

# Adult Faith Formation

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To deepen our understanding  
of our Faith and increase our  
Love for God

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## August Focus



This month we are dove-tailing on July's newsletter by explaining different types of Catholic Spirituality. Also in the newsletter is a very short biography of St. John Vianney, who is an example for all of us! He is not only the patron of *parish* priests, but has now been declared the patron of *all* priests by Pope Benedict XVI. His patronage has been expanded in this Year of the Priest, to be celebrated from June 19, 2009, to June 19, 2010. To do our part to acknowledge this Year of the Priest, in each of the next ten newsletters, we are going to highlight two priests who have served St.

Albert's—starting with those most recently assigned, and concluding with our very first priests. We hope you enjoy the look back at the faithful shepherds who have blessed St. Albert's and brought us to where we are today.

*“Lord, whose love in humble service, bore the weight of human need,  
Who did on the Cross forsaken, show us mercy's perfect deed:  
We, your servants, bring the worship not of voice alone, but heart;  
Consecrating to your purpose every gift which you impart..”*

*verse text — Lord Whose Love in Humble Service, verse 1*

*“Humility is to the various virtues what the chain is to the Rosary; take away the chain and the beads are scattered, remove humility and all virtues vanish.”*

*St. John Vianney*

## Dictionary for the Laity

**Catholic Spirituality:** the way we live out our lives as Christians. Once one has accepted and made a personal act of faith, they begin to live it out through spiritual practice. Although all Catholics are expected to pray together at Mass, there are many different forms of spirituality and private prayer which have developed over the centuries. Each of the major religious orders of the Catholic Church and other lay groups have their own unique spirituality - its own way of approaching God in prayer and in living out the Gospel.

Source—Wikipedia

## Catholic Spirituality

**I**gnatian Spirituality is characterized by an examination of one's life, discerning the will of God, and living the Resurrection. St. Ignatius of Loyola (1491-1556) was a wounded soldier when he first began to read about Christ and the saints. He had a conversion experience while healing and decided to found the Society of Jesus, known as the Jesuits. His classic, “The Spiritual Exercises” is a guide for making a retreat. Those who have taken a vow to live this type of spirituality may have SJ after their names (meaning they are members of the Society of Jesus).

**B**enedictine Spirituality is lived by life in community, and obedience to superiors. St. Benedict (480-550) is considered to be the Father of Western Monasticism (a way of religious living). He wrote “The Rule” and established his first monastery at Monte Cassino, Italy. Lectio Divina is a type of Benedictine prayer based on praying with the Word of God. Those who have taken a vow to live this type of spirituality may have OSB after their names (meaning they are members of the Order of St. Benedict).

**C**armelite Spirituality is characterized by interior detachment, silence, solitude, the desire for spiritual progress, and insight into mystical experiences. The roots of the Carmelite Order go back to a group of hermits living on Mt. Carmel in Israel during the 12th Century. Sts. John of the Cross (1542-1591) and Teresa of Ávila (1515-1582) were both Carmelite mystics whose writings are considered to be spiritual classics. In his work, “Ascent of Mount Carmel,” St. John of the Cross teaches that cleansing the soul through mortification and restraint of desires is necessary for the soul while it journeys through darkness before entering into divine union with God. Teresa of Avila emphasized the importance of mental prayer which she defined as “spending time with a friend whom we know loves us.” Those who have taken a vow to live this type of spirituality may have OCD or ODC after their names (meaning they belong to the Order of Carmelites Discalced).

**D**ominican Spirituality is characterized by poverty, love of preaching, and devotion to the truth. St. Dominic (1170-1221) encountered heretics on a journey in France. His opinion was that the people were not to blame - the preachers were. If there are good, orthodox preachers, then the people will be good and orthodox also; so he founded the *Order of Preachers*. Throughout history, the Dominicans have helped to develop ways of praying which have aided people in deepening their relationship with God. The Rosary is an example of a prayer developed by the Dominicans. Some traditional legends say that the Rosary was given in its current form to St. Dominic by Mary. The Rosary is characteristic of Dominican spirituality because it focuses attention on the principal mysteries of the life of Jesus Christ, can lead to contemplation, and is a way of proclaiming the truths of faith. St. Thomas Aquinas was a member of the Dominican Order. Those who have taken a vow to live this type of spirituality may have OP after their name (meaning they are a member of the Order of Preachers).

## Upcoming Events

- > August 9th thru 13th—St. Albert's Catholic Vacation Bible School—see bulletins for more detail.
- > Starting in September—Bible Study groups to begin—See back page for more info.

## Parenting Tip of the Month

*Do your children like to collect holy cards or baseball cards? Suggest to them that they save the next ten newsletters and cut out the former St. Albert's priests who will be profiled. This is a great way to help your children participate in “The Year of the Priest.”*

*If your family isn't accustomed to pray for priests, this year would be a great time to start. Try a simple prayer such as “Lord Jesus, watch over and guide Father (name), who baptized me.” Another opportunity is at Mass when the lector gives us time for petitions that we hold in the silence of our hearts. At that time you could pray, “For all priests who have touched my life in any way, We pray to you O Lord.”*

*Lord Hear Our Prayer.*

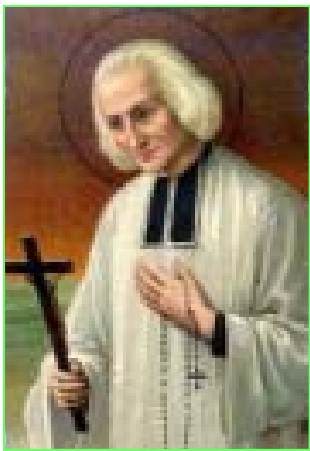
## Pope Benedict XVI August Prayer Intentions

**General:** That public opinion may be more aware of the problem of millions of displaced persons and refugees and that concrete solutions may be found for their often tragic situation.

