

11.14.2015

BUILDING & IMPROVING RELATIONSHIPS

How to become a Blessing of God

How to Build Most Important Relationship - The One You Have With God.

The Men's Group will present a discussion on the power of Building and Improving our Relationships. Dr. Dennis J Kowalski will be leading a discussion and exercises designed to help us reflect on our various relationships and interactions with others in all walks of life: family, work, significant other, all you come into contact with and most important of all with God. Dr. K will impart strategies on how to improve and enrich those relationships.

Do not save your loving speeches for your friends till they are dead. Do not write them on their tombstones, speak them rather now instead.

The life skills being shared will start with a reality check as to perceptions, relationship assessments and understanding emotional bank accounts. The importance of continuous improvement of human bonds is key to life success, especially to the most central and imperative relationship of all – that one we all have with God.

Dr. Kowalski has spent years as an educator, both in and out of the classroom and continues to provide instruction in the important areas of team building, motivation and peak performance. He also has a proven track record as an executive coach.

Dr. Kowalski has inspired words that will help us to fulfill the special Mission Statement that is unique to each man. These strategies will help to provide useful tools in fulfilling that Mission. Let us learn some ways to help us bless those in our lives.

Today will Never come again. Be a blessing. Be a friend. Encourage someone. Take time to care. Let your words heal, and not wound.

What happens to our lives when we make a shift in our attitude and admit that Jesus is our Savior and invite Him into our heart of hearts?

Let us listen attentively to the wisdom found in Holy Scripture, our Catechism and in Modern Comment by Dr. Kowalski.

Romans 8:15-17

For you did not receive a spirit of slavery to fall back into fear; but you receive a spirit of adoption, through which we cry "Abba, Father!" The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs of Christ, if only we suffer with him so that we may also be glorified with him.



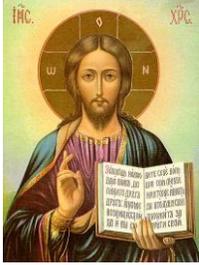
1 Samuel 3:9-10

When Samuel went to sleep in his place, the Lord came and revealed his presence, calling out as before "Samuel, Samuel!" Samuel answered, "Speak for your servant is listening."



Catechism

2247 - Works of Mercy



The works of mercy are charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. Instructing, advising, consoling, comforting are spiritual works of mercy, as are forgiving and bearing wrongs patiently.

The corporal works of mercy consist especially in feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead. Among all these, giving alms to the poor is one of the chief witnesses to fraternal charity; it is also a work of justice pleasing to God.

Modern Comment

Dr. Dennis Kowalski: Building Relationships

There is power in becoming a better man in order to do God's work on Earth. It has impacts that shape and change destinies. It allows the breath of God to come forth. Let us be Blessings from God.

Questions to Focus on:

1. What portion of Dr. Kowalski's presentation was most meaningful to you?

2. Do you have any Commitment Action Items that you can share?

3. Any ideas how you can improve your relationship with: A. Significant Other, B. Someone at Work and C. God?

Men's Group Calendar

11/28/2015	Leadership Meeting	8 AM Sacred Heart Library
12/12/2015	Men's Group	7 AM Mass
12/28/2015	Leadership Meeting	8 AM Sacred Heart Library
1/9/2016	Men's Group	7 AM Mass
1/23/2016	Leadership Meeting	8 AM Sacred Heart Library



A Man who never quits is Never Defeated.

ACTION PLAN

This week I will do my best to listen for God's will in my life by:

Creating a daily prayer practice.

Seeking God in prayer and being quiet in His presence.

Paying more attention to Blessing those in my life as God intends.

Asking Jesus for help in becoming a better servant.

Practice Forgiveness.

The Works of Mercy and Charity:

1. To feed the Hungry.
2. To give drink to the Thirsty.
3. To clothe the Naked.
4. To Shelter the Homeless.
5. To visit the Sick.
6. To visit the Imprisoned.
7. To bury the Dead.



Lord, God and Savior, by your love you draw me to yourself. Forgive me – the sinner that I am, and fill me with every good thing, not withholding even the gift of your most beloved son. Come dwell in my heart.

Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgive.

Thank you for your tender mercies. I ask you to bless my family, friends and those who I meet in my comings and goings. Where there is joy, give them continued joy. Where there is pain or sorrow, give them your peace and mercy. Where there is self-doubt, release in them a renewed confidence. Fill their every need with your Holy Grace.

You are indeed my Lord, God and Savior. Amen

Give Samples of Jesus away Daily:

† Mercy † Kindness † Justice † Joy

† Forgiveness † Compassion † Peace

...and most of all † Love

Guide me Lord, that I might discipline myself and prepare for the spiritual battles that I face everywhere, including the ones in my own heart.

May God Bless You.

St. Hilary Men's Group.



Saints are holy people and regular human persons who lived extraordinary lives. Saints responded to God's invitation to use their unique gifts. They are teachers and guides for us. God calls each one of us to lead a life of exceptional holiness.

"Go to Holy Communion even when you feel lukewarm, leaving everything in God's hands. The more my sickness debilitates me, the more urgently do I need a doctor."

Saint Bonaventure

Wash me thoroughly from my
iniquity, and cleanse me from
my sin.

Psalm 51:2

A Prayer of Forgiveness – Good Precursor to Thanksgiving Celebration

Merciful God, your living word tells us that you not only forgive our offenses, you forget them. I have a hard time with both. Forgetting past hurts and those who have hurt me is almost impossible. I have never been, nor ever want to be, a person without a memory.

But I do want to be able, to forgive those who have hurt me, wronged me, disappointed me, failed me, and even damaged me. I want to forgive them, because I too have hurt many in the course of my life – and I want to be forgiven even as I forgive.

Accepting forgiveness and forgiving others go hand in hand.

My Lord, I know that forgiveness is a choice, a decision. I may not feel forgiving, yet in and through this prayer, I choose to forgive, especially the following person(s):

(Name them.)

I may have to pray this prayer over and over. Old attitudes and grudges do not go away easily.

Help me too, God to forgive myself for real or imagined failures. Show me how to let go of the past, to stop beating up on myself, so I can eliminate my self-hatred as I grow in self-love.

Dear Jesus, let me become a more forgiving person – toward others and my self—so that I may experience healing, peace, and renewal, and be a Blessing to others. Amen.