



# Fraternity of Fatherhood

## A Spiritual Fraternity for All Men

Volume 2

Issue 1

March 3, 2013

### Fr. Santan Pinto SOLT — “Jesus is Truly Risen”

*Father Pinto SOLT Easter Greeting  
2001.*

Jesus came into this world to save us and show us the way back home. It is with eagerness that the Most Holy Trinity, the angels and the saints await our return. In Jesus we abide in the way, the truth, and the life. It is easy to be with someone who is suffering, sad, and lonely. At least you may find some words to comfort and to console. It is

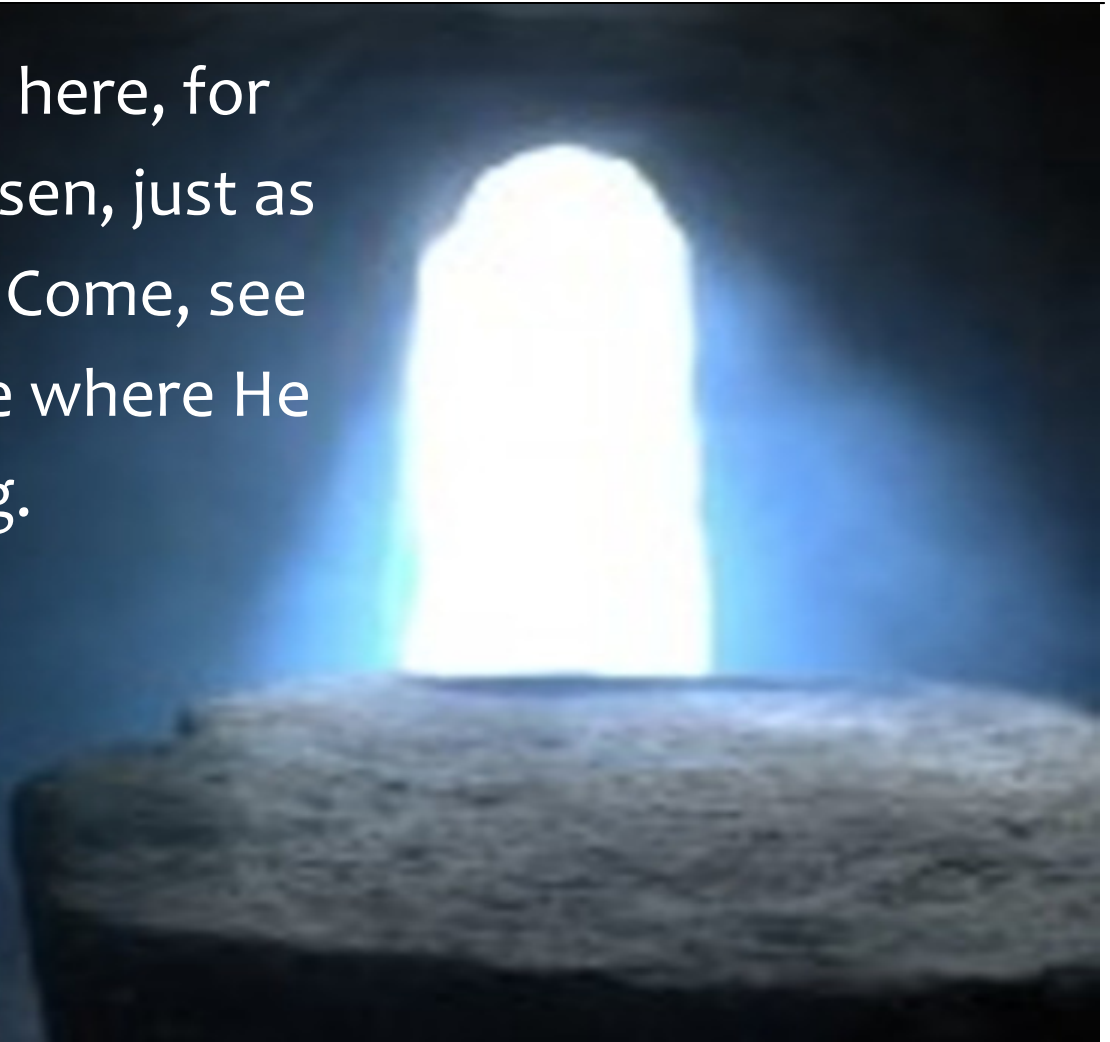
extremely difficult when someone is happy and rejoicing. We find it difficult to express our joy of being with each other. We have a hard time sharing our joyful experiences with others.

As a little child I would see something funny or think of something that was hilarious but could not share the joke with anyone. Most of the people were too serious for a joke and did not know  
*(continued on page 5)*



He is not here, for  
He has risen, just as  
He said. Come, see  
the place where He  
was lying.

