



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume 6

Issue 1

Mar 10, 2017

Your Opportunity In Lent

CMF of CA

Lead me into the wilderness, Holy Spirit of God, where I might learn to depend solely on You; be fed by Your Word alone and confront my personal demons.

O Lord, I fear the trackless desert with no path or sign to guide me. Teach me to trust in You alone and to let go of all that is not of You.

With a spirit of detachment, rid me of all mindless habits which dull my heart to the beauty of life, and help me to be content with fewer things that others may enjoy more of what they need.

Throughout these Forty Days, make me ever mindful of the simple joys and pleasures of life and living, till at length I stand at the foot of the cross with Mary and the Beloved Disciple.

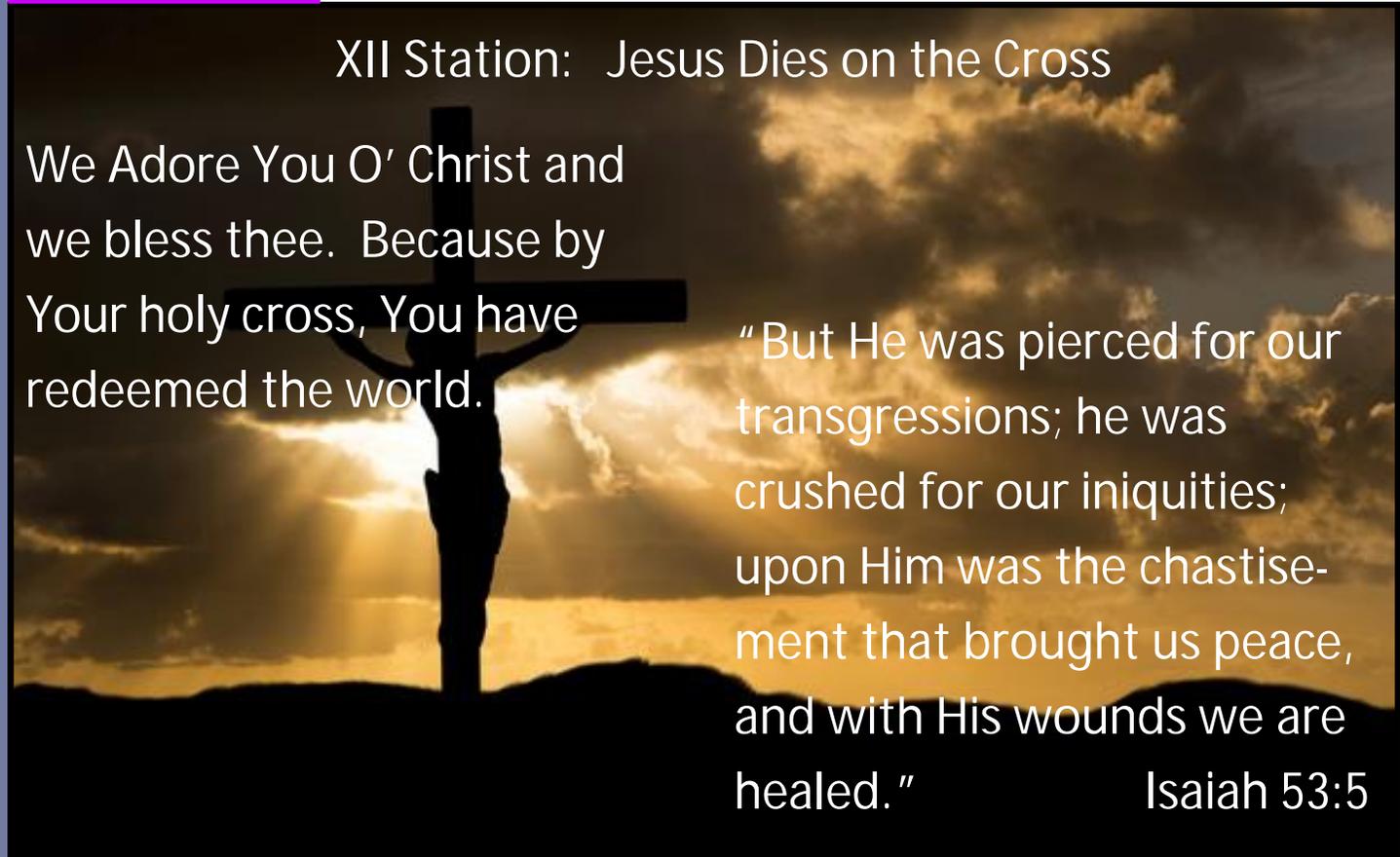
There let me join my suffering and sacrifices to those of Jesus, my Lord and Savior, and there be stripped of all selfishness and sin to die to myself and rise to new life with You. Amen



