



5.10.2014

Nature, Beauty, Gratitude – Your Presence is a Blessing Happiness Revealed

Everyone you meet on this day will be blessed by you...by your eyes, by your smile, by your touch...just by your presence.

Mother's Day is tomorrow and we have all heard people say that being a mother can be a thankless job. It seems a shame that anything so important in our lives can pass by without 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, moms too.

A simple and heartfelt "Thank You" can be a powerful thing.

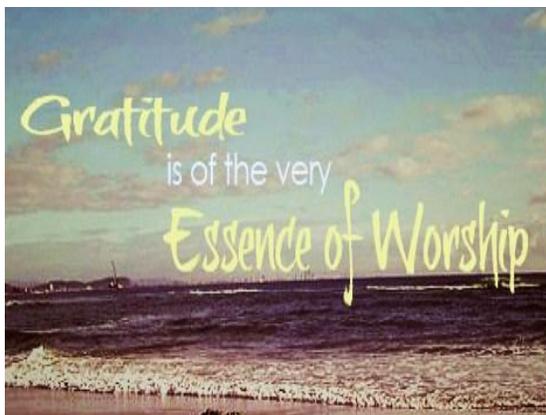
In scripture, there are many stories of people being healed but the one that seems to stand out deals with ten lepers and their feelings on gratitude. Some theologians are convinced this story is in scripture less because of the Healings and more because of the showing of gratitude from the One Leper. 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 ascend...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 see quite as regularly in our lives or the lives of the people we live and work with – is one God asks us to aspire to, and more importantly baptize others with.

what God knows about me is
infinitely more important
than what others think about me.
- author unknown



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 one 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 118:23-25

By the LORD has this been done; it is wonderful in our eyes.

This is the day the LORD has made; let us rejoice in it and be glad.

LORD, grant salvation! LORD, grant good fortune!



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?"

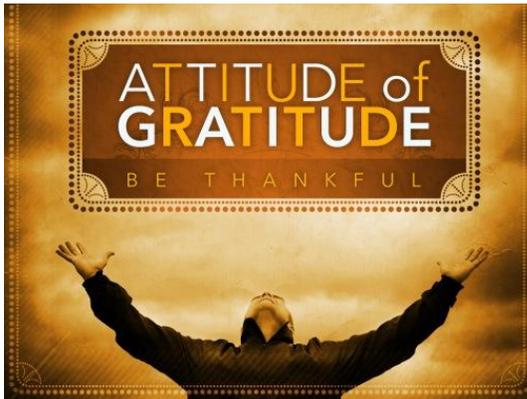
Then he said to him, "Stand up and go; your faith has saved you."

Catechism Gratitude To Christ
1418

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
A glimpse into that perspective from the point of view
of a child and an elderly man.



Child: When I watch TV, it's just some shows -- that are pretend, and when you explore, you get more imagination than you already had, and when you get more imagination, it makes you want to go deeper in so you can get more and see "beautifuler" things, like the path, if it's a path, it could lead you to a beach, or something, and it could be beautiful.

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.

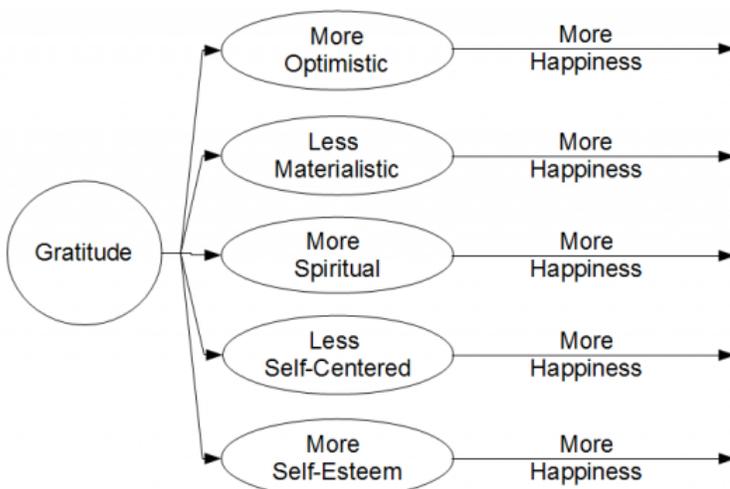
Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom, not only their own story, but the story of their ancestors. We all go back so far, and in this present moment, on this day, all the people you meet, all that life 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.

