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IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

Assumption of Mary, August 15



Everyone wear blue today. Before or after Mass, **share what you most admire about Mary**. Ask her to increase your faith in her son,

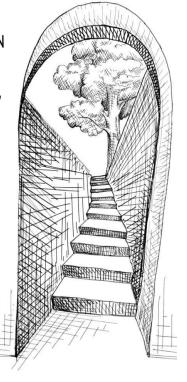
In Christ, Andre McCarville Director, Family Life Office Diocese of Altoona-Johnstown

"I EXPECT TO PASS THROUGH
LIFE BUT ONCE. IF THEREFORE,
THERE BE ANY KINDNESS I CAN
SHOW, OR ANY GOOD THING I
CAN DO TO ANY FELLOW BEING,
LET ME DO IT NOW, AND NOT
DEFER OR NEGLECT IT, AS I
SHALL NOT PASS THIS WAY
AGAIN."

- WILLIAM PENN

RANDOM ACTS OF KINDNESS FOUNDATION.

www.randomactsofkindness.org



"A SINGLE ACT OF KINDNESS THROWS OUT ROOTS IN ALL DIRECTIONS, AND THE ROOTS SPRING UP AND MAKE NEW TREES." Amelia Earhart



The Plimsoll Line

More Sower's Seeds, p.3

Samuel Plimsoll was a member of the British Parliament about a century ago. He was distressed because cargo ships were being loaded so heavily that they sank at sea, with much loss of life and property. So he got a law passed requiring danger lines to be painted on all cargo ships. When the weight of the cargo lowered the ship down to where the line touched the water, all loading had to stop. Seamen still call this mark the "Plimsoll line."

People also have Plimsoll lines — a point where for the sake of health, happiness and plain common sense, we should not attempt to shoulder more responsibility, however important, than we can intelligently handle.

Reprinted with permission from: "Apple Seeds", Fr. Brian Cavanaugh, T.O.R.



Families and the Gospel

August 6, 2022: Transfiguration (LK 9:28b-36)

At the Transfiguration the disciples saw a different side of Jesus. All of us have 'another side' which we reveal onlyto those we trust. A family is the sacred place where we can be transfigured to be our truest self.

August 7, 2022: Nineteenth Sunday (LK 12:32-48)

In today's gospel a servant WAITED for the master to return. Waiting is a normal part of family life. We wait for a child's birth, then for small legs to catch up. Later we wait for teenagers to return home safely. Finally we wait alone anticipating a call or visit from an adult child. Waiting is sacred time, for even in the waiting we are connected.

August 14, 2022: Twentieth Sunday (LK 12:49-53)

Today Jesus warns us his Word will create conflict between parents and children. In a permissive society which advocates individualism and consumerism, parents must continue to teach and live the gospel values of respect, service to others, forgiveness, generosity and compassion. A Christian family is a countercultural family.

<u>August 21, 2022: Twenty-First Sunday</u> (LK 13:22-30)

The phrase in today's gospel, "I don't know where you come from," is often used by parents about children and children about parents. Change is so rapid one generation has little in common with another. We depend on love, trust, and mutual respect to bridge this gap.

August 28, 2022: Twenty-Second Sunday (LK 14:1, 7 -14) Family life well lived confirms the words of Jesus in today's gospel, "Those who humble themselves will be exalted." Commitment, intimacy, loyalty and love are

the rewards of humble service and care for one another.

WITH PERMISSION OF A Family Perspective by Bud Ozar

Not Growing Old

They say that I am growing old,

I've heard them tell it times untold.

In a language plain and bold—But I'm not growing old.
This frail old shell in which I dwell

Is growing old, I know full well—But I am not the shell.

What if my hair is turning gray?
Gray hairs are honorable, they say.
What if my eyesight's growing
dim?

I still can see to follow him Who sacrificed his life for me Upon the cross of Calvary.

Church Newsletters 4 George W. Knight, Compiler



Feast of the Transfiguration-August 6th

Jesus took Peter, James and John up to the mountaintop and allowed them to see him in all his glory. Ponder the Transfiguration story in **Matthew 17:1-8**. Make it a point to look beneath the surface of people this week and see their true glory as fellow children of God.

Reprinted from the booklet published by The Family Life Office entitled ORDINARY TIMES- Rituals and Traditions for Families from Pentecost up to Thanksgiving.