XII Station: Jesus Dies on the Cross

We Adore You O' Christ and we bless thee. Because by Your holy cross, You have redeemed the world.

"But He was pierced for our transgressions; he was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His wounds we are healed."
Isaiah 53:5



Teaching Excerpt on "Fasting"

By: Fr. Santan Pinto

Father Pinto taught us, "there are two parts to fasting: You fast from something and feast on something else. You are separated from the world and dedicated to God. The understanding is drawn from Scripture. God is inviting you to a feast, but you must fast. Breakfast means to break the fast, not to eat like it is your last meal." Father gave us a number of fasting options below. Challenge yourself this Lent and see how much you grow spiritually. The Lord will see you make the effort and He will help you.

FAST

- From thinking of food
- From wasting time, talent or anything
- From worry, being anxious and afraid
- From prejudice/prejudging
- From selfishness
- From greed and possessiveness
- From complaining
- From criticism
- From being hasty
- From whims and fancy (moods)
- From sensationalism, gossip, loose talk
- From doubt
- From uncertainty
- From impatience
- From comparing
- From procrastination/delay
- From comfort
- From insensitivity
- From boasting or arrogance
- From carelessness
- From judging and condemning
- From talking too much

FEAST

- On thinking about God or the Word of God
- On sanctifying every moment, offer it to God
- On trusting God
- On expansiveness, how God sees things
- On generosity
- On providence and God's wonders
- On gratitude
- On encouragement
- On being deliberate and determined
- On discernment
- On truth
- On faith
- On hope
- On being lowly and meek
- On appreciation
- On anticipation
- On making others comfortable
- On compassion
- On praising God
- On attentiveness
- On forgiveness
- On listening

.....

The purpose of fasting is to gather our attention to what is really important, to take inventory on ourselves, to improve our prayer life, to once again make our relationship with God the center of our life. Father taught us there are so many ways to fast. So many! And you don't have to be miserable. You can choose to be. Your Lenten effort will bear much fruit long after the season of Easter is over. A holy Lent and Blessed Easter to you.



Christ is Risen
HE IS RISEN INDEED!

Pope Francis has a Special Message this Lent, and here it is!

By: Catholic News Agency

In his message for Lent 2017, Pope Francis reminded the faithful that they should heed the Scriptures and treat each human person they encounter as a gift.

"Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor," he said. "May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need."

Scripture is also a gift, the Pope said in his message, which was released last October to help Catholics across the globe prepare for the 2017 Lenten season.

In his message, Pope Francis reflected on the parable of the rich man and Lazarus. In that story, a poor man named Lazarus lives on the doorstep of a wealthy man who ignores him. When they die, Lazarus rests in paradise, while the rich man suffers.

Although Lazarus is "practically invisible to the rich man," Pope Francis said, we should see him as a concrete person, whom God views as a priceless treasure.

"Lazarus teaches us that other persons are a gift," the pontiff said. "A right relationship with people consists in gratefully recognizing their value. Even the poor person at the door of the rich is not a nuisance, but a summons to conversion and to change."



