

Do Not Be Afraid – From Fr. Frank

Dear Brothers and Sisters in Christ

Learning from others about the pandemic and our response to it (Fr. Joseph Augustyn S.J.) I am reminded again and again of the fragility of human life. Despite all the civilizational progress, nothing has changed, we are still getting sick and dying.

The Coronavirus shows us clearly the vanity and hypocrisy that was, and still is, prevalent in the world. In the media today one can find titles such as “Coronavirus – Bare the World” or “Nothing That Was Important Yesterday, Matters Today”. The fragility of human life and all the dangers connected to it are a crucial part of human nature. To forget about the fact that we belong to God and that God is our destination, to forget about the meaning of life in a situation like the one we are going through now, for many, becomes a source of fear and helplessness. The Psalmist speaks: those who do not worship or praise God, who do not call on Him, tremble with fear (compare Psalm 14:5). For those who believe in God and praise God, He is with us today and He is taking care of us in good and in bad, so **DO NOT BE AFRAID**.

Love Fr. Frank

Sunday Liturgy for the Adults

Staying at home we can still be in touch with our Lord and Savior and receive from Him all the blessings and graces we need to be a decent human being and disciple of Christ. Staying at home on Sunday we can create our own liturgy that is so precious to us.

PROPOSAL

1. Dress in Sunday best.

2. Prepare a table covered with a white cloth (if possible) and place on it, a cross, a candle, holy picture of your favorite saint and a bible.
3. Sing an entrance song with yourself or your family members.
4. Make a sign of the cross and say a short opening prayer.
5. Read fragments from the scripture chosen for the particular Sunday.
6. Read the Spiritual Reflection from Fr.Frank. (See last page).
7. Discuss the readings with one another.
8. Say the Our Father Prayer together.
9. Say the Act of Contrition together.
10. Receive the Spiritual Communion (posted on our website at www.ststanislausbandera.com).
11. Sing a closing song.

HOMEWORK

- a) During the day call at least 5 people – members of your family or your neighbors.
- b) Practice spiritual adoption by praying during the day for the doctors and nurses who are on the front lines fighting this epidemic.
- c) Pray the Holy rosary with the whole family at 8:00 pm in the evening, asking the Blessed Mother for her care and protection. After each decade say, St Stanislaus, Pray for us. In Lakehills say, St Victor, Pray for us.

Sunday Liturgy for Parents with Children

PROPOSAL

1. Ask the children to dress in Sunday best.

2. Ask the children to prepare an altar on a table covered with a white cloth (if possible) and place on it, a cross, a candle, holy picture and a bible.
3. Sit with the children at the table.
4. Sing an entrance song.
5. Make a sign of the cross.
6. Read a short opening prayer (Father or Mother).
7. Ask the children to read the readings for that particular Sunday.
8. Read the Spiritual Reflection from Fr.Frank. (See last page).
9. Discuss with the children one of the topics related to the readings especially help them to see how God is present always in the life of His people.
10. Say the Our Father Prayer together.
11. Say the Act of Contrition together.
12. Receive the Spiritual Communion (posted on our website at www.ststanislausbandera.com).
13. Sing a closing song.

HOMEWORK

- a) Ask the children to call at least 5 friends or family members.
- b) Practice spiritual adoption by praying during the day for the doctors and nurses who are on the front lines fighting this epidemic.
- c) Pray the Holy rosary with the whole family at 8:00 pm in the evening, asking the Blessed Mother for her care and protection. After each decade say, St Stanislaus, Pray for us. In Lakehills say, St Victor, Pray for us.

Daily Time With God and For God

By Father Frank

- 1 – Morning Prayer;
- 2 – Physical Exercise – 15 minutes;
- 3 – School work/homestudy;
- 4 – Bible Reading from daily Mass or short biography of a saint;
- 5 – View Mass on TV or live streaming if possible;
- 6 – Pray Rosary with family or short prayer (Example: Guardian Angel Prayer below) before bedtime.

