



# Fraternity of Fatherhood

## A Spiritual Fraternity for All Men

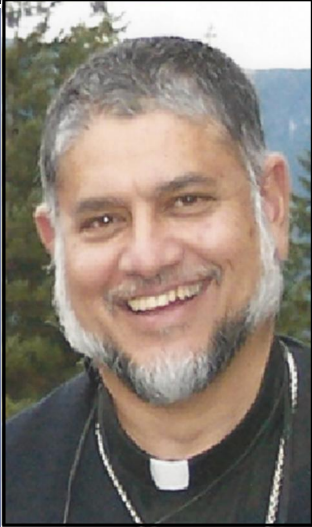
Volume 4

Issue 1

Mar 10, 2015

Don't Just Fast ... Feast Too

By: Brendan McVicker



You know it never fails...Lent starts up and all the sudden at work they announce that a barbeque is being held in the lunch room on Friday from 11 to 2pm. Burgers and Polish hot dogs will be served. All are welcome! The smell travels through the hallways and I remember thinking ...this is grueling. This is drudgery. I recall what our parish priest said at the beginning of Lent a few weeks back, "Lent is not the Church invitation for you to be miserable for the next six weeks". Is Lent easy, no! It is challenging and it is supposed to be. The purpose of fasting is to gather our attention to what is really important, to take inventory on ourselves, to improve our prayer life, to once again make our relationship with God the center of our life. I remember a past teaching from Fr. Pinto and I smile now when I think about it. He would say, "So many people walking around all the time being miserable, WHY?. If you want to be miserable, then go on being miserable, but don't make the rest of us miserable" . Father taught us there are so many ways to fast. So many! And you don't have to be miserable. You can choose to be. ... (continued on page 3)

The 5th Sorrowful  
Mystery ..  
The Crucifixion, Death  
& Burial of Jesus

We imitate....

the belovedness of John the Apostle.

Mary Magdalene, her deep love for Jesus, her gratitude.

Our Mother's total surrender, her fiat, the gift of herself, the gift of Jesus for sinners.

His forgiveness, excusing what the other had done.

The graces we seek are....

Forgiveness

Generous Love

Mary our Mother...Trust in God.

Grace to live our vows or commitment and our love for the Church.

Fr. Santan Pinto SOLT

Men:  
You are invited to the 3rd annual

# Men's Day of Faith Renewal

Saturday, April 18, 2015 - St. Mel Parish, Fair Oaks



THIRD ANNUAL



*By the savage blood of Jesus, gain your strength to be the man God called you to be from all eternity.*



St. Mel's Catholic Church

This Day of Faith Renewal is done with the collaboration of many men in the St. Mel Parish. Any proceeds above the cost of the Men's Day of Faith Renewal will be used for St. Mel's ministry needs. We entrust all generosity to God's providential care.

## Looking for a few GOOD MEN!

### 2015 Men's Day of Faith Renewal

Featuring:  
**Tim Staples**

Tim is a world-renowned Catholic lay apologist and evangelist. Raised as a Southern Baptist, his great desire to know Christ in an intimate way, led him into the Catholic Church. Hear his compelling story and renew the fire in your heart!



Our third annual event will be a powerful day for men to unite themselves to Christ and learn practical ways to serve Him in our lives.

The purpose of this day of faith renewal is to bring men closer to Christ.

Our desire is to offer men throughout the diocese a day to come together in a community and gain encouragement and inspiration to serve God in our families, churches, workplace and community.

We will utilize the St. Mel's Parish Center to host this day of renewal. Men are invited to a renewal of the fire the Lord places in their hearts through the gifts and truths of the Catholic faith.

