

Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume 3

Issue 1

Mar 10, 2014

A Funny Thing Happened to Me...

By Miguel Lizarraga, MD



Brothers:

A funny thing happened to me on the way back to the Church. Ten years ago I came back to the Catholic Church. After being away for 25 years, Mike Allison welcomed me back. He then invited me to attend DJM (Disciples of Jesus and Mary) classes, which I did, and rediscovered the richness of my Catholic faith and heritage. He then invited me to join the men's Fatherhood group meetings, and I have found this to be essential in my spiritual

growth and battles with the evil one to maintain my faith and loyalty to Christ my King.

Last month I decided to finally stop the 25-year-old sin of my life: Practicing contraceptive medicine. My life has not been the same since. Every day is a new adventure.

I thank God for the positive influence that Mike Allison and the Fatherhood fellowship has had on my life, to allow me to become a true disciple of Christ.

LENT 2014: You are Loved, You are SomebodyAccept the Lord's Mercy!



“Conversion is continual repentance. It is accepting daily that we cannot save ourselves; it is a turning to God.”

“We are all “somebody” to God, and we always have been “somebody” even before He knit us together in our mother’s womb. No matter how bad, how dark, or how evil things get, God’s mercy is there for us.”

**Carry Your Family In
Your Heart**

Fraternity of Fatherhood

THE FAMILY by Pope Francis

Pope Francis, Shepherd of Truth, quotations on The Family...

“DRIVING FORCE”

One could say, without exaggeration, that the family is the driving force of the world and of history.

THE FAMILY AND DIGNITY

In the family the person becomes aware of his or her own dignity and, especially if their upbringing is Christian, each one recognizes the dignity of every single person, in a particular way the sick, the weak and the marginalized.

FOUNDED ON MARRIAGE

... *The family is founded on marriage.* Through their free and faithful act of love, Christian spouses testify to the fact that marriage, insofar as it is a sacrament, is the foundation of the family and strengthens spousal union and the couple's mutual gift of self.

DARK FUTURE

A society that neglects children and marginalizes the elderly severs its roots and darkens its future... Caring for our little ones and for our elders is a choice for civilization. And also for the future, because the little ones, the children, the young people will carry society forward by their strength, their youth, and the elderly people will carry it forward by their wisdom, their memory, which they must give to us all.



“PATHWAYS FOR GROWTH”

Spousal and familial love also clearly reveals the vocation of the person to love in a unique way and forever, and that the trials, sacrifices and crises of couples as well as of the family as a whole represent pathways for growth in goodness, truth and beauty.

A COMPLETE GIFT OF SELF

In marriage we give ourselves completely without calculation or reserve, sharing everything, gifts and hardships, trusting in God’s Providence. This is the experience that the young can learn from their parents and grandparents.

“GOOD NEWS”

The “Good News” of the family is a very important part of evangelization, which Christians can communicate to all by the witness of their lives; and already they are doing so, this is evident in secularized societies: truly Christian families are known by their fidelity, their patience, their openness to life, and by their respect for the elderly ... the secret to this is the presence of Jesus in the family.



“BE CLOSE TO EVERYONE”