Lent isn't just about penance - it's also a time of hope, Pope Francis

In this way, the parable invites us to see each person as a blessing, he said, and Lent is a particularly fitting time to open our door to all those in need and the face of Christ in them.

"Each life that we encounter is a gift deserving acceptance, respect and love. The word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable."

Another important lesson from the parable is how sin can blind us, Pope Francis said. He pointed to the rich man's ostentatious displays of wealth, saying, "In him we can catch a dramatic glimpse of the corruption of sin, which progresses in three successive stages: love of money, vanity and pride." ...continued on page 4

Pope Francis Special Message for Lent continued....(from Page 3)

"Money can come to dominate us, even to the point of becoming a tyrannical idol," the Pope warned. "Instead of being an instrument at our service for doing good and showing solidarity towards others, money can chain us and the entire world to a selfish logic that leaves no room for love and hinders peace."

"For those corrupted by love of riches, nothing exists beyond their own ego," the Holy Father warned. "The result of attachment to money is a sort of blindness. The rich man does not see the poor man who is starving, hurting, lying at his door."

The end of the parable offers an additional lesson, the Pope continued. In the afterlife, the rich man calls out to Abraham from his place of torment. This is the first mention of the fact that he belongs to the people of God, for during his life, "his only God was himself."

When the rich man asks Abraham to send Lazarus to warn his brothers, who are still living, Abraham responds, "They have Moses and the prophets, let them listen to them...If they will not listen either to Moses or to the prophets, they will not be convinced even if someone should rise from the dead."

Thus, we ultimately see that the problem of the rich man is a "failure to heed God's word," Pope Francis said. "As a result, he no longer loved God and grew to despise his neighbor."

"The word of God is alive and powerful, capable of converting hearts and leading them back to God. When we close our heart to the gift of God's word, we end up closing our heart to the gift of our brothers and sisters."

As we start the journey of Lent, with its emphasis on fasting, prayer, and almsgiving, we have a chance at a new beginning in our own lives, the Pope noted.

"This season urgently calls us to conversion. Christians are asked to return to God with all their hearts, to refuse to settle for mediocrity and to grow in friendship with the Lord," he said, adding that Christ waits for us patiently, ready to forgive us when we fall short.

"Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor," he concluded. "Then we will be able to experience and share to the full the joy of Easter."



My Fatherhood Fraternity Testimony

By: JMY Sacramento, CA

It's difficult for me to put into words how grateful I am to be a part of this group! I kept erasing and trying to say things better when really, I can't do justice for what I receive. I really do think through our conversations for days and I find myself challenged by the things that are shared! Here's something but I wish I could say it better. The group is great and I really love being there!

Fellowship with like-minded men, discussion on how we can serve our families better, learning from the wisdom gained through experience, and food! How could our time be any better?? I suppose by you joining us and bringing other men with you! I am truly thankful for the opportunity to gather, pray, share, listen and be challenged by men striving to be more fully who God intended them to be. I find myself re-thinking the conversations over the weeks in between gatherings and I am encouraged knowing other men are praying for my family. I have become more intentional in my prayer life and humbled by how heroically men, right in my community, are battling to live their vocation as husbands and fathers. I thank God for the gift and privilege of being a part of the group and consider it an honor to be praying for their families.

Much appreciation and gratitude for allowing me to be a part of the whole!

Saints Corner

St. Joseph — Our Protector of the Church

St. Joseph was chosen by the eternal Father as the trustworthy guardian and protector of his greatest treasures, namely, his Divine Son and Mary, Joseph's wife. He carried out this vocation with complete fidelity until at last God called him, saying 'Good and faithful servant, enter into the joy of your Lord.'

St. Joseph will help us to protect our own families. He can guide us and teach us how to do this. This is very real men. Not just an idea that sounds nice. We really can ask St. Joseph to help us, and he will. After all, we also belong to Christ as members of His body, The Church and Joseph is protector of the Church.