Matthew 28:6



## 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.**

### **Guideline: SELFLESS**

This is where we lay down our life, die to self. Our constant struggle will be with selfishness, our self-will and self-restraint. Within this guideline we also discuss sexuality. The most intimate union between husband and wife. Two become one and co-creators with God.

Sexuality is a gift from God. Many forget God created sex.

Two of the biggest lies the world has to offer is contraception and abortion. In marriage we stand before God, two become one. Marriage is to be a total gift of one to the other. We promise to give our whole self to each and love each other until death. We promise to accept children willingly. So why in the most intimate single moment with our spouse do we say "No". We say no to the person we just vowed to. We reject God's Word, we reject His gift of co-creator and from that point selfishness and lack of generosity seeps into every single part of our life.

If you have contraceptives, get rid of them. Throw them in the garbage today. As men of God we need to stand up against the lie of contraception in the world today. We need to be open to life. Don't be part of a culture that says contraception is a good thing. God condemned it in Genesis 38 (Judah and Tamar) and Galatians 5 (Proper Use of Freedom). God the Father is holy and pure and He is calling us to be His sons and be like Him. Within this gift of sexuality, God gives us lasting pleasure, not temporary.

When God gives, he gives in fullness. Our union is blessed when we love sexually without contraception. We love our spouses totally, without inhibition. We respect them totally, without inhibition. We respect God's gift of "co-creator" without inhibition. When we love in this way, God wraps his arms around our union, for this is the pure love that he intended and created. Yes, we need to be responsible and prayerful. But we need to be unselfish and generous with God. And when we are, His blessing and protection are upon our marriage continually. Sex outside of marriage or use of contraception leads to "destruction" of our persons, our relationship with each other and our relationship with God. There is no "construction" in this type of relationship, only destruction. We are asked to imitate God our Father and contraception is a sin directly against the Fatherhood that we are called to imitate.

When you take away the "self", you receive the gift and blessing in its pure form. When you take away lust and selfishness from sex, you will have an intimate, pleasurable, fulfilling union.

Our sexuality is a gift from our Father. He created it. When we receive it as a gift, we treasure it. We desire to make our relationship holy because it is meant to be. This is everlasting happiness. This union with our spouse and God is Matrimony, a sacrament. Our goal is that we love our wives in twenty, thirty or forty years more than the day we were married. God knew marriage was not easy. He knew we would need His special grace. He gave us marriage as a sacrament because He knew we cannot do it alone. We need His sacramental grace and through this sacrament you become a channel of God's love to your wife and your wife becomes a channel of His love back to you.

## SELFLESS continued... ..

### Scripture Reading Mark 8: 34-38

If you wish to follow Jesus, you must deny the world and yourself. You must become dead to yourself. If you think you can fit into this world and also follow Christ you are mistaken. For this reason Jesus says what good is it to gain everything in this world and forfeit your eternal life with Christ. It is not always easy to fend off the world and all its pressures and distractions and follow Christ. But Christ says not to exchange anything in this world for your eternal life. Don't be afraid to do what is right and do not be ashamed of following Christ on the narrow path.

### Scripture Reading 1Cor 6:12-20

Just because something is legal does not mean it is good, beneficial for our souls. We need to protect our body and soul. Our body and soul are holy and were made for the Lord. We should not take what is holy and desecrate it through immoral acts. Our bodies are temples of the Holy Spirit and our body does not belong to us but to God. We are only here for a short time and our body is borrowed from God. We are accountable to God in how we use and treat our bodies. Glorify God in your body.

### Scripture Reading Romans 8:1-12

If we live by the flesh, God cannot fulfill the decree of His law in us. When we are concerned with the flesh our hearts are not open to God and we do not submit to His law. Being concerned with the flesh is hostility toward God. Living by the flesh will not bring happiness. It is a dead end. If you live by the spirit then there is life and peace. It makes sense when you think about it. We are happy, there is life and peace with the Father because we are "of" the Father. You will not find true happiness anywhere else. You cannot be "of" the Father and find happiness in the flesh, in the world. Happiness is with God. We must let the Spirit dwell in us. If you live by the Spirit, the binding of the flesh is destroyed and you will live. The world teaches life is short so eat, drink and be merry. Christ teaches just the opposite of the world, life is forever so live it right.

