that will satisfy us ultimately—our relationship to God. (Broken God's, Grep Popcak, p.176).

Through Jesus, Our Father adopts us and gives us his Son as the image that Christians should embrace to learn of the love and commitment Jesus wants from us. His image, His picture, His vision and His model for family life, as outlined in The Joy of Love, is precisely what our modern American families' need as an antidote to the terrible sickness that seems to be infecting family life.

In the Letter, Pope Francis uses St. Paul's explanation of love which reveals the demands that family members ought to live. If we speak to one another other in the tongues of men and of angels but have not love, well, then, we are only clanging gongs or tinkling cymbals. If we speak of God's love and can fathom His mysteries in full knowledge and with a faith that can even move hearts made of mountains of stone, but have no love, well, then, we are good for nothing. If we share everything we have and even burn out our bodies in exhaustion while working for our families, but have not love, well, then, we gain nothing.

Can we live in a family and be always patient? Always be kind? Can we stop sibling rivalry and envy? Must we boast to each other? Must we live in competitive haughtiness and pride in order to show others up? Why are we more rude to the members of our own families than we to outsiders? Why do we treat non-family folks better than we treat family?

Why do we fly off the handle at the slightest remark, off comment, or behavior that we consider to be out of place? Why do we keep long records of every time we have been hurt and cling to our resentments like we cling to security blankets? Must we feel happy when we are vindictive when someone else in our family makes a mistake or commits a sin, and we follow it up with a snotty "see, I told you so!?" This is a long and impossible list of questions to answer. We have hope given to us only in Christ when He told us: *"With man it is impossible; but with God, all things are possible."* Love – true Christian family love – is the antidote to our sickness. That is what Pope Francis addresses in the Joy of Love how to live in love as the family of God.

Real love in a family doesn't delight in evil rather rejoices in the truth even if the truth hurts for it also heals, eventually. It always protects, always trusts, always hopes, and is always constant, steadfast. Love perseveres and most important, true love forgives and forgets! If we never fail in loving those in our families, then our families will likely never fail in loving us. The promise of love redeems; that is we love family members so much that we will never cast them aside, just as Jesus never casts us away.

Jesus is very demanding; He has the greatest expectations of us. To be a Christian goes far beyond simply being nice. To be Christian, truly Christ-like, we must turn the other cheek, forgive seventy times seven times, and always go the extra distance, far beyond what is expected, far beyond what we consider to be fair or just. This is how Jesus loves us and He expects us to love as He does, for God's measurements are not our measurements; His boundaries are not our boundaries. In other words, we take up our cross and commit to love as Jesus took up his cross to Calvary.

If we are to take the Joy of Love seriously, read it prayerfully; then we must seek forgiveness as well as give forgiveness in order that we live in the law of love: live as sons and daughters of God freely as the family He wants us to be. Then and only then, we can pray the great family prayer Jesus taught us, the prayer that begins with "Our."

To honestly pray this, we realize we have to make a list. What is God's will for me? What daily needs do I have? What sins have I committed that I need forgiveness for? Whom do I need to forgive? What temptations do I struggle with and do I struggle with them even to the point of shedding blood. What evils have I endured and what evils have I committed?