St. Teresa of Avila chose St. Joseph as the protector of her order of the Carmelite sisters. She had great trust in his prayers. "Every time I ask St. Joseph for something," she said, "he always obtains it for me."

Go to St. Joseph.

God trusted Joseph and chose him, and when God chooses you, He provides every means for you to assist souls on the journey to heaven.



Fraternity of Fatherhood—Group locations & Area Coordinators

Fr. Pinto has encouraged us to grow and expand the Fraternity of Fatherhood all over the world. He has granted us his permission, his blessing and he guides us spiritually. It is with this confidence that we now move forward with humility, obedience and docile hearts. If you are interested in joining a Fraternity of Fatherhood group or if you would like to start a group in your city contact Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

Arkansas				
Steve Osborn	(501) 664-5379	(501) 529-5615	SteveO@oca-actuaries.com	Little Rock
California				
Ray Emnace	(661) 513-4216	(213) 531-1999	raceman502@aol.com	Los Angeles
Mike Allison	(916) 436-4049	(916) 834-6226	meallison5@gmail.com	Citrus Heights
Mississippi				
Don Brewer	(662) 253-5146	(901) 299-1989	don@memphis2u.com	Olive Branch
Nevada				
Stacey Hill	(775) 787-6275	(775) 762-5217	cerrosamor@sbcglobal.net	Reno
Oregon				
Brendan McVicker	(503) 657-0484	(503) 358-4963	mcvickerfamily@comcast.net	Portland
Arizona				
Bill Booth	(623) 398-8950		Bbooth512@centurylink.net	Phoenix
Texas				
Donald Lange	(210) 249-8858		dplange1990@gmail.com	Dallas/Ft. Worth
Matt Bawcum			mattbawcum1@gmail.com	Paris
Frank Drobil			frankdrobil@yahoo.com	Paris
Dustin Wall			sd wall81@sbcglobal.net	Paris

Fraternity Sacramento Men ...

Meet every third Wednesday of the month.

We meet at Denny's in Orangevale at 7:30 pm.

Please contact Mike Allison with any questions at email address...

(meallison5@gmail.com) or

Text 916-834-6226



The Chaplet of Divine Mercy—Begins Good Friday April 14th

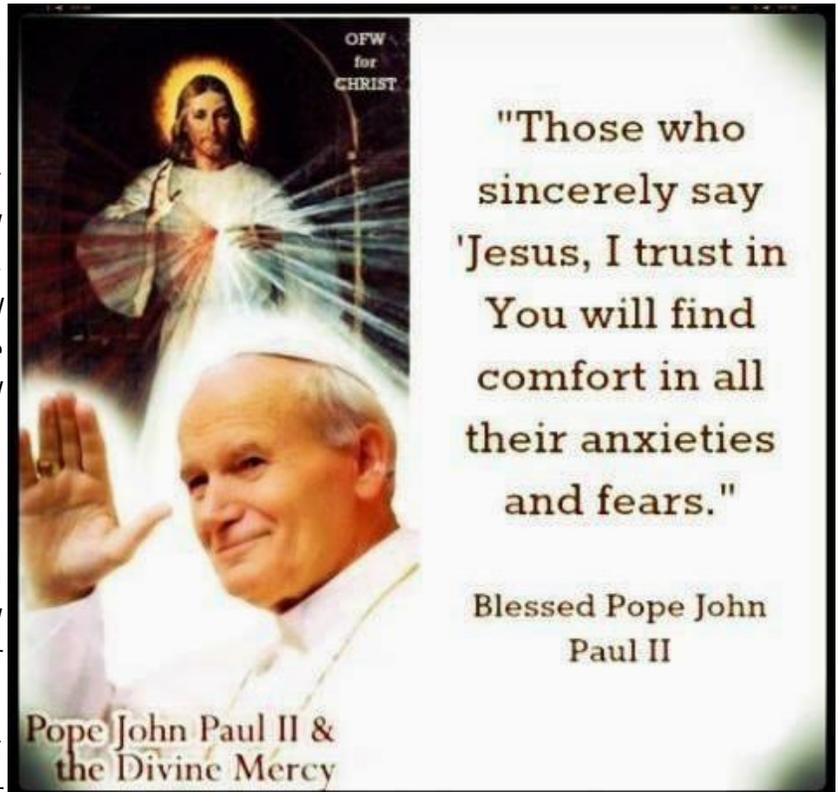
The On September 13, 1935, Sister Faustina had a terrible vision of a destroying Angel ("the agent of divine wrath") about to strike some place on the planet. She began praying, begging him to put off the punishment until the world did penance. At first, her pleas seemed in vain, but presently she saw the Holy Trinity and felt the power of Christ's grace in her soul. Again she began to plead for the world in words that welled up out of the silence of her soul: *"Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world; for the sake of His sorrowful Passion, have mercy on us"* (475).