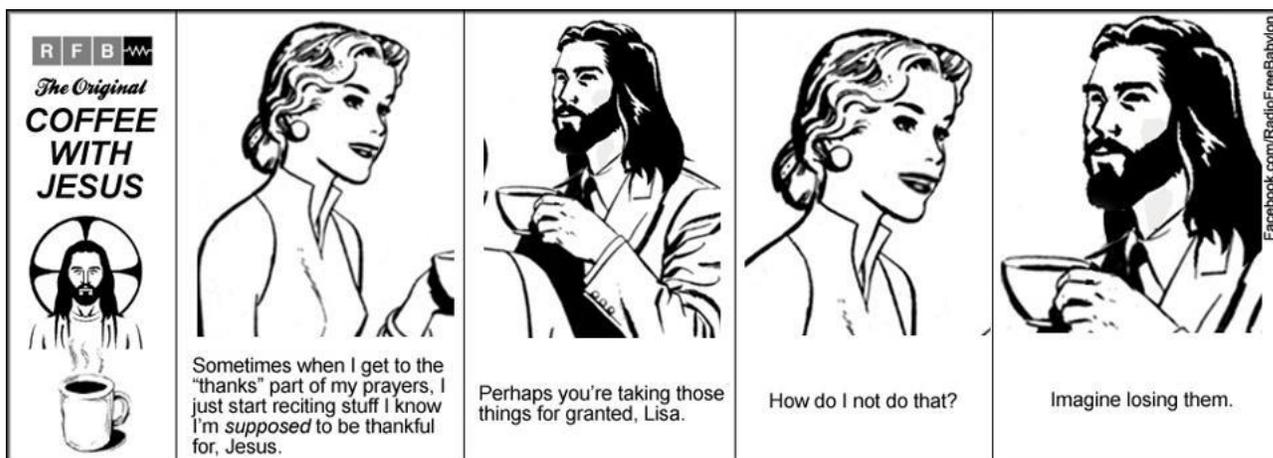
Let the gratefulness overflow into blessing all around you, and then it will really be a good day.

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.