- Be encouraged
- Be challenged
- Grow in Holiness
- Be strengthened
- Reassured in your faith
- Bond as men in Jesus Christ
- Grow in virtue & be inspired

### HERE'S HOW TO SIGN UP:

- **Online:** [smpcevents.org](http://smpcevents.org) (preferred)
- **Or Mail in the attached form**
- **or call: 916-635-7791**

Calling all men to **SIGN UP TODAY!**

Saturday, April 18, 2015  
8:00 am - 3:15 pm  
\$35; \$40 at the door

- Rosary at 8:00
- Holy Mass 8:30
- Continental breakfast
- Inspirational talks by Tim Staples with Q&A
- A hearty catered B.B.Q. lunch
- Confession opportunities
- Event concludes at 3:15

Men's Day of Faith Renewal open to all men 17 years & older

No man will be turned away for financial reasons. Sponsorships are available.

#### Friday, April 17

All are invited to a talk by Tim Staples and prayers at St. Mel Church.

Open to the community.  
"Why Be Catholic?"  
Friday - Free of charge.

**St. Mel's Parish Center**  
4748 Pennsylvania Avenue  
Fair Oaks, CA 95628



## Just Don't Fast—Feast Too continued...

by Brendan McVicker

Father taught us, "there are two parts to fasting: You fast from something and feast on something else. You are separated from the world and dedicated to God. The understanding is drawn from Scripture. God is inviting you to a feast, but you must fast. Breakfast means to break the fast, not to eat like it is your last meal." Father gave us a number of fasting options below. Men, challenge yourself this Lent and see how much you grow spiritually. The Lord will see you make the effort and He will help you. Your Lenten effort will bear much fruit long after the season of Easter is over. And you will have a worthwhile, holy Lent.

### FAST

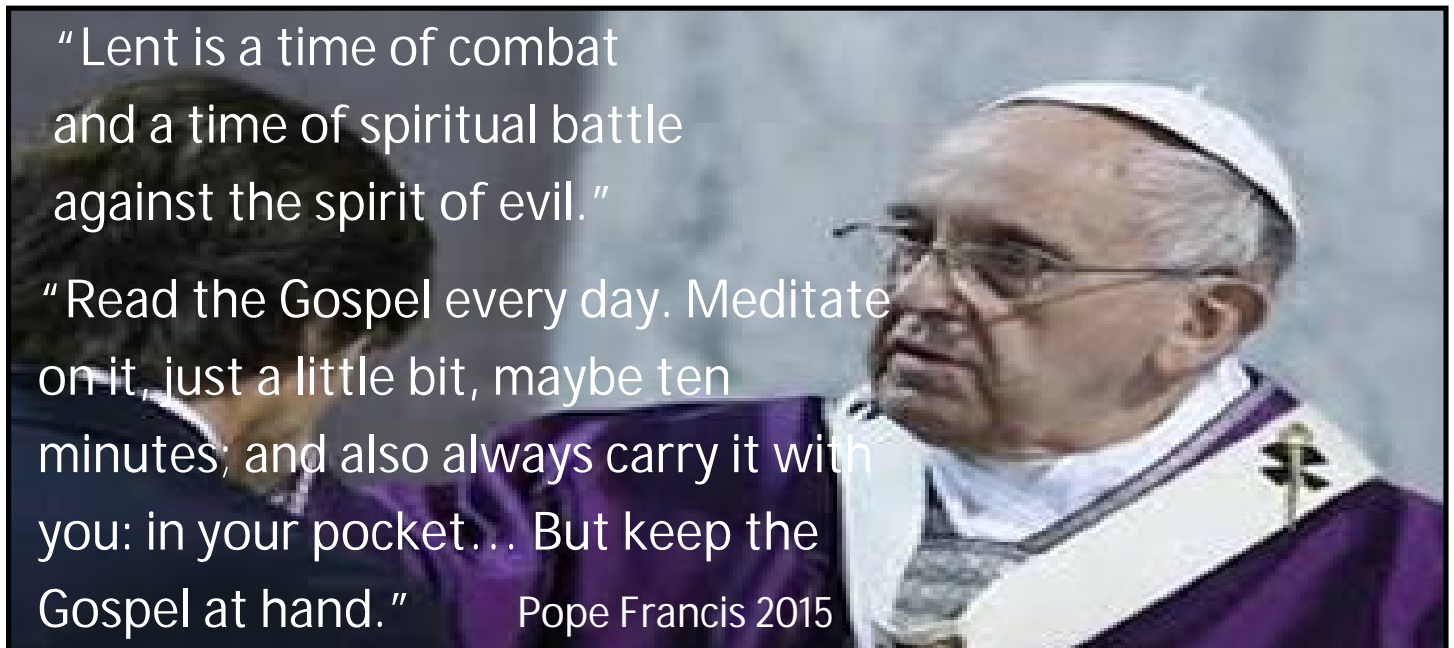
- From thinking of food
- From wasting time, talent or anything
- From worry, being anxious and afraid
- From prejudice/prejudging
- From selfishness
- From greed and possessiveness
- From complaining
- From criticism
- From being hasty
- From whims and fancy (moods)
- From sensationalism, gossip, loose talk
- From doubt
- From uncertainty
- From impatience
- From comparing
- From procrastination/delay
- From comfort
- From insensitivity
- From boasting or arrogance
- From carelessness
- From judging and condemning
- From talking too much

