



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

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This Advent—Live By Faith

By: Brendan McVicker

Advent

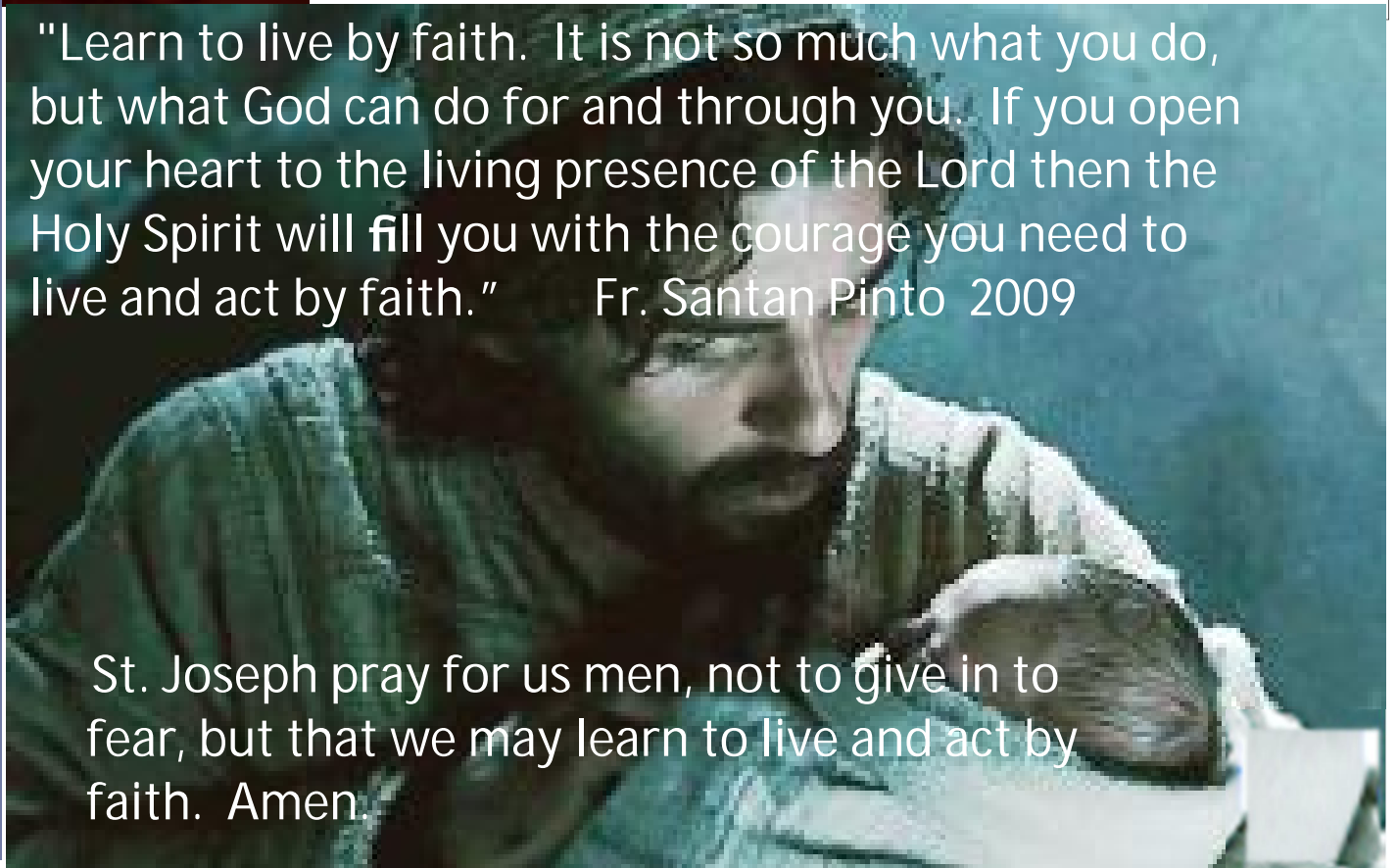
"Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go." It is common that this verse from John 21:18 refers to the kind of death by which Peter would glorify God. But I can't help but also think about how this applies to us men right now, this Advent as we work to live by faith.