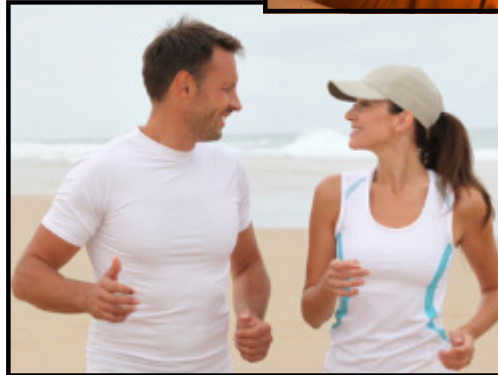
### Scripture Reading 1 Thess. 4:3-8

The will of God is that you stay away from immorality. That you conduct yourself in holiness and honor. Do not conduct yourself in lustful passion. To do so is to disregard God and also His Holy Spirit, which he gave you.

# Fraternity of Fatherhood

50 Gifts to Marriage - (Poster Gift from Fr. Pinto SOLT while in the Philippines)

1. Start each day with a kiss.
2. Wear your wedding ring at all times.
3. Date once a week.
4. Accept each other's differences.
5. Be polite.
6. Be gentle.
7. Give gifts.
8. Smile often.
9. Touch.
10. Talk about dreams.
11. Choose a song that can be "your song."
12. Give back rubs.
13. Laugh together.
14. Send a card for no reason.
15. Do what your spouse wants before being asked.
16. Listen.
17. Encourage.
18. Do it the other's way.
19. Know your mate's needs.
20. Fix his / her favorite breakfast.
21. Compliment your partner twice a day.
22. Call just to say "I love you."
23. Slow down.
24. Hold hands.
25. Cuddle.
26. Ask your spouse's opinion.
27. Show respect.
28. Welcome each other home.
29. Look your best for your mate.
30. Wink at each other.
31. Celebrate birthdays in a big way.
32. Apologize.
33. Forgive.
34. Set up a romantic getaway.
35. Ask, "What can I do to make you happier?"
36. Be positive.
37. Be kind.
38. Be vulnerable.
39. Respond quickly to your mate's requests.
40. Talk about your love.
41. Reminisce about your favorite time together.
42. Treat his / her relatives and friends with courtesy.
43. Send flowers at Valentines, Anniversaries or just any time.
44. Admit when you are wrong.
45. Be sensitive your mate's sexual desires.
46. Pray for him / her everyday.
47. Watch sunsets together.
48. Say "I love you" frequently.
49. End each day with a hug.
50. Seek outside help when you need it.



## ***Fr. Pinto SOLT - Easter Message 2001 (continued from page 1)***

how to laugh. You should try and imagine the day Jesus rose from the dead. There was great joy in heaven and the Most Holy Trinity must have had a good laugh. They had won the victory and the defeat was complete.

Try to forget yourself and accompany Jesus as He appears to His Mother - our Mother. They both hug each other. Mother Mary cries with joy and she does not stop kissing her Son. Then they both sit down and smile. That smile says it all. Mary our Mother sings the Magnificat for now that song has found its completion.

You go with Jesus as He appears to Mary Magdalene and see her great joy and finding the Lord. Here we see what Jesus meant by, "Seek and you shall find...." You go with Mary to the apostles and see in them the fear that often fills your very soul. You realize how often it is difficult for you to believe. The Lord sends his messengers to us often. Yet we have a hard time trusting them.

With the apostles, especially Thomas I ask you to check out His hands, His feet, and the wound in His side. Give your hand to Jesus because He will guide your hand to reach deep into His wound. Touch His Heart and feel it in your heart. Do not persist in disbelief but put your trust in the Lord. Let your every thought, desire, emotion, and senses cry out - Jesus is truly risen from the dead and I have seen Him.

On this Easter 2001 I leave you with my special blessings. May the Most Holy Trinity bless you, guide you, and protect you now and always! May you rejoice with the Risen Lord and all those who were with Him. May the Lord grant you all his gifts, especially joy and peace. May our Mother sing her song of joy in your heart. And the Blessings of the Most Holy Trinity, the Father, the Son, and the Holy Spirit come upon you and your loved ones, and remain with you forever. Amen!



**HERE WE SEE  
WHAT JESUS  
MEANT BY,  
“SEEK AND YOU  
SHALL FIND...”**



**HABEMUS PAPAM!  
WE HAVE A POPE!  
POPE FRANCIS I**

## 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

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### Mississippi

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### Nevada

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### Oregon

Brendan McVicker	(503) 657-0484	(503) 358-4963	mcvickerfamily@comcast.net	West Linn
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### Texas

Donald Lange	(210) 404-1330	(210) 875-7869	LangeDP@BV.com	San Antonio
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# MEN



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

**We meet at Denny's in Orangevale at 7 pm.**

**We have been reviewing and discussing the Catechism for the year of faith.**

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

**(meallison5@gmail.com)**

**Hope you can join!**



**Fraternity Portland, Oregon Men ....meet every second Saturday of the month.**

**We meet 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.**

## ***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.



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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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