### FEAST

- On thinking about God or the Word of God
- On sanctifying every moment, offer it to God
- On trusting God
- On expansiveness, how God sees things
- On generosity
- On providence and God's wonders
- On gratitude
- On encouragement
- On being deliberate and determined
- On discernment
- On truth
- On faith
- On hope
- On being lowly and meek
- On appreciation
- On anticipation
- On making others comfortable
- On compassion
- On praising God
- On attentiveness
- On forgiveness
- On listening

"Lent is a time of combat and a time of spiritual battle against the spirit of evil."

"Read the Gospel every day. Meditate on it, just a little bit, maybe ten minutes; and also always carry it with you: in your pocket... But keep the Gospel at hand." Pope Francis 2015





## 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.

([mcvickerfamily@comcast.net](mailto:mcvickerfamily@comcast.net))

Come join us!

## *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.

Arkansas Steve Osborn	(501) 664-5379	(501) 529-5615	SteveO@oca-actuaries.com	Little Rock
California Ray Emnace Mike Allison	(661) 513-4216 (916) 436-4049	(213) 531-1999 (916) 834-6226	ray@cpounltd.com meallison5@gmail.com	Los Angeles Fair Oaks
Mississippi Don Brewer	(662) 253-5146	(901) 299-1989	don@memphis2u.com	Olive Branch
Nevada Stacey Hill	(775) 787-6275	(775) 762-5217	cerrosamor@sbcglobal.net	Reno
Oregon Brendan McVicker	(503) 657-0484	(503) 358-4963	mcvickerfamily@comcast.net	Portland
Arizona Bill Booth	(623) 398-8950		Bbooth512@centurylink.net	Phoenix
Texas Donald Lange	(210) 249-8858		dplange1990@gmail.com	Dallas/Ft.Worth

Fraternity Sacramento Men ...  
Meet every third Wednesday  
of the month.  
We meet at Denny's in  
Orangevale at 7:30 pm.  
Please contact Mike Allison  
with any questions at  
email address...  
(meallison5@gmail.com)



## 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.

### COMPANION/GUARDIAN

Our goal as a father is that our family goes to heaven. As companion to our spouse, we are her friend and her helper. We have a responsibility to share and communicate. What kind of conversationalist am I? Do I babble on incessantly, never leaving a second of silence? Do I pause to hear what my spouse has to say?

Do I listen not only from my perspective, but hers as well. "It is not good that man should be alone." As companions we need to take time together. Although your conversations have been caring, have you really been together? Take time just to spend together, just appreciating each other or catching up on each other's lives. Remember why you chose your wife. Why she is special. What are the things that drew you to her in the first place. Work at this!

As her companion we also have the responsibility to pray - that is our communication with God. Too often we tend to once again do all the talking, instead of listening to God. How much more fruitful would it be if I took time to listen to God, who knows me even better than I know myself.

As guardians we need to follow the example of St. Joseph - protector of the Holy Family. God our Father entrusts each of us with our children. In reality, these are His children, not ours. We are simply stewards of all the gifts that God has given us.