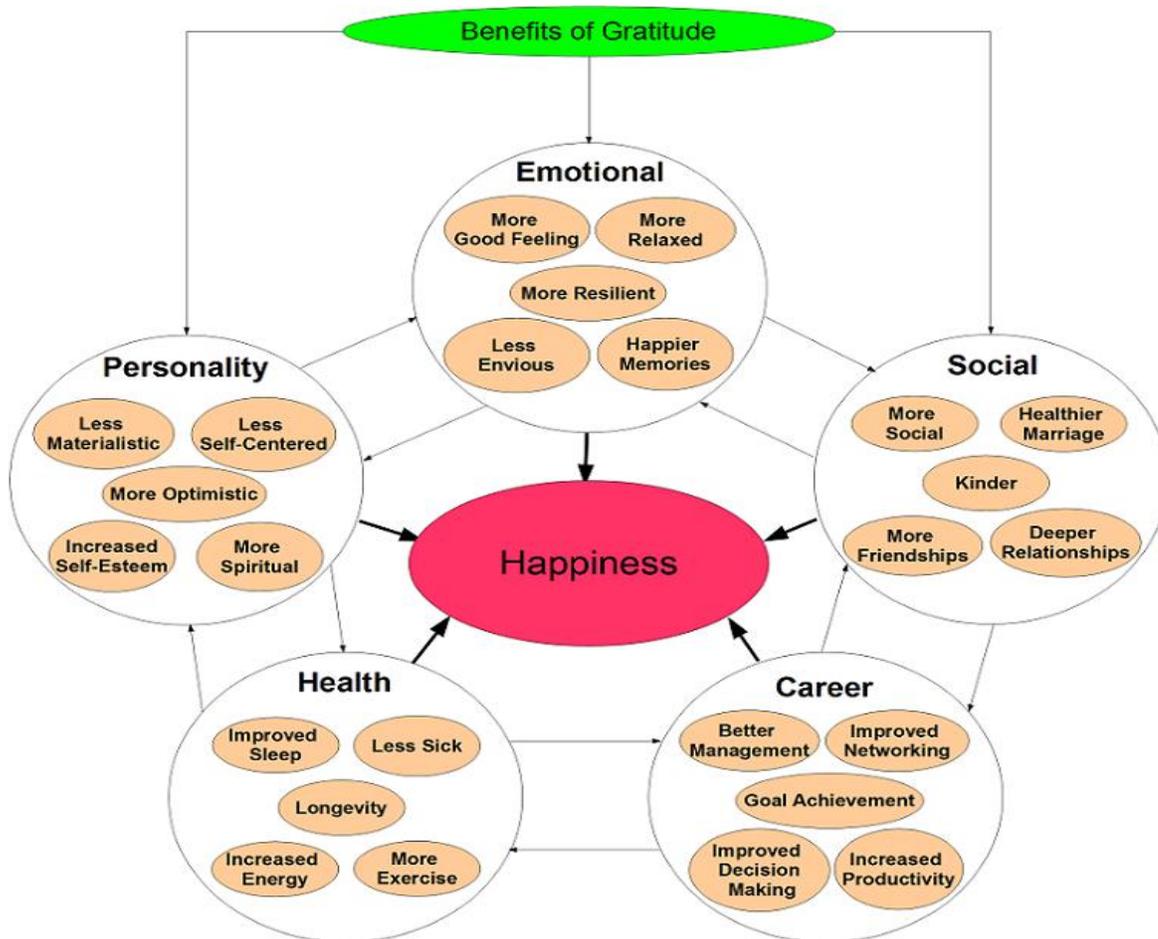
A Man who never quits is Never Defeated.
We are ordinary men who labor for Christ.

Men's Group Calendar

5/24/2014	Leadership Meeting	8 AM Sacred Heart Library
6/14/2014	Men's Group	7 AM Mass
6/28/2014	Leadership Meeting	8 AM Sacred Heart Library
7/12/2014	Men's Group	7 AM Mass
7/26/2014	Leadership Meeting	8 AM Sacred Heart Library
8/9/2014	Men's Group	7 AM Mass
8/23/2014	Leadership Meeting	8 AM Sacred Heart Library
9/13/2014	Men's Group	7 AM Mass
9/27/2014	Leadership Meeting	8 AM Sacred Heart Library
10/11/2014	Men's Group	7 AM Mass
10/25/2014	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 an impact their Happiness.



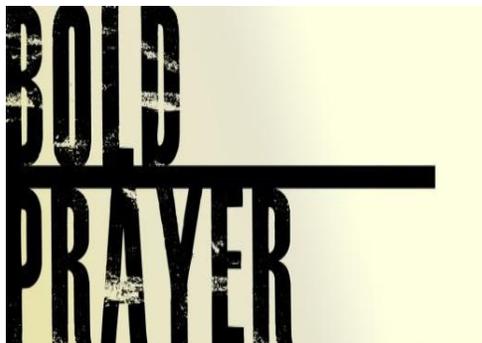
Gratitude is a Master Key to Happiness

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.



Lord, God and Savior, by your love you draw me to yourself, forgive me, and fill me with every good thing, not withholding even the gift of your most beloved son.

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. Amen

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

Asking God for strength to resist temptation and sin

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

Asking Jesus for help in becoming a better servant



*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.*