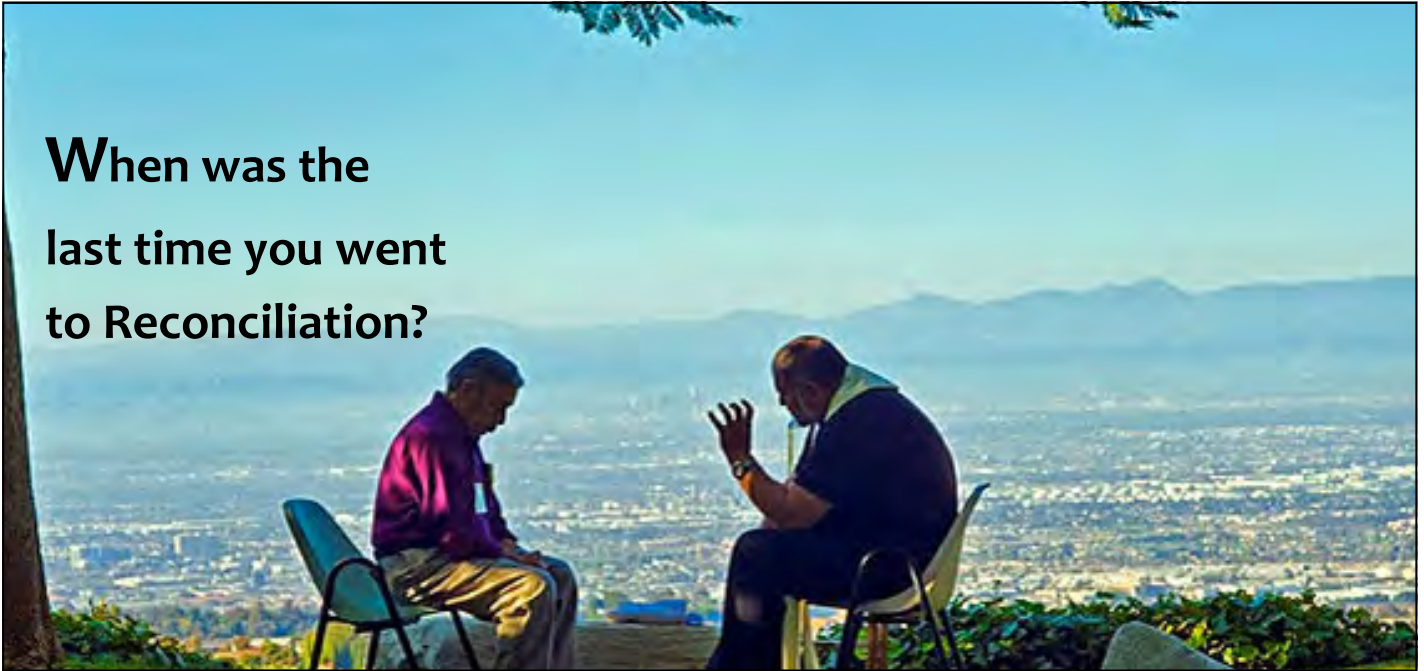
Let us ... propose to all people with respect and courage, the beauty of marriage and the family illuminated by the Gospel! And in order to do this let us approach with care and affection those families who are struggling, forced to leave their homeland, broken, homeless or unemployed. Let us be close to everyone through the proclamation of this Gospel of the family, the beauty of the family.

(Source: Address to participants in the plenary assembly of the Pontifical Council for the Family, October 25, 2013)

Allow the Lord to Love You.. Don't be Afraid!

By Brendan McVicker

**When was the
last time you went
to Reconciliation?**



In our last newsletter in December you may remember the one line asking "When was the Last time you went to Reconciliation?"

And as I was thinking about the start of Lent and prayed about this article for this month's newsletter I had a tremendous prompting lasting for days in my heart to continue to stress the priceless gift of going to Confession. Men, if it has been a long time since your last confession,...Allow the Lord to Love You!. Don't be afraid, allow the Lord to love you and go to Reconciliation. The Lord is happily waiting for us. He wants to give us freedom and remove the burden. We don't realize the strength that is zapped from us by carrying around the burden of our sins. How often Fr. Pinto taught, "Why carry the misery around with you. Go to confession and be done it with once and for all." And then we are free, and when the Lord sets us free, we are free indeed. I have heard it said many times before that if we knew the real value of Confession, we would be fighting to get into the Confessional. God's mercy is so vast. We don't deserve it, we don't earn it. Yes, our sin is ugly. But still the gift of His mercy is there for us.

In the February 19th audience, Pope Francis reminded us that Reconciliation comes straight from Jesus...

"The Sacraments of Penance and Reconciliation [...] flow directly from the Paschal mystery... In fact, the same evening of Easter the Lord appeared to the disciples, closed in the Cenacle, and, after addressing to them the greeting 'Peace be with you', he breathed on them and said: 'Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven.'"

...and that when we sin, it is not only between us and God...

"Someone may say: 'I confess only to God.' Yes, you can tell God: 'Forgive me', and say your sins," he said. "But our sins are also against the brothers, against the Church, and for this it is necessary to ask forgiveness to the Church and to the brothers, in the person of the priest."

...and that no matter how ashamed we may feel, we should not be afraid...

"Do not be afraid of Confession! One who is in line to confess himself feels all these things – even shame – but then, when he finishes confessing, he leaves free, great, beautiful, forgiven, [...] happy. And this is the beauty of Confession."

The Pope encouraged those who had been away from Confession, whether it has been two weeks or 40 years since our last confession, to return to the Sacrament:

"Jesus is there...and He receives you with so much love."