As men, one thing most of us can relate to is that we are most comfortable inside our own set boundaries. The second we step outside that box we are uncomfortable, we are vulnerable, we are not in control and it is not a good feeling. But what if the Holy Spirit is asking us to stretch our hands out in faith, He is dressing us in His protection and He is leading us outside our comfort zone where we don't want to go? Ok, be real, we are still scared to death. Can you imagine St. Joseph? He was all comfortable in his own set boundaries, betrothed to Mary whom he loved so much. All was good, he had a job he loved as a carpenter; all was going according to plan. Suddenly everything changed. Mary tells him of the visit of the Angel. She is pregnant by the power of the Holy Spirit and the baby is our Savior, the Son of God. I can imagine Joseph saying... Can you go over all of that again and slower this time. Think what was going on inside Joseph. (*.....continue page 2*)



"Learn to live by faith. It is not so much what you do, but what God can do for and through you. If you open your heart to the living presence of the Lord then the Holy Spirit will fill you with the courage you need to live and act by faith." Fr. Santan Pinto 2009

St. Joseph pray for us men, not to give in to fear, but that we may learn to live and act by faith. Amen.



This Advent—Live By Faith *...continued from page 1*

The mix of emotions. Then to add on all this, he finds out he has to go Bethlehem. Does Joseph have wood-work orders he won't get done now? He has to cross rugged country and Mary is very pregnant. How was he going to afford a room, if he can even get one with all the people in town for the census. The only thing he has to make the journey a bit easier is a donkey. How is all this going to work?

Joseph, I am sure, had multiple scenarios in his head that he was playing out for consideration. He could easily say "nope", I am out of here, back-pedal, and say thanks Lord, but no-thanks. How often does the Lord offer us an invitation to go to a place we would not choose on our own and because of fear and having to step outside our comfort zone we say "no thanks, not going there". How many times do we reject his invitation to join a ministry in our own parish? Are you a man who has been invited to or who has considered joining a Catholic men's group but hasn't acted on it because of fear or making ourselves vulnerable? If I go, what will happen? Men, how has the Lord asked you to live by faith and how have you responded?

St. Joseph is the perfect example for us. St. Joseph lived by faith. He didn't have all the answers but he remained steadfast in the invitation of the Lord. He trusted that God would provide and that His protection was with them. Just as Father Pinto's statement on page 1..."Learn to live by faith. It is not so much what you do, but what God can do for and through you. If you open your heart to the living presence of the Lord then the Holy Spirit will fill you with the courage you need to live and act by faith." St. Joseph did this. He didn't resist even though he stepped outside his comfort zone. And because he did not resist, he experienced and saw everything God provided. And Joseph stored this away in his heart and his trust in the Lord grew stronger. Then God offered another invitation. God said now take Mary and Jesus, pack up and go to Egypt. And now Joseph could ponder how God did provide from his last experience. There was more courage now and less fear. God was growing him in increased trust, faith, hope and love. That was 2000 years ago for Joseph and the Lord does the same for us today.

Men, if the Lord gives His invitation to you to step outside your normal comfort zone, give the Lord a chance to show you how He can work through you. Yes, it is a bit scary. But the Lord has His gifts waiting for you. Tell the Lord you are afraid; ask for his help in accepting his invitation. The Lord knows where you are in your faith journey. The Lord will never ask anything of you that is too big for you. Maybe it is ministry, maybe it is a men's group, maybe some help to a poor person, maybe just a smile to a stranger on the street. If you remain with Him in His invitation, and don't resist, He will place a deep joy in your heart. This joy no one can ever take away and it is there for you to carry and ponder. Then when the Lord presents another invitation later, you know how the Lord worked through you in the past, His protection was with you. That joy is still in your heart, it remains there and you want more. You have grown in trust, faith, hope and love. It is easier to set the fear aside this time. You are now more willing to step out and live by faith.

