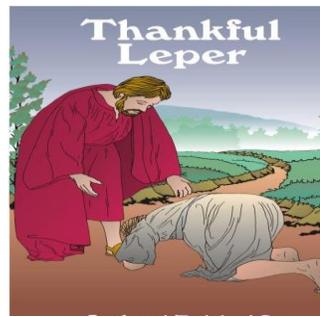




St. Joseph Catholic Church
Nome, AK 99762
Pastor: Rev. Tom Kuffel
Email: tkuffel@cbna.org
Parish: 907-443-5527; Cell: 907-434-6117
28th Sunday Year C 10.9.2016

Collection	St. Joseph	St. Francis	St. Ann
Sunday	\$1209.00		\$0.00

Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books - especially the Bible, build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day. John Wooden]



Gratitude

Broken people break all the rules for they see themselves as victims of another's greed. They feel used. They have lost their dignity and their honor. Like a cadaver, they have died within and no longer have the spirit, soul, and strength for life.

Lepers are the isolated victims of life. They are the walking dead exiled from life itself. Yet, Jesus not only embraces the lepers, touches them which of course made Him unclean like them, but He actually heals them. He restores them to life. He breaks them free from the chains of desolation and death. What response can a leper give to a man who not only heals them, but saves them and raises them up?

Yet, this is exactly what Jesus does – not just for 10 lepers, for we all are lepers. We all are broken. Unless we experience our brokenness and cry out as did the 10 Lepers, we will never be healed and we will never know what it means to give thanks. We will only feel victimized!

The surest index of our physical, emotional and spiritual well-being is the degree of gratitude we show. Where does gratitude come from, and how can we grow in gratefulness?

Grateful people linger over life's blessings

The English word "thank" shares the same root as "think." Thankfulness is intimately connected to thoughtfulness. We can't be grateful without being mindful of the many benefits and conscious of the rich blessings we have been given. Grateful people take time to rejoice, which literally means to experience repeated joy through the remembrance of the grace and goodness one has received. That is the Eucharist!

Grateful people live in the moment

Futurism causes a person to always search for happiness tomorrow. When I graduate, I meet my soul mate, pay off the mortgage, get the promotion, I retire...then I'll be happy! The prime symptom of this thinking is discontentment. Infected by it, people miss the joy of today.

"So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more berries, go barefoot in the sand, swim the rivers, watch more sunsets, laugh more, and cry less. Life must be lived as we go along.

Relish the moment – not the morrow."

Grateful people leave fear behind

Fear isn't an emotion we can eradicate; it's impossible to eliminate it once and for all. The key is not to repress fear but to cultivate and express positive emotions that outweigh fear.

Embrace the Struggle Be Sober

Sober does not merely mean to be without alcohol. Sobriety is a word that means sensible, serious minded. To the extent we allow faith, hope, and love to guide our hearts, we overwhelm fear and overcome its discouraging influence by being serious and sensible -- not foolish.

Grateful people live on purpose and mission – not roles and rules

Many people spend their lives climbing the ladder only to reach the top and realize that the ladder is leaning against the wrong building! Knowing your purpose enables you to find meaning in the mundane activities of life. A keen sense of mission keeps you going during the difficult days by supplying the passion to press forward. Living a purpose-filled life that has a concrete mission allows you to be disciplined with your time, talent, and treasure. Grateful people invest in relationships and endeavors that have lasting value.

Grateful people love

People who say it's lonely at the top have a tragically misguided view of leadership. Sadly, many people do make it to the peak of their profession, but at the expense of their marriage, family, or friendships. Every definition of success that focuses solely on oneself is a sham. To live for others is to reach the pinnacle of life. To live as Jesus giving his life away even to the most disgusting and repulsive people changed the world.

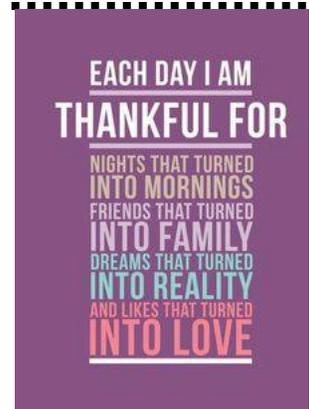
Grateful people live the Eucharist

The word Eucharist means thanksgiving. Grateful people live thanking Jesus every day of their lives for they have experienced the healing power of Jesus who frees them from whatever leprosy, sinfulness, they suffer from.

To change our world, our lives must change. When we become grateful to Jesus for embracing us even though we were once ungrateful lepers, when we realize we have been healed, then we life grateful lives not only to Jesus and his Church for befriending us, but sharing those the blessings for which Jesus died – healing for all.

Announcements

Fr Tom in Kodiak from
 Oct 11 – 24
 Fr. Tom meets with KIC concerning the sale of
 Nov 6: Religious Ed 11:30 – 2:30 PM.
 Nov 6 Youth Group 6:00 PM – 8:00 PM
 Oct 9. Commitment Sunday: The Council asks all parishioners to partake.
 Oct 9 Family Fun Day at the Rec Center 12: 2 PM. All are welcome all are asked to invite guests.
 Oct 30th Holy Hour from 12 to 1:00 PM.



Where are the other nine? Has none but this foreigner returned to give thanks to God?"



No happier person than a truly thankful, content person.



In all circumstances, give thanks, this is the will of God for you in Jesus.

