



9.9.2017

Your Presence is a Blessing

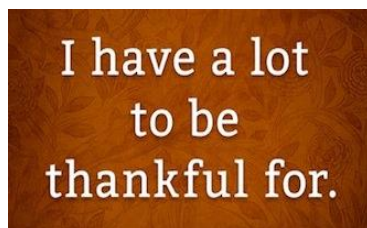
Give Samples of Jesus Away

Everyone you meet on this day will be blessed by you...by your eyes, by your smile, by your touch...just by your presence. God is always sending you signs that He is alive and present. It just takes practice to recognize them. The first step is to have a sense of appreciation, gratefulness and gratitude in your personality. This is pivotal in having a happy life.

A key strategy for developing a sense of gratitude is to start with Praising God. Maybe praising Him for the glory of a glowing sunrise or the pleasure of a cooling breeze on a hot day. Look for the way He has helped you forgive someone or has given you a sense of how much He loves you. If you open your eyes today, you can be confident that you'll see that glory of God.

In order for you to be a Blessing, one needs to have a heartfelt gratitude for the gifts God has provided us with coupled by an understanding that we must give away samples of that gratitude...in effect, give samples of Jesus away.

It seems a shame that our lives can pass by without a giving or receiving a simple "Thank You." However, proper gratitude seems to be in short supply these days.



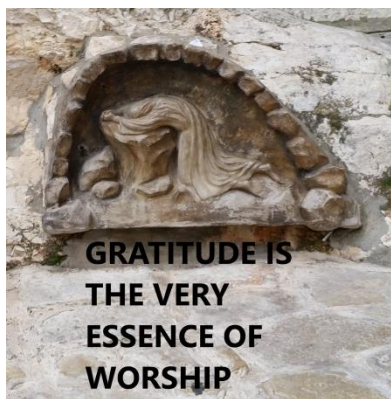
So many people come in and out of our lives and they are all part of forming who and what we are – part of making life easier or helping us through tough times...our family, friends, mentors, co-workers, food servers, mail carriers, firefighters, police officers and repairmen...and yes, total strangers.

A simple and heartfelt "Thank You" can be a powerful thing...both giving it and receiving it. Many people think it is OK to leave it unsaid. This is far from the Truth.

In scripture, there are many stories of people being healed and gratitude. One story tends to stand out deals with ten lepers. Some theologians are convinced this story is in scripture less because of the Healings and more because of the showing of gratitude from the One Leper. You see, the healing was not as significant as was the "Thank You."

The Psalms tell us that God honors gratitude...God honors those who are thankful. Just as Faith is more than an intellectual assent...it is the commitment and action of that assurance. Likewise, Gratitude must be demonstrated, shown and confirmed.

1 Thessalonians 5:18 commands us very succinctly: Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.



The concept of gratitude - a character quality that we often talk about and admire, but do not practice as regularly in our lives as we should – is one God asks us to aspire to, and more importantly baptize others with.

God speaks directly to us on this issue. In Psalm 50:23: “The one who offers thanksgiving as his sacrifice glorifies me; to one who orders his way rightly I will show the salvation of God!”

So as we go through life, let us strive to be like the only leper of the ten who came back to thank Him for his healing. Let us learn to say thank you to God from our Hearts, and not just our minds and lips. And let us thank those who touch our lives in some way...no matter how big or how small.

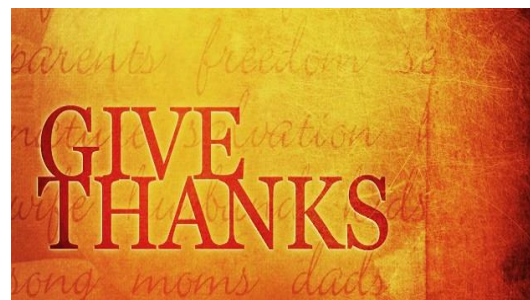
May God bless us with His Wisdom and His Work and the wherewithal to complete the mission. Amen

Psalm 92: 2-3 *Give Thanks*

It is good to give thanks to the LORD, to sing praise to your name Most High, to proclaim your love at daybreak, and your faithfulness in the night.

