

11.10.2018

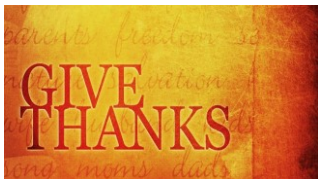
YOUR PRESENCE IS A BLESSING

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.

**I have a lot
to be
thankful for.**

Being Thankful to God is pivotal in having a Happy, Joy filled and Healthy life. Have you ever noticed times when certain people walk into a room and the place "lights up"? And there are other times you run for the door! It has been proven true by the test of time and scientific study that complainers, grumblers, faultfinders, nitpickers and negative people in general darken our lives.

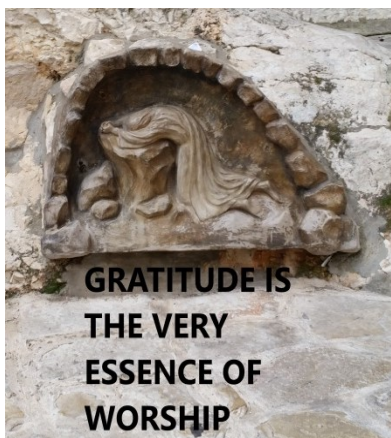


It is important to realize that in order to be a Blessing, one needs to have a heartfelt gratitude for the gifts God has provided us coupled with an understanding that we must give away samples of that gratitude...in effect, give samples of Jesus away.

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.

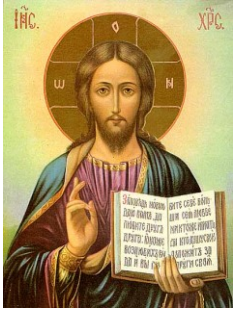
So many people come in and out of our lives and they are all part of forming who and what we are – part of making life easier or helping us through tough times...our family, friends, mentors, co-workers, food servers, mail carriers, firefighters, police officers and repairmen...and yes, total strangers.

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."

We are all called to be a Blessing in other's lives. Let us explore how this can happen. Let's listen carefully as we take a Spiritual Journey and consider the Wisdom of Holy Scripture and Catechism. May God give to each one of us the necessary means to complete His Gift of our Unique and Holy Mission.

**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."

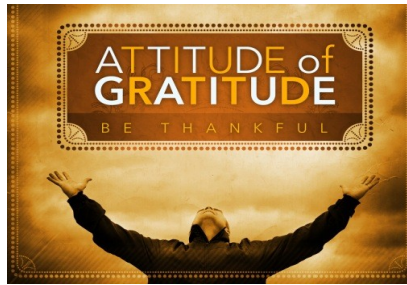
The Word of the Lord

**Catechism****1418 - Give 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".

**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.**

Happiness Revealed God Whispers to us to Bless Others



A Glimpse into Perspective of an 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.

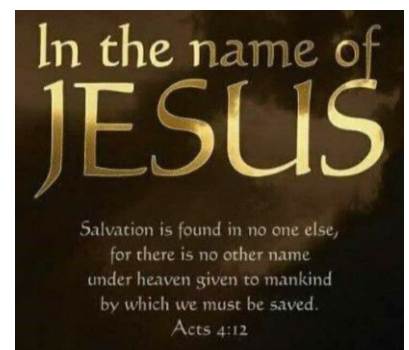
We just think of the weather, and even with the weather, we don't think of all the many nuances of weather. We just think of good weather and bad weather. This day, right now, has unique weather, maybe a kind that will never come again exactly in that form. That formation of clouds in the sky will never 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 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.





Questions for Discussion:

1. Your presence, when truly shared, reveals the Heart of God to another. Share an example. In what ways might I become more grateful for the life that God has given me? Give 1 specific thing.

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

3. Are you a person who is able to bring Brightness to other people's lives? Perhaps you know of such a person. Explain.



Men's Group Calendar

A Man who never quits is Never Defeated.



11/24/2018	Leadership Meeting	8 AM Sacred Heart Library
12/8/2018	Men's Group is Scott Hahn Event	Holy Day Mass Schedule
12/15/2018	Leadership Meeting	8 AM Sacred Heart Library
1/12/2019	Men's Group	7 AM Mass

NOTE: December Meeting is the Scott Hahn Event

9:00 a.m. – Mass

10:00 a.m. – Talk by Scott Hahn

11:00 a.m. – St. Paul Center Presentation

11:30 a.m. – Talk by Scott Hahn

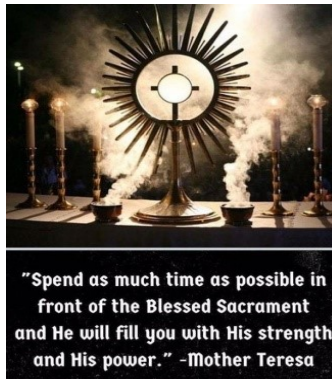
12:15 p.m. – Closing

More Info on the Web GO TO: <http://sthilarychurch.org/2017/10/03/scotthahn/>

Bring Christ into the Emptiness of Our Lives

- Spend time with Lord Jesus in Adoration. Silence fills the emptiness. Silence isn't an absence; it's presence.
- Spend time with those who bring joy to life. Family, friends, church...
- Invite Christ into your relationships. Acknowledge His presence in every moment, whether you're alone or with others; pray together.
- Ask God for Deeper Trust. Doubting is OK if we bring it honestly to Him. He can and will use that to bring you to a place of Deeper Trust in Him.
- Just be in the emptiness, not running from it, not trying to fix or fill it. Letting Him love you and do the work He wants you to do.
- Ask: What is Christ trying to teach me during this period of emptiness? How does He want me to grow from this experience?

