



Equipping families to encounter Christ

This newsletter is meant to give everyone at St. Luke ideas to live their faith more fully and joyfully. Each month will focus on ritual and the celebration of the Eucharist. In addition, each newsletter will include useful information about the Catholic faith, activities, models of faith, and ideas for prayer. Please take what is useful for you and your family.

Some saints to celebrate:

May 1 Joseph the Worker

May 6 Dominic Savio

May 10 Damien of Molokai

May 15 Isidore the Farmer

May 25 Madeline Sophie Barat

May 26 Philip Neri

May 30 Joan of Arc



Solemnities
May 16 – The Ascension
May 23 – Pentecost
May 30 --- Trinity Sunday

Ritual of the month: Service as Praise

Ritual is a set of actions with meaningful and symbolic value. You can change your behavior for many reasons. Creating a ritual of loving goes a step further and makes it prayerful, intentional, and purposeful.

What is service? Service is putting others before ourselves and loving them as God loves us. Giving to others and sacrificing for others become necessary when we are pursuing the Lord. After Jesus washed the feet of the apostles, he said to them, “Do you realize what I have done for you? You call me ‘teacher’ and ‘master,’ and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another’s feet. I have given you a model to follow, so that as I have done for you, you should also do.” (John 13:12-15) We are called to give ourselves to others. When we do, we are praising God, giving him our all. This is called contemplation in action. We are bringing our prayer, with worship and praise, into everything we do. The Jesuit motto “Ad Maiorem Dei Gloriam”—For the greater glory of God – reflects this idea. Everything we do, from the mundane to the extraordinary, should be for the greater glory of God.

Assessment of service in your home: Take time before creating ritual to look at your service for others and ask:

1. What does service to others mean to you?
2. How do your actions reflect your love of the Lord?
3. What does your service for others look like? Is it freely given?
4. How can you use ritual to enhance the giving of yourself in all your actions?

With this assessment, consider the ideas below, choosing one or two and bringing them into your day, year, or holy day. Once you have established your Service Ritual, consider deepening the experience with an additional idea, while maintaining simplicity and peacefulness in your Domestic Church.

“The greatest among you must be your servant.” Matthew 23:11

Loving as God loves us

With this assessment, consider the ideas below, choosing one or two and bringing them into your time with the Lord. Remember that the idea is to create meaning and purpose, allowing you to savor the experience. It does not take a lot to do this. Simplicity is important.

“For the Son of Man did not come to be served but to serve and to give his life as a ransom for many.” Mark 10:45

Here are some ideas for creating a service ritual:

1. Reframe your life as a contemplative in action. (www.IgnatianSpirituality.com)
 - a. Stop – pause and acknowledge what you are doing.
 - b. Reflect – take time to reflect on your daily experiences. This will help you delve deeper and discover deeper meaning in all you do.
 - c. Return to work – let mindfulness and reflection inform your work. Let your actions glorify the Lord.
2. Pray unceasingly. Offer up all you do to the Lord. Imbue your thoughts and actions with joy and gratitude.
3. Quiet your mind. Take time each day to be still and know the Lord. This will help center you in the Lord so that your actions will reflect your love.
4. Make service a central part of your life. Here are some ideas:
 - a. Care for others in need among your family and friends
 - b. Volunteer with St. Vincent de Paul (email Leigh Goodrich at goodrichleigh@gmail.com)
 - c. Volunteer with Teen Feed, a program that brings meals to homeless youth in the U District (email Amy Nash at amyn@stlukecp.org)
 - d. Volunteer with St. Luke’s Mission at Home (email Andrew Feucht at jandafeucht@msn.com)
 - e. Provide meals for parishioners in need (email Rebecca Burdullis at rburdullis@gmail.com)
 - f. Give blood. <https://www.bloodworksnc.org>
5. Be mindful of simple acts of service you can perform. A smile, hug, prayer, or phone call. All these things are acts of service when done with purpose and in the Spirit.
6. Give tithes and offerings. When you give a consistent percentage of your income to the Church and charities, you are serving people whom you cannot serve directly.

“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace. Whoever preaches, let it be with the words of God; whoever serves, let it be with the strength that God supplies, so that in all things God may be glorified through Jesus Christ, to whom belong glory and dominion forever and ever. Amen.” 1 Peter 4:10-11



The Month of Mary

Mary is the Queen of Heaven, the mother of the King of Kings. We look to Mary to pray for us, to help us with our relationship with her son, Jesus. She holds a special place in the communion of saints as she replaced Eve's "no" with her "yes" to the Lord. She is our mother in this regard, supporting us in our path to Heaven.