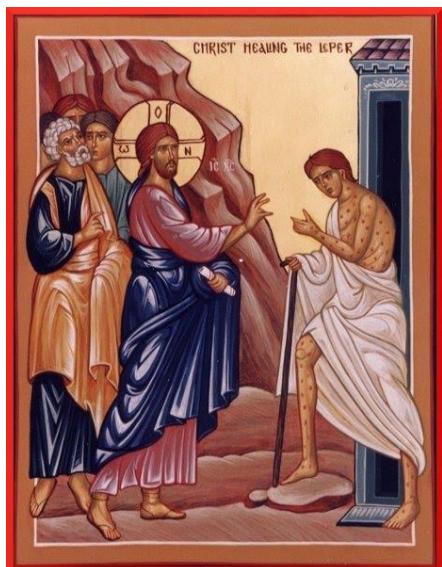
Proverbs 17:22 *Bring Joy to Life*

A joyful heart is the health of the body, but a depressed spirit dries up the bones.



Luke 17: 11-19 *The Cleansing of Ten Lepers*

As Jesus continued his journey to Jerusalem, he traveled through Samaria and Galilee. As he was entering a village, ten lepers met him. They stood at a distance from him and raised their voice, saying, “Jesus, Master! Have pity on us!”



And when he saw them, he said, “Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. He was a Samaritan.

Jesus said in reply, “Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?”

Then he said to him, “Stand up and go; your faith has saved you.”

The Word of the Lord

Catechism

#1418 *Gratitude To Christ*

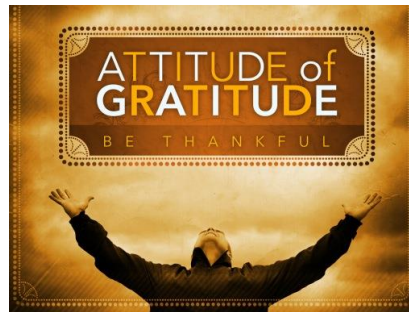
Because Christ himself is present in the sacrament of the altar, He is to be honored with the worship of adoration. "To visit the Blessed Sacrament is... a proof of gratitude, an expression of love, and a duty of adoration toward Christ our Lord"



Happiness Revealed

Video 1: God Whispers to us to Bless Others

Video 2: Glimpse into perspective from an Elderly Man



Elderly Man: You think this is just another day in your life? It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now, and the only appropriate response is gratefulness. If you do nothing else but to cultivate that response to the great gift that this unique day is, if you learn to respond as if it were the first day in your life and the very last day, then you will have spent this day very well.

Begin by opening your eyes and be surprised that you have eyes you can open, that incredible array of colors that is constantly offered to us for pure enjoyment. Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment, with clouds coming and going. We just think of the weather, and even with the weather, we don't think of all the many nuances of weather.

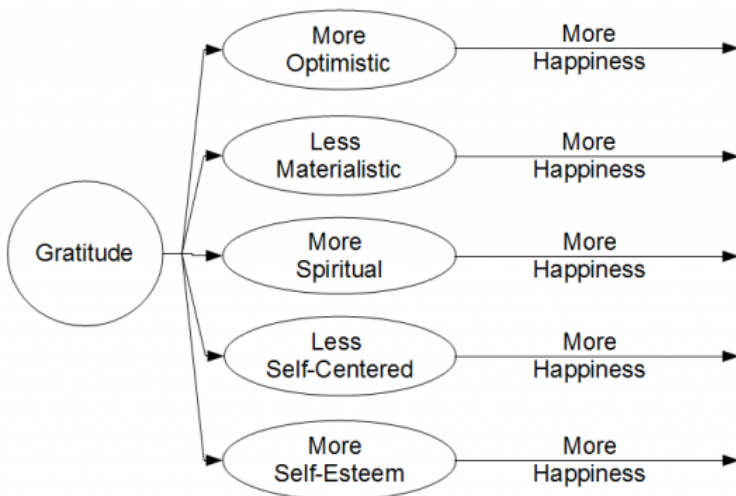
We just think of good weather and bad weather. This day, right now, has unique weather, maybe a kind that will never come again exactly in that form. That formation of clouds in the sky will never be the same as it is right now. Open your eyes. Look at that.

Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom, not only their own story, but the story of their ancestors. We all go back so far, and in this present moment, on this day, all the people you meet, all that life from generations and from so many places all over the world flows together and meets you here like a life-giving water, if you only open your heart and drink.

Open your heart to the incredible gifts that civilization gives to us. You flip a switch and there is electric light. You turn a faucet and there is warm water and cold water, and drinkable water. It's a gift that millions and millions in the world will never experience.

So these are just a few of an enormous number of gifts to which we can open your heart. And so I wish you that you will open your heart to all these blessings, and let them flow through you, that everyone whom you will meet on this day will be blessed by you, just by your eyes, by your smile, by your touch, just by your presence.

Let the gratefulness overflow into blessing all around you, and then it will really be a good day. Amen.



How Jesus Christ Shows Love for Us:

How We Can Show Love for Others

Questions to Focus on:

1 In what ways might I become more grateful for the life that God has given me? Give 1 specific thing.

2 Your presence, when truly shared, reveals the Heart of God to another. Share an example.

3 Give a time in life when God touched you through the Beauty of Nature.

THANK GOD FOR TODAY BECAUSE TODAY I WILL HAVE AN OPPORTUNITY TO:

- † PRAISE GOD during Happy Moments
- † SEEK GOD during Difficult Moments
- † WORSHIP GOD during Quiet Moments
- † TRUST GOD during Painful Moments
- † THANK GOD during Every Moment!

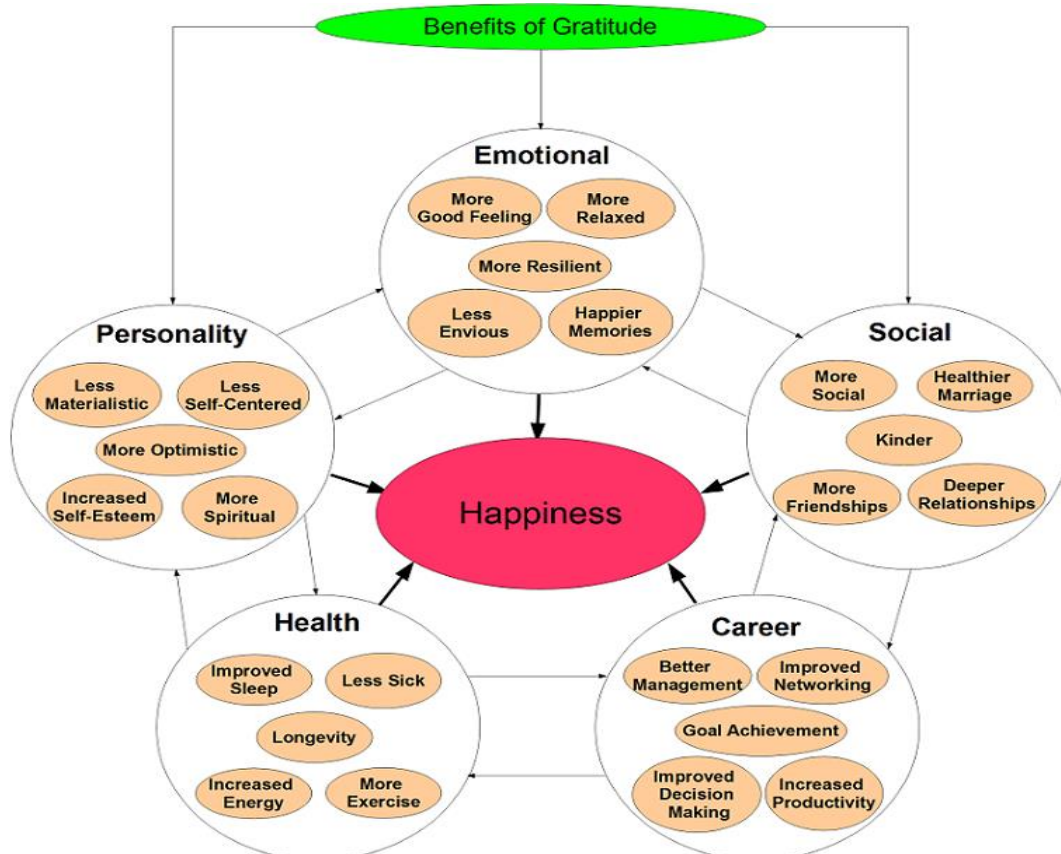
A Man who never quits is Never Defeated.
We are ordinary men who labor for Christ.



