

The COLLECTION Basket

Family Life Office
2713 West Chestnut Avenue
Altoona, PA 16601
(814) 695-5579
familylife@dioceseaj.org

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IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE



Live it up for Independence Day!

Read sections of the Declaration of Independence together. Sing or listen to a patriotic song. Say a prayer of blessing for our country and also a prayer listing those things which need to change for our country to be even greater.

Find out when and how your ancestors came to this country. Imagine you are in their place—what expectations do you have of this new country? Has your family fulfilled these expectations that your ancestors had?

President John F. Kennedy said, “Ask not what your country can do for you, instead, ask what you can do for your country.” What contributions, both large and small, can each family member make in terms of their interests and talents which can make our country an even better place to live?

Excerpted from “Ordinary Times: Pentecost to Thanksgiving: Rituals and Traditions for Families” Diocese of Altoona-Johnstown

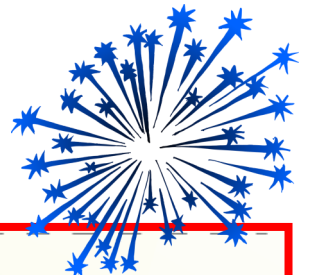
“Give me your tired, your poor,
Your huddled masses yearning to breathe
free,
The wretched refuse of your teeming shore,
Send these, the homeless, tempest-
tossed, to me;
I lift up my lamp
beside the golden door.”



Emma Lazarus “The New Colossus”
Inscribed on the Statue of Liberty
in New York Harbor in 1883.
Apple Seeds, Fr. Brian Cavanaugh, TOR

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Be Cool=Stay Cool, Everyone!



Outside Temperature 80°



During extreme heat
the temperature in
your car could
be deadly!



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

A Family Perspective

July 7, 2024 14th Sunday (Mark 6:1-6)

Today's gospel is so familiar, it hurts! The home town folks couldn't accept the presence of God in Jesus. After all, they had watched Him grow up. We can easily make the same mistake if we don't see God present in the ordinary routines of our family. "The Lord be with you" is a statement of fact. Believe it. Live it.

July 14, 2024 15th Sunday (Mark 6:7-13)

Jesus sent out His apostles without a lot of "things" because THINGS distract. We collect, argue about and protect our "things." Garage sales only transfer "things." We even ignore each other because we have "things" to do. What "things" are separating you from your family?

July 21, 2024 16th Sunday (Mark 6:30-34)

In today's gospel "the apostles gathered around and told Jesus all they had done." Listening allows the other person to express, understand and appreciate their experiences. Whether it is the excited chatter of young child or the repetitious stories of an aging grandparent, listening is important. It is not just time well spent, it is sacred time.

July 28, 2024 17th Sunday (John 6:1-5)

In today's gospel Phillip worried about "enough food" for the crowd. What is ENOUGH? When does our ENOUGH deprive another family of their fair share? Jesus performed today's miracle because one child was willing to share and risk living with less. Can your family live more simply so that other families can simple live?

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A Family Perspective by Bud Ozar



How Does Your Marriage Grow?

By Vera Mace

If I may slightly misquote an old nursery rhyme, it could read:
Mary, Mary quite contrary
How does your marriage grow?

Our food supplies in the U.S. are threatened by floods, droughts, blights, etc. But that is nothing compared with those places in the world where men, women, and children are dying of starvation because their sources of food have withered away and died or washed away in floods.

This concern brings to mind the fact that marriage is a living reality, and as such must either grow, or shrivel up and ultimately die. Unlike an event (the wedding is the event, not the marriage) it must change as all living things do. So it is not irrelevant to ask "How does your marriage grow?"

I would like to suggest as one answer—our marriage may grow through the use of what I call my "Three W's."

Work. Every gardener and every farmer knows that flowers and crops do not just happen (that's the way of weeds!) They are the fruits of much dedicated thought and toil. So it is with marriage—it won't just happen because a couple has had a wedding. Rather it will be the result of continuous, intelligent work.

Wit. Perhaps more subtle than work, but nonetheless real. This is the fruit of imagination and inspiration which enables us to see and express our relationship in marriage in terms of joy, humor and fun. Some are better at finding and using it than others, but we can all improve with practice.

Wisdom. We tend to think of wisdom as being a prerogative of old age—the longer you live, the more you have of it. Maybe so, but in addition, there is a marital wisdom which functions from our earliest times together in marriage. This is basically the fruit of loving and caring, and has the capacity to grow and embrace all our living.

Can these "Three W's" be learned?
Or perhaps caught from other couples?
"How does your marriage grow?"

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ACME (Assoc. of Couples for Marriage Enrichment, Inc.)
459 South Church St., P.O. Box 10596,
Winston-Salem, NC 27109.

**7 PM Sunday Mass at the Shrine
of Our Lady of the Alleghenies.**

**July 21 Mass for Married
Couples
See you both there! Maureen**