Ideas to celebrate Mary during this month:

Pray the rosary every day

Have a crowning of Mary (see below for more detail)

Memorize the "Memorare"

Pray the Angelus at noon each day (<http://theangelusprayer.com/angelus-prayer/>)

Make a novena to the Immaculate Heart of Mary

Learn more about an apparition of Mary (some of which are Guadalupe, Knock, Fatima, Lourdes, and the Miraculous Medal)



Activity suggestion: "May Crowning" is a traditional Catholic ritual that occurs in the month of May and it recognizes Mary as Queen of heaven and earth.

(www.walktomary.com)

Here are some ideas to create a crowing of Mary in your home:

- a. Sing songs – "Ave Maria," "Hail Holy Queen," "Hail Mary, Gentle Woman"
- b. Process to a statue of Mary
- c. Recite the Litany of Loreto (see attached)
- d. Place flowers around Mary as well as in a crown on her head
- e. Make a feast to celebrate Mary
(www.catholiccuisine.blogspot.com)

Ten Virtues of Mary

Humility
Faith
Obedience
Piety
Self-denial
Purity
Love
Patience
Kindness
Wisdom

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions; but in your mercy hear and answer me. Amen.

Pentecost

May 23

Originally, Pentecost was a Jewish feast, commemorating the giving of the Torah to Moses at Mount Sinai. Celebrated 50 days after Passover, Pentecost is Greek for Fifty. See here for more information:

<https://www.ifcj.org/learn/jewish-holidays/shavuot/what-is-shavuot-pentecost/>

For Christians, Pentecost is the birthday of the Church. It is the time when the Holy Spirit came upon the apostles and Mary, imbuing them with the seven gifts of the Spirit and moving them to action and mission. This fulfills Jesus' promise that he will always be with them. As Catholics, we receive the Holy Spirit through the sacraments of Baptism and Confirmation, and the gifts are all present to you as long as you remain in a state of sanctifying grace.

“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”

Acts 2:1-4

Activity suggestion: Using a template of a flame on the Internet, cut out seven flames. On each flame, write one of the seven gifts of the Holy Spirit. Attach a string to each flame and hang them from your dining room lights or on the ceiling, having them settle over your heads for Pentecost dinner.

GIFTS OF THE HOLY SPIRIT

WISDOM

To value the things of God

UNDERSTANDING

To grasp faith's mysteries

COUNSEL

To make wise decisions

FORTITUDE

To strengthen your will

KNOWLEDGE

To enlighten your mind

PIETY

To love and serve God

FEAR OF THE LORD

To respect God's majesty



Catholic Cooking

A Pentecost Birthday Cake

Since Pentecost is the birthday of the Catholic Church, make a cake to celebrate this special day with your family.

www.catholiccuisine.blogspot.com

Ingredients

Box white cake
White frosting
7 red candy hearts
12 strawberries
1 large taper candle
12 red birthday candles

Directions

Make the cake according to the directions on the box. Frost the cake. For decorations, use a large taper in the center of the cake. This represents Christ our Light, who promised to send the Holy Spirit. Surround the large taper with 12 small red candles, which represent the 12 apostles and the tongues of fire. Next, place the seven red hearts around the top edge of the cake. These represent the seven gifts of the Holy Spirit. And then, place the 12 strawberries around the bottom of the cake, representing the 12 fruits of the Spirit.

Before cutting the cake, let the children blow out the candles representing the “mighty wind” that came through the upper room where the apostles had locked themselves.

Serve with vanilla ice cream and lots more strawberries!

“But a shoot shall sprout from the stump of
Jesse,

And from his roots a bud shall
blossom.

The spirit of the Lord shall rest upon him:

A spirit of wisdom and of
understanding,

A spirit of counsel and of strength,

A spirit of knowledge and of fear of
the Lord,

And his delight shall be the fear of
the Lord.”

Isaiah 11:1-3

Music

“Veni Sancte Spiritus”

This song to the Holy Spirit is sung before the Alleluia and the Gospel on Pentecost Sunday.

<https://www.bing.com/videos/search?q=veni+sancte+spiritus+song&&view=detail&mid=5AC0C16637161B200EF55AC0C16637161B200EF5&&FORM=VDRVRV>



Virtue of the Month

Diligence

Doing your best and working hard until you are finished.

Practicing the virtue of diligence is doing our tasks well, giving the Lord our best, and doing all for the greater glory of God. Diligence, one of the capital virtues which overcome the seven deadly sins, overcomes the sin of sloth. With diligence, we say yes to our commitments and responsibilities, giving our attention and best effort so that we may glorify the Lord.