Men's Group Calendar

9/23/2017	Leadership Meeting	8 AM Sacred Heart Library
10/14/2017	Men's Group	7 AM Mass
10/28/2017	Leadership Meeting	8 AM Sacred Heart Library
11/11/2017	Men's Group	7 AM Mass
11/25/2017	Leadership Meeting	8 AM Sacred Heart Library

ATTITUDE OF GRATITUDE How Gratitude Can Change Your Life - Over 40 recent research Studies have concluded the having an attitude of gratitude can change one's life positively and have a POSITIVE impact their Happiness.



Gratitude is a Master Key to Happiness

Feeling gratitude and not expressing it is like wrapping a present and not giving it. It is one of the least articulate of the emotions, especially when it is deep. Yet, Gratitude is not only the greatest of virtues, but the origin of all other virtues.

When in a state of Gratitude, Circumstances have no power over us. Our inner weather is always and forever at our command.

May God Bless us all with a profound Gratitude for the Blessings bestowed in our lives.

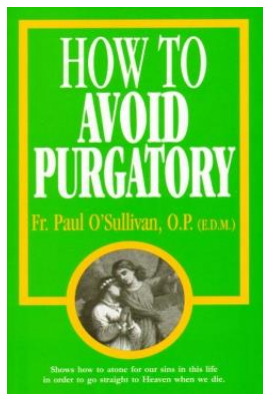
May God Bless You.

St. Hilary Men's Group.



"In all your deeds and words you should look upon this Jesus as your model. Do so whether you are walking or keeping silence, or speaking, whether you are alone or with others. He is perfect, and thus you will be not only irreprehensible, but praiseworthy."

St. Bonaventure



How to Avoid Purgatory

An effective way of avoiding Purgatory is to unite one's impending death to the Passion of Christ.

Throughout history, Saints and Holy Ones have said when a person becomes aware that he is dying and offers to God his death with perfect resignation, he will see the face of God in Heaven.

God promises us in the most solemn and deliberate way that He will give us everything we ask in prayer. As we say the Our Father, let us say with special fervor, Thy will be done. Amen. Matthew 6:10

You are God's representative on Earth. When you Bless and encourage the people in your life, you are revealing God's love for them.

ACTION PLAN

This week I will do my best to be a Man of Integrity 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

You were chosen for something and not just saved from something.

Give samples of Jesus away. You are His Ambassador.

Lord, open my eyes so that I see your power at work in my life today.

Lord, help me to pray not as an exercise of my will, but a surrender to Yours.

Thank You for Your goodness to me. Amen.

Pilgrimage – A Way to Pray

- Are you in need of a Big Favor from God?
- Are you ready to give a worrisome part of your life to God? .
- Is there something just so Big that you can't handle it?

Make a Pilgrimage.

Making a Pilgrimage is a form of prayer with a long history in the Church. Travel to a Holy Place to ask for God's favor or to express gratitude for a Blessing received has always been a tremendous form of prayer. People still travel to shrines, cathedrals, apparition sites to ask for what one needs from God...and to give Thanks!

Pilgrimage can be done close to home, by oneself or in a group. A Pilgrimage is expecting to meet and share with God. It is a Powerful form of Prayer.





Jesus wants us to make choices that reflect His presence in our hearts.

Life constantly presents us with opportunities to choose to love and serve one another.

It is not about us.

It is about reaching out in love.

Go to the Author of Life often.



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 forgave.

Thank you for your tender mercies. I ask you to Bless my family, friends and those who I meet on this path. 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, give them a renewed confidence. Fill their every need with your Holy Grace.

You are indeed my Lord, God and Savior. Amen. And AMEN.