So men, this Lent as we are reminded by the ashes of our own mortality and as we observe a period of repentance and spiritual discipline, I pray that we all may take the Lord up on His priceless gift of Reconciliation. He is waiting happily to receive us and set us free.

"So if the Son sets you free, you will be free indeed." John 8:36





**Fraternity Sacramento Men
....meet every third Wednesday
of the month.**

**We meet at Denny's in Orange-
vale at 7:30 pm.**

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

(meallison5@gmail.com)

Hope you can join!

(left to right—Michael, Miguel, Mike
and Jack)

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 spirituality, 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.

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.

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CARRY YOUR FAMILY IN YOUR HEART - A CALL TO HOLINESS

A husband/father's guide to his vocation and spiritual direction. Each Newsletter focuses on one of the Guidelines or Areas of Growth from the "Carry Your Family In Your Heart" book. These guidelines to our Fatherhood Vocation & Spiritual Formation have been formatted based on the Fatherhood Retreat Guideline Teachings & under Spiritual Direction of Fr. Santan Pinto, S.O.L.T.

ENERGETIC

A man whose heart is set on God is always energetic. God placed this energy within us. We never become tired in our vocation if our focus is on Him.

This energy within us must also be properly channeled and focused so that good fruit is produced. If not focused properly it turns to the self, what I need, what I want – this energy becomes selfish.

It is important as fathers that we are energetic and enthusiastic about our faith, our participation in the church. It is important that our faith is alive in us all week and not just on Sunday's for an hour. Our faith should shine through in how we live our lives. Our families will not be interested in learning about their faith when the father shows no excitement toward what they believe in. Our families will never be interested in participating if every time we are asked to partake in a church function or help on a project we look for an excuse for why we cannot be involved.

Take time for your faith. Live it and teach it to your children. Your children should see your faith alive in your daily.

Remember God gave us the tools, the gifts, the talents to be involved and energetic. We need to produce; we need to produce our fruit. It is expected of us.

"For this reason, I remind you to stir into flame the gift of God that you have through the imposition of my hands." 2Tim 1:6

Grandfathers

"The father of the one who is right with God will have much joy. He who has a wise son will be glad in him."

Proverbs 23:24, NIV

Unfortunately, children and parents may disagree and even drift apart during certain seasons of their lives. This may be particularly true during the preteen and teen years. However, grandfathers can play an important role and are able to connect with sons or daughters and find their admiration and love for one another.

Scripture Reading: Ps 1, Acts 3:1-10, Luke 5:17-26

Scripture Reading Ps 1

Happy is the man who delights in the way of the Lord and meditates on His law. In order to meditate you need to take the time; take the time for your faith. If you take the time, you will yield fruit and the fruit will last. You will prosper in what you do; in growing your faith, in raising your family, in your career. God wants us to be successful. All we have to do is follow his way, delight in His law, meditate on His law and give thanks for his blessings.

Scripture Reading Acts 3:1-10

Two points here. We have to be energetic in sharing our faith with others. People will see Christ in you and they "expect to receive something" from you. They see that something in you and they want it also. Give people your blessing. They don't even need to know you are doing it. Be their example in how you live; how you walk. Be their example and they may follow you into church sometime to praise God just as the man did in the reading with Peter and John. Second, be energetic in gifts that God has given you. Get up, walk and leap up and praise God for the gifts he has given you.

Scripture Reading Luke 5:17-26

Because the paralyzed man was energetic and glorified God for the gift given him, he was contagious to others and they became energetic and glorified God. The paralyzed man was open to letting the Holy Spirit work in him. We need to be open also. Being open to the spirit and energetic is contagious to others. The paralyzed man glorified and thanked God and in turn others came to glorify God. But Jesus showed us that our actions may not be popular to the crowd and we must be strong and trust in God's strength.



Portland, Oregon Men

....Our Fraternity meets every second Saturday of the month at St. Mary's Cathedral for 7:30AM Mass followed by our breakfast meeting at the Kingston Grill. We conclude at 9:30AM.

Our group consists of single and married men. Right now we are studying the "Carry Your Family In Your Heart" Fatherhood Guidelines. Contact Brendan 503-358-4963.

Come join us!



POSTAGE

Fraternity of Fatherhood

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



St. Joseph ...Pray For Us.



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To submit feedback and/or suggestions for future articles, please email the editors,

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