“Go to the ant, you sluggard; consider its ways, and be wise.” Proverbs 6:6

Here are some ideas to strengthen the virtue of diligence:

- Choose a chore at home and discuss how you could finish it better. For example: after you clean your room, could you vacuum it? Or after you feed the dog, do you put things away neatly? Work on doing it your best this month, especially finishing it carefully. Ages 4 & up
- Read and discuss The Little Engine that Could. How can you imitate the train in the story this month? Ages 2-8
- Say a quick prayer in your heart (such as “All for You, Jesus!”) before each task you start. All ages
- Come up with your own motto/battle cry to motivate yourself this month whenever you are tempted to give up on a responsibility. Ages 4 & up

“A virtue is an habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.” CCC 1803

The Year of the Eucharist

June 14, 2020-June 6, 2021

The name Mass comes from the Latin phrase that was said when people left the Sunday celebration: “Ite, missa est.” In this case, the word missio means “sending forth.” Receiving the sacrament of the Eucharist empowers us leave Mass, go forth, and proclaim the Gospel. We have the life of Christ in us, giving us strength to do the work He is calling us to do. Service is one way we can bring the Gospel to others. When we work with God in our bodies and our hearts, we are showing people who God is and what He asks of them. How are you called to serve?

<https://bustedhalo.com/googling-god/mass-class/why-call-it-the-mass>



Movie suggestions:

“Molokai: The Story of Father Damien” (1999) Ages 7 & up

“The Messenger” (1999) an historical drama of Joan of Arc. Ages 10 & up

“Joan of Arc” (1948) with Ingrid Bergman. This is more religious than “The Messenger.” Ages 8 & up

Catholic Social Teaching

There are seven themes of modern Catholic Social Teaching (see here for more information <https://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/seven-themes-of-catholic-social-teaching>)

Call to Family, Community, and Participation -- “The person is not only sacred but also social. How we organize our society -- in economics and politics, in law and policy -- directly affects human dignity and the capacity of individuals to grow in community. We are social beings. We realize our dignity and human potential in our families and communities. The family is the basic cell of society; it must be supported. Government has the mission of protecting human life, promoting the common good of all persons, and defending the right and duty of all to participate in social life.” From www.usccb.org

During COVID, we have quarantined and social distanced for the common good, while the family unit has taken a prominent and essential place in our lives. With the vaccine and good weather, our opportunities for social interaction outside our families will increase. With this increase in the participation in society, we have the responsibility to the common good.

For reflection: Am I considering the health and well-being of others? How can I be with my family and community in joyful ways that are also safe? Am I respecting the fears and concerns of those around me? How is God calling me to be Christ in this world today?

Models of Faith

St. Peter – He was a zealous and impulsive apostle of Jesus. He made many high-profile mistakes because of his zeal, including telling Jesus not to accept his cross (“Get behind me, Satan!”), jumping into the sea to meet Jesus on the water, then doubting and needing to be saved, and denying Christ three times during the Passion. And yet, he continued to pursue the Lord and the Lord chose him to lead the Church. When the Holy Spirit came to the apostles and Mary on Pentecost, Peter became a true leader, preaching with “boldness and conviction.” Peter is a model for us to remember that what we measure out will be measured back to us.



“Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord.” Romans 12:9-11

Prayer

Prayer is simply being in relationship with God. We can pray in a variety of ways, but the important thing is to pray every day.

COME
HOLY SPIRIT
FILL THE HEARTS
OF YOUR FAITHFUL
AND KINDLE IN THEM
THE FIRE OF YOUR LOVE.
SEND FORTH YOUR SPIRIT
AND THEY SHALL BE CREATED
AND YOU SHALL RENEW
THE FACE OF THE
EARTH.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord. **AMEN**

catholicALLYEAR.com



Read the Bible in a year

Fr. Mike Schmitz has a podcast that goes through the Bible in a year. His podcast has been in the top 10 of Apple Podcasts since January. Fr. Mike Schmitz walks you through the entire Catholic Bible in 365 episodes, providing commentary, reflection, and prayer along the way.

About the Reading Plan:

Ascension's Bible in a Year Podcast follows a reading plan inspired by The Great Adventure Bible Timeline, a groundbreaking approach to understanding salvation history developed by Catholic Bible teacher Jeff Cavins. Follow this link to find out more about this and how to sign up. You can also get this in a podcast on your phone.