Her prayer was answered and the angel was prevented from carrying out the chastisement. The following morning, Sister Faustina heard these interior words: *"Every time you enter the chapel, start reciting the prayer which I taught you yesterday"* (476).

Later, she was instructed in the recitation of the Chaplet of Divine Mercy: *"This prayer will serve to appease My wrath. You will recite it for nine days, on the beads of the Rosary, in the following manner: first of all, you will say one Our Father and Hail Mary and the I Believe in God. Then, on the Our Father beads, you will say the following words: 'Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world.' On the Hail Mary beads you will say the following words: 'For the sake of His sorrowful Passion, have mercy on us and on the whole world.' In conclusion, three times you will recite these words: 'Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world' "* (476).

Jesus Himself tells us why it is so important to recite this prayer: *"Recite the chaplet unceasingly that I have taught you. Whoever recites it will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even in the case of the most hardened sinner, if he were to recite this chaplet only once, he would receive grace from My infinite mercy. I desire that the whole world know My infinite mercy. I desire to grant unimaginable graces to those souls that trust in My mercy"* (687).

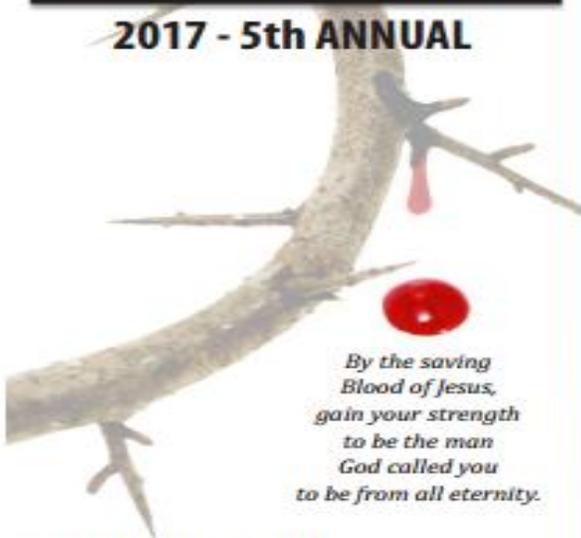
"Oh, what great graces I will grant to souls that say this chaplet; the very depths of My tender mercy are stirred for the sake of those who say the chaplet" (848). *"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same"* (811). *"Through the chaplet you will obtain everything, if what you ask is compatible with My will"* (1731).



Men's Day of Faith Renewal - You Are Invited!

men's DAY OF FAITH RENEWAL

2017 - 5th ANNUAL



*By the saving
Blood of Jesus,
gain your strength
to be the man
God called you
to be from all eternity.*

SATURDAY SCHEDULE:

- Rosary at 8:00
- Holy Mass 8:30
- Continental breakfast
- Inspirational talks by Joe McClane with Q&A
- A hearty catered B.B.Q. lunch
- Confession opportunities
- Event concludes at 3:45

SPECIAL EVENT

Friday, April 28- 7p.m.

