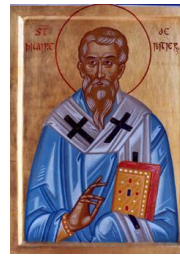


St. Hilary

Men's Group

7.13.2013



Appreciation and Gratitude is Everything

What are the Truths of Appreciation and how using it in one's life can bring Success? Many times, we lose focus on the Gift of Gratitude in today's Modern World. It seems that success as defined by Modern Culture, is a focus on Oneself, Material Wealth, Sports, Sex and a "What's in it for me?" Mentality. No mention of Kindness, Mercy and Appreciation is heralded by the Mainstream Media.

God calls us every day, in our home, at work, while on vacation, when at church, while we rest...in all places in all times. He calls us to grow beyond our comfort zones and the lesser expectations we hold for ourselves. He calls us to grow and fulfill the expectations that He has...the ones that He has created uniquely, exclusively, distinctively in each one of us.

The first step to answering that call is to Give Thanks. In this act of Thanksgiving, we become more of the Man that God wants us to be. More so, there are simple uses of Appreciation and Gratitude that one can express that go to the core of our nature, thus fulfilling our mission.

"Prayer is nothing else than being on terms of friendship with God."

St. Teresa of Avila

How do we successfully connect with that source of Hope? How do we share that source? Let us come to know God more thoroughly using Modern Comment, Holy Scripture and our Catechism.



Modern Comment – THE SIMPLE TRUTHS OF APPRECIATION ...

1. EVERYONE WANTS AND NEEDS IT
2. IT DOESN'T HAVE TO BE SOMETHING BIG
3. MAKE IT PERSONAL
4. BE CREATIVE
5. SURPRISE PEOPLE IF YOU CAN
6. BE SINCERE
7. HAVE A PLAN
8. SHARE YOURSELF FROM THE HEART
9. MAKE IT MEMORABLE
10. YOU WILL RECEIVE MORE THAN YOU GIVE



"I shall pass through this world but once. Any good therefore, that I can do or any kindness I can show to any human being let me do it now... for I shall not pass this way again." *Etienne De Grillet*



"The deepest principle of human nature is a craving to be appreciated." *William James*

"Be kind and merciful. Let no one ever come to you without coming away better or happier." *Mother Teresa*

"Sometimes our light goes out but is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light." *Albert Schweitzer*

That Man is a Success

Robert Louis Stevenson

Who has lived well,
laughed often and loved much;
Who has gained the respect
of intelligent men and the love of children;
Who has filled his niche
and accomplished his task;
Who leaves the world better than he found it,
whether by an improved poppy or a perfect poem or a rescued soul;
Who never lacked appreciation of earth's beauty
or failed to express it;
Who looked for the best in others
and gave the best he had.



Scripture

Psalms 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 *Recognize God is Everywhere in All Things*

As he 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

1360 Thank You Lord God

The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification. Eucharist means first of all "Thanksgiving."

2220 The Gift of Christ

For Christians a special gratitude is due to those from whom they have received the gift of faith, the grace of Baptism, and life in the Church. These may include parents, grandparents, other members of the family, pastors, catechists, and other teachers or friends.

2638 Give Thanks Always

As in the prayer of petition, every event and need can become an offering of thanksgiving. The letters of St. Paul often begin and end with thanksgiving, and the Lord Jesus is always present in it: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you"; "Continue steadfastly in prayer, being watchful in it with thanksgiving."

**What one word comes to mind when you think of a Father?
Expanded from June's Meeting...**

Leadership	DIRECTION	EXAMPLE	MODEL
GUIDANCE	QUIET WARMTH	FRIENDSHIP	COMPANIONSHIP
SUPPORT	BELONGING	TEACHER	NOT JUDGEMENTAL
PROVIDER	STRENGTH	AUTHORITY	LOVES UNCONDITIONAL
SELFLESS	HAS ANSWERS	TRUTH	PROTECTOR
FRIEND	COMMITMENT	RESPONSIBLE	WISDOM
SHAPER	LEGACY	PATIENCE	FORGIVENESS
MENTOR	ROLE MODEL	COMMUNICATOR	CONTINUITY
QUALITY TIME	BEING PRESENT	JOY	STABILITY

Questions to Focus On

#1 Can you recall a time when someone shared appreciation of you and it surprised you?