**Mission:** That those Christians who are discriminated against and persecuted in many countries because of the name of Christ may have their human rights, equality and religious freedom recognized, in order to be able to live and profess their own faith freely.

## St. John Marie Vianney — August 4th

John was born May 8, 1786 to a farm family, and in his youth he taught other children their prayers and catechism. He was ordained in 1815, though it took several years of study (he had little education, was not a very good student, and his Latin was terrible). He was assigned as a parochial vicar to Ecully,



France, following which in 1818, he was assigned to the parish of Ars-sur-Formans, France, a tiny village near Lyons. The parish suffered from very lax attendance and needed much spiritual guidance. He began visiting his parishioners, especially the sick and poor, spent days in prayer before the Blessed Sacrament, did penance for his parishioners, and lead his people by example. He had the gifts of discernment of spirits, prophecy, hidden knowledge, and of working miracles. He was tormented by evil spirits, especially when he tried to get his two or three hours of sleep each night. Crowds came to hear him preach, and to make their reconciliation because of his reputation with penitents. By 1855 there were 20,000 pilgrims a year to Ars. He spent 40 years as the parish priest and died August 4, 1859.

Source—Saints.sqpn.com

## Catholic Spirituality

(Continued)

**F**ranciscan Spirituality is characterized by a life of poverty, love of nature, and giving charity to those in need. St. Francis of Assisi (1182-1226) was the son of a wealthy merchant. He rejected all of his possessions and founded a community of brothers who lived in poverty and helped the poor. Franciscan prayer recognizes God's presence in the wonder of creation. This is seen clearly in St. Francis' prayer, "The Canticle of the Sun." Franciscan spirituality is focused on walking in Christ's footsteps, understanding God by doing what Christ asked, experiencing and sharing God rather than discussing God. Those who have taken a vow to live this type of spirituality may have OSF after their names (meaning they are members of the Order of St. Francis).

**O**pus Dei Spirituality has its emphasis on the laity and is based on life lived in the secular world. The "sanctification of work" consists in offering all work, however ordinary, to God. Founded by St. Josemaria Escrivá, this implies that one always does one's best, living a life of faith in all circumstances of each day. The members of Opus Dei have committed to convert their daily work into prayer. Pope John Paul I, before his election, wrote that Escrivá was more radical than other saints who taught about the universal call to holiness.

**R**edemptorist Spirituality is lived by the pursuit to follow Christ in his incarnation, death and resurrection; and the belief that he is always with them. They hold the belief that there is always a great encounter with Christ in the Blessed Sacrament. St. Alphonsus, a Redemptorist, wrote the popular "Way of the Cross," and composed Christmas hymns. The heart of Redemptorist spirituality is the Gospel Invitation "to follow Jesus Christ." One of the most tangible ways they do this is to proclaim the gospel in simple ways to ordinary people. Those who have taken a vow to live this type of spirituality may have CSsR after their names (meaning they are members of the Congregation of The Most Holy Redeemer).

**D**esert Spirituality is a way of seeking God that is characterized by the "desert theology" of the Old Testament that is at the very heart of the Judeo-Christian tradition, namely God keeping his People wandering for 40 years in the desert, and also during the later centuries repeatedly calling them into the desert as a testing ground where they may experience a change of heart and, by proving themselves obedient to his ordering of human living, accept Him, their Creator, again as their Lord. One widely known for living desert spirituality during the early Christian centuries is St. Anthony of Egypt (251-356). He lived as a hermit for ten years, practiced asceticism (abstinence from various worldly pleasures) for his whole life, and grew his own food for sustenance. In practical terms this spiritual quest is pursued through prayer in solitude and asceticism.

Source—Wikipedia



In this intriguing look at one of the most talked-about books in Scripture, Jeff Cavins explores Revelation to demonstrate how the Kingdom established by Christ in His Church is intimately connected with the Kingdom of Heaven, especially through the celebration of the Mass. You will also learn what all the mysterious figures and images of Revelation represent, as well as what will happen during the Second Coming of Christ, what has already happened, and what is happening now in salvation history.

Join one of St. Albert's Bible Study groups this September to learn about Revelation. There is no need to have been a participant in previous years of Bible Study. For this 10-week study there will be three or four groups meeting on different days of the week. See the sign up sheets in back of church, or call Chris at 497-3662 for more information.

### Prayer to St. John Vianney for Parish Priests

Dear Saint John Vianney, pray that God may give to His Church today many more Priests after His own Heart. Pray for all the Priests under your patronage, that they may be worthy representatives of Christ the Good Shepherd. May they wholeheartedly devote themselves to prayer and penance; be examples of humility and poverty; shining models of holiness; tireless and powerful preachers of the Word of God; zealous dispensers of God's Grace in the Sacraments. May their loving devotion to Jesus in the Eucharist and to Mary His Mother be the Twin Fountains of fruitfulness for their ministry. Amen

### With Grateful Thanks!



**Fr. Peter Richards**

**Born: 10/28/1966**

**Ordained: 05/30/1998**

**Served St. Albert's from  
2001 to 2009**

### With Grateful Thanks!



**Fr. Bernard Reiser**

**Born: 12/29/1924**

**Ordained: 06/04/1949**

**Assisted at St. Albert's from  
2008 to Present**