FREE talk for the entire community
"For The Glory of God!"

Followed by Free ice cream social!

SAVE THE DATE

Saturday, April 29, 2017

St. Mel Parish - Fair Oaks

Calling All Men!

FOR THE GLORY OF GOD!

Featuring:

Joe McClane

Affectionately known as
the "Catholic Hack"



HOUSTON TX CATHOLIC RADIO
General Manager and show host

**SHARING THE CATHOLIC FAITH AROUND
THE GLOBE WITH THOUSANDS**

Joe's Topics include:

- **Call to Heroic Leadership** through the life of St. Maximilian Kolbe. Protectors, providers & leaders.
- **Leave no Man Behind** & how Christ frees from the slavery of pornography.
- **Be a Man After God's Own Heart** take up your cross and follow me.

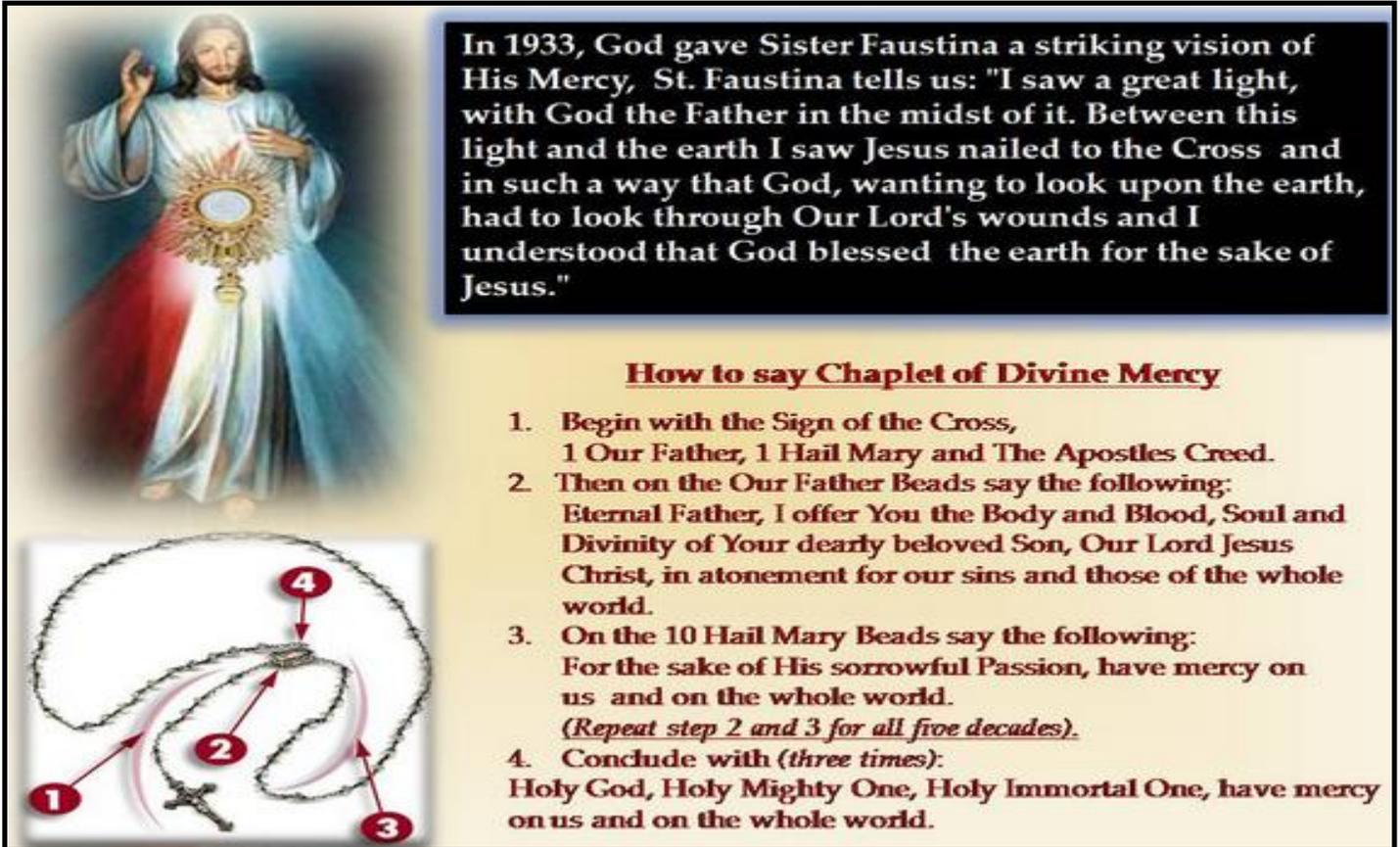
*"... Joe doesn't just talk about
transformation through
repentance, grace and the
pursuit of holiness, he lives
it and inspires men to do the
same."*