<https://media.ascensionpress.com/category/ascension-podcasts/bibleinayear/>

Lectio Divina

Galatians 5:13-26

Be Still

Read the passage

Meditate on a word or phrase

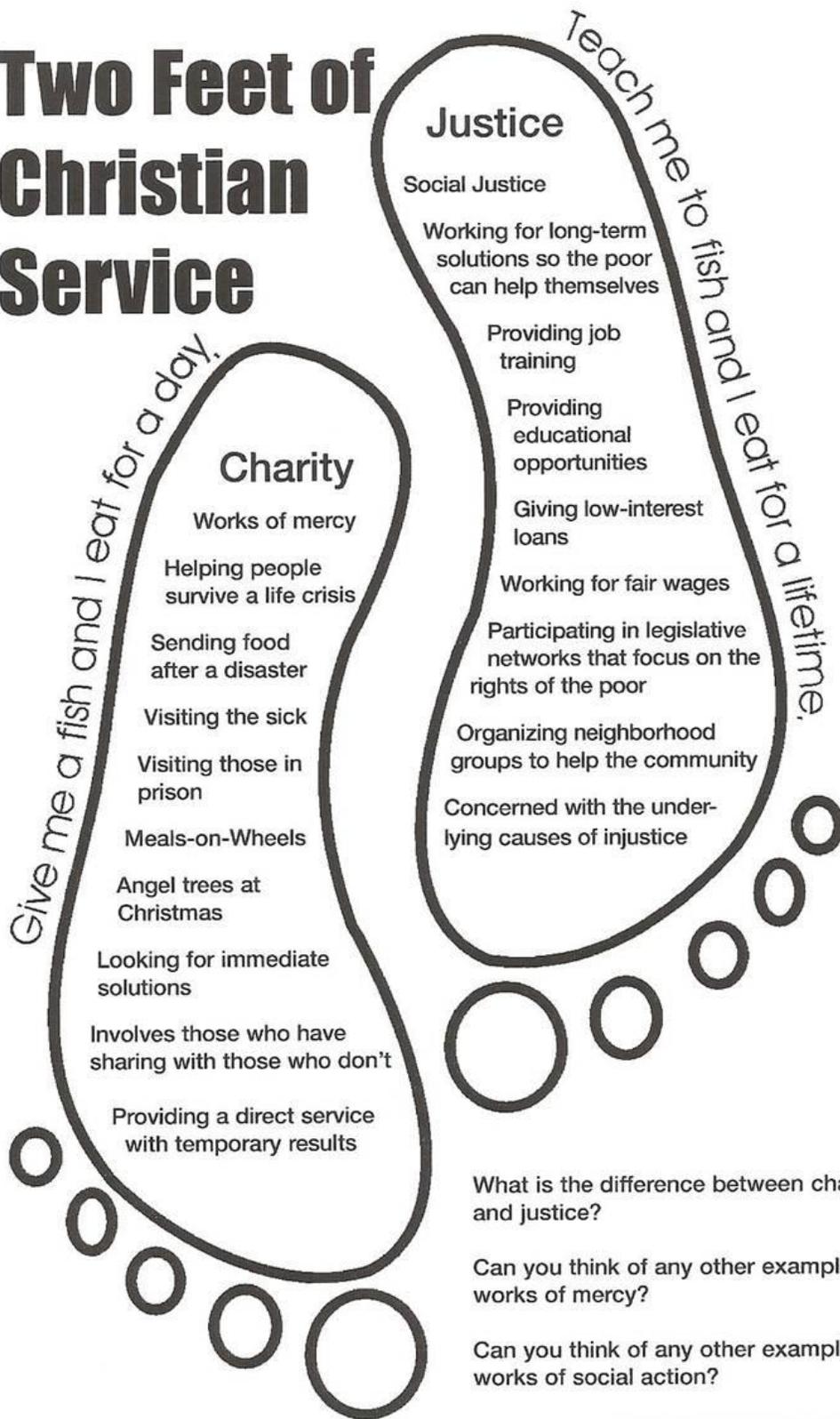
Pray from your meditation

Contemplate – rest in God

For a more detailed explanation of Lectio Divina, see

<https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide>

Two Feet of Christian Service



What is the difference between charity and justice?

Can you think of any other examples of works of mercy?

Can you think of any other examples of works of social action?

In our Catholic tradition two feet of Christian service have developed.

- Works of mercy (charity), is the direct response to an immediate need. Sending food to people in the wake of a natural disaster, visiting a classmate who is ill, helping a neighbor whose home has been destroyed by fire are all works of mercy Christians are called to do.
- Social action (justice), is bringing about long-term changes that are concerned with the underlying causes of poverty and injustice.



patience peace
kindness goodness
faithfulness
self-control