GUARDIAN ANGEL PRAYER

Angel of God
My guardian dear
To Whom His love
Commits me here
Ever this day
Be at my side
To light and guard
To rule and guide.
Amen

Spiritual Reflection by Father Frank

1. Deliver us from Evil

Among the many petitions contained in the Lord's Prayer one can find: "deliver us from evil." This plea is clearly a cry for help expressing a need for God's special intervention and can be interpreted as the ultimate SOS call. As we continue the season of Lent, let us examine

the crucial urgency in this petition and discover why we should never cease to invoke it.

Although evil can be analyzed from many different perspectives, it would seem that it appears basically in three forms. Human weaknesses are the first form because such weaknesses have the potential to overtake the human spirit and consume it to such a degree that one can be trapped and enslaved by them. The numerous and various addictions are examples of this manifestation of evil. And those who find themselves ensnared in them often view their cry for God's help as their only hope. Misguided ideologies leading to corruption and inhumane conditions within political, economic and other social structures represent another form of evil. This second form of evil is continuously perpetuated through human tragedies such as pandemics, war, acts of terror, ethnic cleansing, starvation, euthanasia, etc., which have reached a critical level today and make people feel increasingly more helpless. Many people today, acknowledge the insufficient human abilities to deal with such injustice, believe that any attempt at solving these problems definitely requires God's full intervention. Finally, there is the source of evil and the reason for all evil in the world, evil itself – the Evil One. Christians and others know that the Evil One is an intelligent spirit who hates God and is jealous of the closeness that humans share with God. In the Gospel, the Evil One – Satan, is depicted as one who uses all kinds of methods to separate humans from God and when unsuccessful, continues to besiege people in efforts to enslave them or even destroy them. As we enter this time of meditation upon the Passion of Our Lord Jesus Christ, the greatest Man who ever lived and who himself was besieged and tortured, we should not be surprised that we too are attacked by evil. During Lent therefore, the petition: "Father, protect us from evil" is not only something we recite but something we should take very seriously and use all means offered by the Church such as special

devotions that He may hear our plea. May this prayer be filled with hope and conviction that just as in the case of Jesus, we too will not be overcome by evil or perish.

Following added March 24, 2020

2. A Healthy Peace In A Time Of Fear

Just as our physical health depends greatly on a strong immune system, so also our spiritual well-being will flourish only if the defense mechanism protecting it is fully developed and works properly. A great tragedy occurs when the defense mechanism is damaged. In the area of spiritual life, such damage can occur through lack of proper upbringing that is virtually the equivalent of insufficient nourishment of the body. One's spiritual life can also be damaged by the uncontrolled release of protective energies that manifest themselves in anger and hatred and completely take over one's ability to reason. As a result, one can make immature decisions that can easily lead to unnecessary conflict, war or other tragedy.

When God equipped humans with this defense mechanism to protect them from illness as well as moral evil, he did so with the intent that the energy placed within this mechanism would be used for the good of individuals and the entire human race alike. Humans unfortunately have been unable to channel this energy towards goodness and continue to use this gift to their own detriment. The Christian solution to reversing this misfortune is The Son of God who came to earth. According to Christian teaching, Jesus came precisely to help us properly use all of the energies His Father gave us. This special help was given to us when he courageously placed himself between enemies, opting not to use the powers at his disposal to destroy the enemies but rather choosing to hold his emotions, thus radiating love toward his enemies. Rejecting violence

or war as a means of establishing peace, he proposed humility and forgiveness as “weapons” of peace, creating waters of peace that flow from the spring of His Cross.

To this day it is quite evident that not many have adopted Christ’s principle of peace. Self-destruction and a predilection towards violence are still serious afflictions of the human condition. To alleviate these afflictions, a personal encounter with Christ is needed because only he can protect us from ourselves and help us to discover true peace. May the Mother of Jesus draw us to a closer encounter with The Prince of Peace.

Peace be with you!