Call Chuck: 916-635-7791

Cost for Saturday: \$40

SIGN UP TODAY!
www.smpcevents.org



In 1933, God gave Sister Faustina a striking vision of His Mercy. St. Faustina tells us: "I saw a great light, with God the Father in the midst of it. Between this light and the earth I saw Jesus nailed to the Cross and in such a way that God, wanting to look upon the earth, had to look through Our Lord's wounds and I understood that God blessed the earth for the sake of Jesus."

How to say Chaplet of Divine Mercy

1. **Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.**
2. **Then on the Our Father Beads say the following: Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.**
3. **On the 10 Hail Mary Beads say the following: For the sake of His sorrowful Passion, have mercy on us and on the whole world. (Repeat step 2 and 3 for all five decades).**
4. **Conclude with (three times): Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

A Fraternity for All Men

The Fraternity of Fatherhood is for men of all ages. Our desire is to serve the Lord in all areas of our lives and to especially model our gift and responsibilities as fathers after the example of God the Father and His goodness. We support men; meeting them where they are. We engage in one-on-one friendships and provide opportunities for group activity, support and formation.

We entrust the Fatherhood Fraternity to the patronage of Saint Joseph.

Our Mission

To serve as men dedicated to the Lord in all aspects of our lives. To encourage and support men / fathers throughout the world in their gift and responsibilities as fathers. To encourage and support fathers "to respond" to their vocation, to protect and remain strong carrying their families in their hearts. Our desire is to be united to The Lord and fulfill our holy mission as fathers.

What is it we hope to do?

Bring men / fathers, closer to God by inviting them to learn their faith, challenging them to live their faith and encouraging them to love and share their faith. In addition, we invite those not married as this is a time to discern their vocation and calling in the Church.

As Fraternity of Fatherhood members, we are committed to grow and be formed spiritually, to support each other, to be active and supportive in our parishes. We are committed to learn who we are as Catholic men, to be discovered through our life experiences, prayer, studying Scripture and the documents of the Holy Roman Catholic Church, obedience to the Holy Roman Pontiff, our Roman Catholic Bishops and our parish Pastors. The formation of "Fatherhood" takes place in our hearts. Being a father means understanding that it is a call. When Fatherhood is received as a gift, it is accepted in humility and gratitude. Humility comes from the fact that we are weak. The pressures of the world are strong and flesh seems to have its way. Gratitude comes from the fact that the Lord is our Shepherd and He is with us always. With Him all things are possible.

POSTAGE

Fraternity of Fatherhood

We entrust the Fatherhood Fraternity to the patronage
of St. Joseph.



St. Joseph ...Pray For Us.



This Fraternity of Fatherhood Newsletter is published quarterly. Next edition: June. 2017
To submit feedback and/or suggestions for future article topics, please email the editors,

Brendan McVicker	mcvickerfamily@comcast.net
Mike Allison	meallison5@gmail.com
Ray Emnace	ray@cpounltd.com
Stacey Hill	cerrosamor@sbcglobal.net