Our children look to us for guidance and help as their guardian. And what strengthens us in this role, as a guardian is our desire to be holy. We need to strive to be holy.

Be sure not to "preach" to your children but lead by example. Let us always remember that we are needy and that our children are needy, not self-sufficient. We all need God. We all need others. We need to maintain a healthy perspective and gain the trust of our children.

As fathers we must always be ready to lend a hand, encourage, comfort and love our children. But at the same time we need to discipline firmly out of loving authority. Be firm, fair and balanced. Let your yes mean yes and your no mean no. Be ready to step in when you need to. But in order for your children to accept your authority, we have got to spend time with them. The only way to gain their trust is to spend time and talk to them. Once the trust is there, they come to you for guidance and they know that you are there for them.

Make them contributors. Let them contribute to the family, chores, responsibilities, for many of us know that children grow up far happier and balanced this way than if they have been handed everything they need or want their entire young life.

Fathers, never give up hope for your children that have fallen away. Always remain hopeful and pray for them. Nothing is impossible for God.

## Prayer for a Child's Return to Faith

Dear Lord, You became human, suffered and died to win salvation for all. Look graciously on my child, who has drifted away from the faith -- and from You as well. Grant him(her) your grace to see the error of his (her) ways and return to the fold in Your care. Teach me to stay close to him(her) during this trying time, and strive to influence him(her) by action and prayers more than by words that may antagonize. Amen.

Fr. Francis Evans

*"In praying, do not babble on like pagans who think that they will be heard because of their many words." (Matt 6:7)*

## Grandfathers

### A Father's Compassion

"Just as a father has compassion on his children, So the Lord has compassion on those who fear Him."

*(Psalm 103:13)*

A compassionate father is a wonderful gift...a father who loves the Lord and his family whole heartedly and with compassion.

## Scripture Readings

### Scripture Reading Matt 2:13-15

The angel of the Lord appeared and spoke to Joseph. Joseph listened and took Mary and Jesus and fled and stayed in Egypt until the angel told him. We must open our hearts to God's word. Joseph is our example.

... continued on page 8



This LENT— maybe Commit to these daily with your kids...

Laugh

Say "I Love You"

Pray with them

Hug them

Then how about after Lent!

## Companion/Guardian Scripture Readings

(continued from page 7...)

Let the Lord speak to our hearts and act on His guidance. We must be silent; listen to God's word, trust and learn.

Scripture Reading Luke 24:13-35

On the Road to Emmaus, the two men recognized Jesus in the breaking of the bread. Their hearts burned within them as He spoke to them of the Scriptures. Their hearts were open to accept Jesus word and teaching. We must be ready to let Jesus teach us. And just as the men from Emmaus shared what Jesus taught them; we need to teach others what we learn.

Scripture Reading Luke 22:39-46

Jesus has showed us that our guardian angels from heaven are there with us to strengthen us. Ask for their help and guidance. Ask them to pray for you that when temptation comes you may remain strong to the test.

Scripture Reading 1Cor 12:31-13:8

We cannot truly be a guardian or companion if we do not love. Is our love patient and kind with our spouse and children? Is there jealousy in our love? Do we spend time with our children and seek their interests. All our actions are watched by our children. With our spouses do we always bring up old issues or hurts and continue to brood over it? As a guardian and companion we must love. We must bear, hope, and endure as we carry our families in our hearts.

Scripture Reading Genesis 2:18-24

The man clings to his wife and the two become one body, sharing totally, respecting totally, loving totally. Two are now one. We have a responsibility to share and communicate with our spouse. You are her companion. You need to spend time together. In order to grow together, you must spend time together.

## The Feast of St. Joseph—March 19th

### Prayer for Purity to—St. Joseph

*O Guardian of virgins and holy father St. Joseph, into whose faithful custody Christ Jesus, innocence itself, and Mary, Virgin of virgins, were committed, I pray and beseech thee, by these dear pledges, Jesus and Mary, that being preserved from all impurity, I may with spotless mind, pure heart and chaste body, ever most chastely serve Jesus and Mary all the days of life. Amen.*

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







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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 article topics, please email the editors,

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