Lord, You invite all who are burdened to come to You. Allow your healing hand to heal me. Touch my soul with Your compassion. Touch my heart with Your courage and love for all. Touch my mind with Your wisdom, that my mouth may always proclaim Your praise. Teach me to reach out to You in my need, and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength

Weekly Schedule:

Date	MassTime	Place	Feast Day	Lector/Minister	Intention	Activity
Mon Oct 10	5:30 PM	Nome	Columbus		Griffith Family	
Tue Oct 11	8:00 AM	Nome	John 23 rd		Sullivan Family	6:00 PM Bible Study
Wed Oct 12	No Mass				Kraebler Family	6:00 PM Rosary
Thur Oct 13	No Mass				Schmidt Family	
Fri Oct 14	No Mass		Callistus		Deceased Priests	
Sat Oct 15	5:30 PM	Nome	28 th Sunday	Spruce Lynch	St. Joseph	
Sun Oct 16	10:30 AM	Nome	28 th Sunday	Julie Farley	St. Ann	

**Some people don't realize how blessed they are.
Be thankful for what you have!
Rather than focusing on what you don't have!
If you focus on what you don't have,
you will never have enough!**

**If we have died with him we shall also live with him;
if we persevere we shall also reign with him.
But if we deny him he will deny us.
If we are unfaithful
he remains faithful, for he cannot deny himself.**

Healing power of Faith

The fire of faith burns, but it also heals. It is a well-known fact that people who have faith recover from illnesses, depression, and diseases sooner than those who have little or no faith. Why is it this true?

Faith is more than a simple acceptance of a set of rules and beliefs. Faith is a way of living. In any religion, Christian, Buddhist, and Native, believers have a way of life, customs, traditions, and rituals that touch the inner person. These religious practices teach us the principles and beliefs that give us physical, moral, intellectual, social, and spiritual formation. These formations are the values for which we live, think, react, fight, and ultimately die.

Faith is also the formula for healing. Like leprosy, sin invades and chews away at the dignity and divinity of the person. "Sin, 'impurity' in the moral or spiritual sense, means the interior alteration and decomposition of man. It could be defined as leprosy of the soul. Although such a form of decomposition-leprosy of the soul-is hidden from man's eyes, invisible because of its spiritual nature, still, even sin can be contagious (John Paul Feb 14, 1988).

Sin slowly eats away the layers of skin, which protect us from the evil elements of the world, the body, and the devil. Faith is the ultimate protection from these evils for faith is "an 'attraction' exercised by God in regard to man's interior essence, and indirectly in regard to the whole of human subjectivity, so that man may respond fully to God's "self-revelation" in Jesus Christ, by abandoning himself to him" (John Paul II General Audience April 10, 1985).

Faith is a belief then, which supports, guides, and protects us from the many temptations of life, while giving us a purpose, mission, and intention to live. This is St. Paul's desire to life for Christ. *"I bear with everything for the sake of those who are chosen, so that they too may obtain the salvation that is in Christ Jesus, together with eternal glory. This saying is trustworthy: If we have died with him we shall also live with him if we persevere we shall also reign with him"* (2 Tim 2: 10 –12).

In our modern world, we have, however, self-believers who deny the need for faith outside themselves. Faithless because they determine the right or wrong of their own actions, they are self-sufficient. They move through life alone thinking themselves to be sovereign.

We live in an age of self-determinism in which we hold true to our own personal religious beliefs. Alone, however, we are dangerous. We rule supreme without the guidelines, principles, and feedback of another. Instead of learning and living heroic lives that reveal quality, integrity, and spirituality of the great saints and thinkers, many times, we abase ourselves to our animalistic and even beastly behaviors.

Guided by gluttony, we devour our lives because we lack insight and foresight. We become myopic failing to broaden our views. No one challenges our beliefs and we feel entitled to the wealth and worth of this world neglecting the riches and reverence of heaven.

Facing our human weakness, however, we look for supernatural strength. In our physical suffering, we seek spiritual healing. In human death, we seek eternal life. In human life, we search for the divine spirit. Faith contrasts our human thoughts with the divine thoughts. Yet only in our human struggles and sickness do we search for the transcendent. Broken, we want to be better.

"There is no force or power that can block God's love for you. Sickness and suffering seem to contradict all that is worthy, all that is desired by man. Yet no disease, no injury, no infirmity, no addiction can ever deprive you of your dignity as children of God, as brothers and sisters of Jesus. Suffering is an invitation to be more like the Son in doing the Father's will. It offers us an opportunity to imitate Christ who died to redeem mankind from sin. Thus the Father has disposed that suffering can enrich the individual and the whole Church" (John Paul May 28, 1982).

Suffering transcends our weak, debased, natures and empowers us present ourselves to God. Experiencing our own suffering, passion, and death, "we find the inspiration and strength to turn away from any temptation to resentment and grow through our pain into new life" (JP II 5.28, 1982). We embrace our sufferings to be healed.

Our new life lives in the presence of the Father, and we make an act of faith for we know we are not self-sufficient, not self-determinant, not self-sovereign, but in reality, we are needy individuals who like the lepers need the healing embrace and touch of another. In our faith, we heal ourselves for we trust not in our self, but in Jesus.

Nothing is as threatening as rejection. When we suffer any disease or trauma, we feel rejected by God and abandoned by our loved ones. We become like dogs that run out into the wilderness to die alone. Faith, however, strengthens our will so that we never feel dejected no matter how disgusting and despicable we may have become.

As the sores of the lepers were healed by the words of Christ, so we are healed by our own words, which state: I believe, help my unbelief. Nothing more powerful in creation is the admittance of our need to belong and Christ invites us to belong to Him. We only have to make an act of faith.

We are not independent and God is not disconnected from our lives. He, like a loving Father, is intimately involved in our lives even if we never had a human father. He is the Spirit that touches our soul. He is the doctor who heals our infirmities. He is the Man Who died for our sins.