#2 Have you ever surprised someone with appreciation of them? Can you share the event?

#3 How can you improve your sharing of appreciation? Any thoughts on how might "surprise" someone in your life?

A Man who never quits is Never Defeated.



Men's Group Calendar

7/27/2013	Leadership Meeting	8 AM Sacred Heart Library
8/10/2013	Men's Group	7 AM Mass
8/24/2013	Leadership Meeting	8 AM Sacred Heart Library
9/14/2013	Men's Group	7 AM Mass
9/28/2013	Leadership Meeting	8 AM Sacred Heart Library
10/12/2013	Men's Group	7 AM Mass
10/26/2013	Leadership Meeting	8 AM Sacred Heart Library
11/9/2013	Men's Group	7 AM Mass

CMFNEO Annual Conference is March 22, 2014



ACTION PLAN - This week I draw closer to Jesus in my life by:

- † Seeking God in Prayer and being Quiet in His presence
- † Asking for Forgiveness for the times I have been unfaithful to God
- † Asking Jesus for Help to accept Obedience to His Work
- † Asking Jesus for Help in becoming a better servant

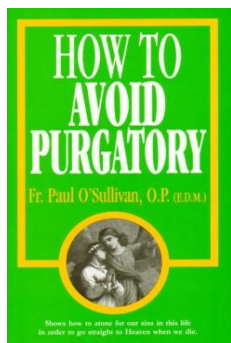


"When we pray the voice of the heart must be heard more than that proceeding from the mouth."

St. Bonaventure (1221-1274) Feast day July 15, Doctor of the Church

A Prayer to Bless One's Life

Lord, I love you and need you, Come into my heart, and Bless me, my family, my home, and my friends, in the Sweet and Holy Name of Jesus Christ. Amen



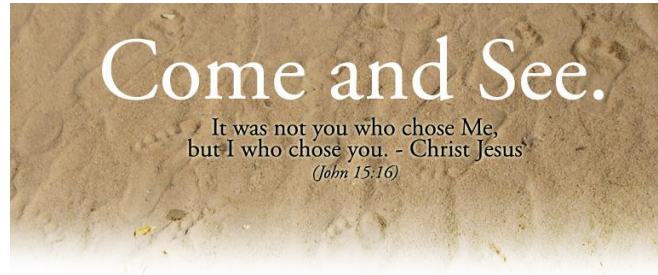
How to Avoid Purgatory

The 6th Means 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

Fr. Paul O'Sullivan, O.P

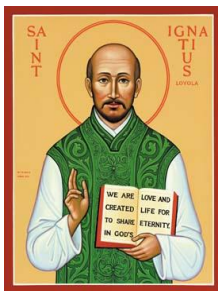
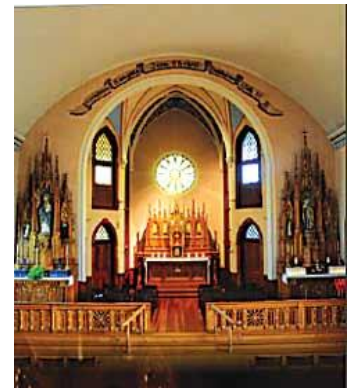


Pilgrimage – A Way to Pray

- Are you in need of a Big Favor from God? - Make a Pilgrimage.
- Are you ready to give a worrisome part of your life to God? - Make a Pilgrimage.
- 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.



"Teach us to give and not to count the cost."

St. Ignatius (1491-1556) Feast day July 31

Act of Contrition

O my God, I am heartily sorry for having offended Thee and I detest all my sins, because I fear the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who are all good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.



Prayer to the Blessed Virgin Mary, Our Lady of Mount Carmel

O most beautiful Flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein that you are my Mother.

(make request)

O Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart, to help me in this my necessity. There are none that can withstand your power. O show me herein that you are my Mother.

O Mary, conceived without sin, pray for us that have recourse to thee. (3 times)

Sweet Mother, I place this cause in your hands. (3 times)

In the Sweet and Holy Name of Jesus Christ, we pray.
Amen.

HUMAN TRAFFICING INFORMATION

Contact: Jim Cook
412.926.2972 Cell

Cookjim1957@yahoo.com

How might getting involved
in stopping this sin help you
to become a better servant
of Christ?