WHEN I'M
WORRIED, IT'S
USUALLY BECAUSE
I'M TRYING TO
DO EVERYTHING
MYSELF. WHEN
I'M AT PEACE, IT'S
USUALLY BECAUSE
I REMEMBER
THAT GOD IS IN
CONTROL



Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

GO TO CONFESSION. ILLUMINATE CHRIST.

Don't worry about the Future,
The Present is all thou hast.
The Future will soon be Present,
And the Present will soon be past.

May God Bless You.
St. Hilary Men's Group

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



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 you put into my life. Where there is joy, give them continued joy. Where there is pain or sorrow, give them peace and mercy. Where there is doubt, release in them a renewed confidence. Fill their every need and emptiness with your Holy Grace.

You are indeed my Lord, God and Savior. Amen

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11

Gratitude is a Master Key to Happiness

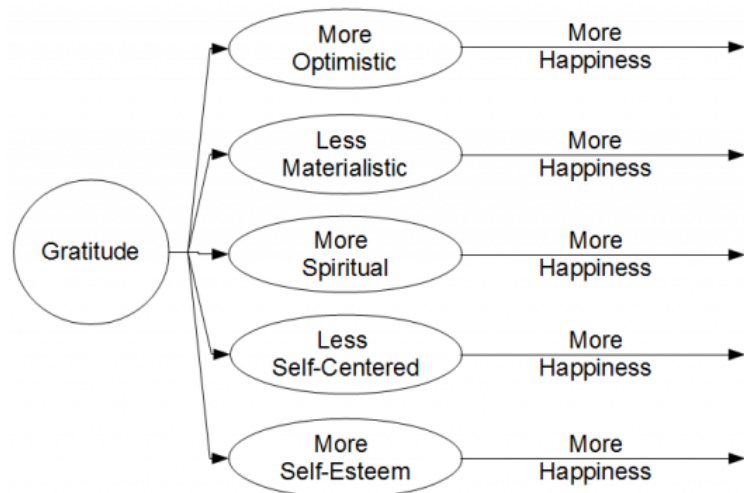
Feeling gratitude and not expressing it is like wrapping a present and not giving it. It is one of the least articulate of the emotions, especially when it is deep. Yet, Gratitude is not only the greatest of virtues, but the origin of all other virtues.

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.

How Jesus Christ
Shows Love for Us:

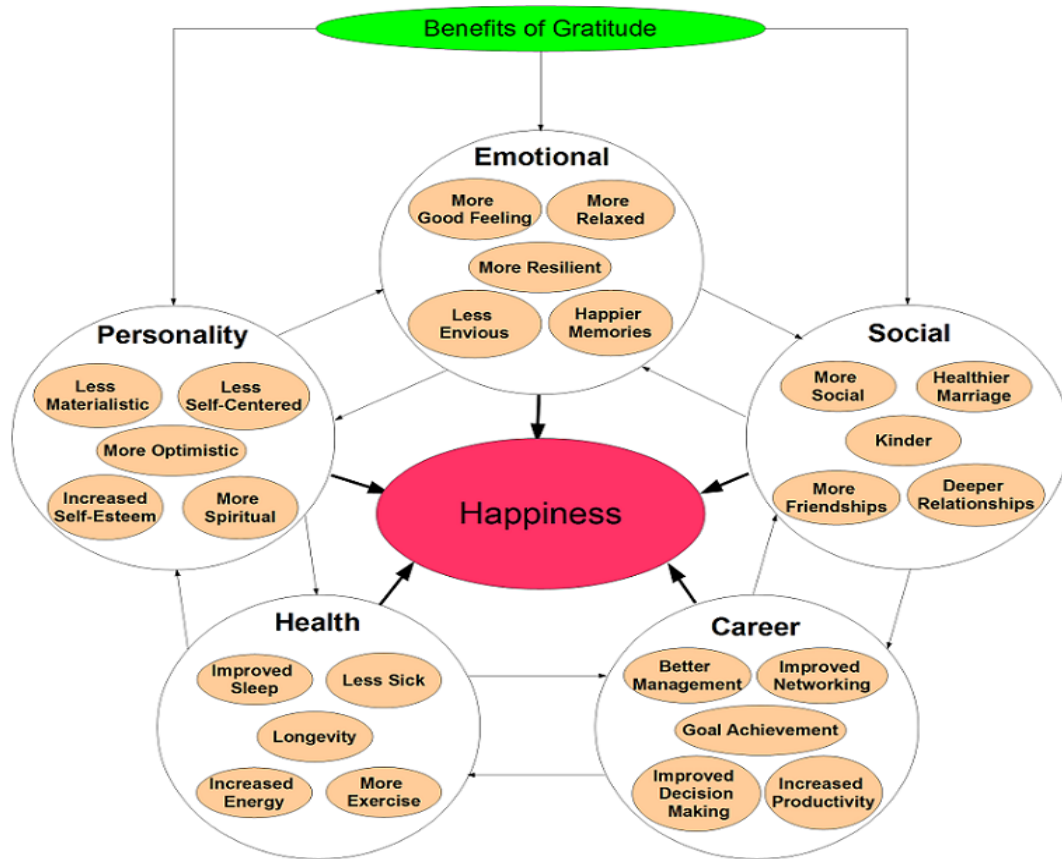
How We Can Show
Love for Others



"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

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.



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**