Psalm 25 kicks off the Church's New Year and first Sunday of Advent. I think it emphasizes exactly what we are focusing on here....that we may learn to live and act in faith. That we act on the paths He has for us. He shows us the way we should chose.

1 Of David.

To you, O LORD, I lift up my soul,

2 my God, in you I trust;

do not let me be disgraced;

do not let my enemies gloat over me.

3 No one is disgraced who waits for you,

but only those who are treacherous without cause. (*.....continue page 7*)

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)

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?

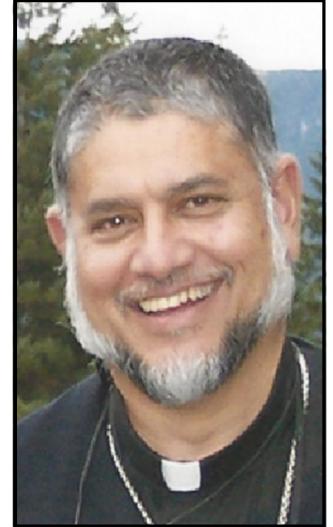
Bring men / fathers, closer to God by inviting them to learn their faith, challenging them to live their faith and encouraging them to love and share their faith. In addition, we invite those not married as this is a time to discern their vocation and calling in the Church.

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.

Time Management

By: Fr. Santan Pinto SOLT

- Time is a gift the Lord gives you. If you use every moment profitably he will give you more. God gives us sufficient graces every moment.
- Sanctify your day and night and offer every moment and every breath for the glory of God and salvation of souls.
- Start your time management in simplicity. Do not try to do everything all at once. It requires humility to be simple and also to continue making efforts even if you fail.
- List daily duties. Prioritize them. Realistically put them in order.
- Manage yourself well and be consistent.
- To manage yourself you must seek the Lord at all times and know His Word in your heart, mind and soul.
- Reading and reflecting on the Word of God must begin your day.
- Reading and reflecting on the Word of God must end each day.
- All things must begin and end with Jesus.
- Set up times. For example: 6:00 a.m. - wake up, rise from your bed, spend time with the Lord. Read Scripture, pray and listen to Him as He speaks to you.
- Spend a few moments planning your day. Try to keep a balance for work and for fun. If you have a full time job, during your break, refresh yourself; walk outside or sit down in a quiet place and listen to the Lord speak to you.
- Work on your plan of life, pray a rosary.
- Set time for exercise, a walk, a run or some kind of physical activity. Remember to ask the Lord to accompany you.
- Schedule time to relax, have some fun, laugh at something.
- Always plan your day to include a smile. A disciple who does not smile but only grumbles and complains will only disturb and turn away those who are lost and are seeking the Lord. They do not know how to ask for help, they do not know what they are searching for. If you welcome all with a smile, a kind look, a compassionate heart, then God will welcome you with a smile, a kind look and a compassionate heart. Whenever you did this for the least of My brethren, you did this for Me, says the Lord.
- Be humble and accept all who come to you. Never turn anyone away.
- Time management consists of a detailed itinerary; a schedule where you put into practice those things God has taught you and wants to continue teaching you. Remember, you must seek His will in all things. So that time is not wasted.
- Look to St. Joseph, to Our Lady, to the Lord and His Apostles. Seek their care and protection and ask for the divine grace of time management to come forth and to bestow upon you healing, order and purpose. All for the glory of God and the salvation of souls.
- Be respectful in all things and ask God for help.
- Remind yourself to live in eternity. If you need time for anything ask the Lord who created time and he will give you time in abundance!



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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Fraternity Sacramento Men

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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)

Hope you can join!



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.

GRANDFATHERS

Many of us have experienced in our own lives the importance that Grandfathers play in the life of many children. I remember as a child staying at my Grandfathers, walking to church with them, helping setup the nativity set at Christmas, saying nightly prayers (while actually kneeling down at my bedside). It truly had an impact on me. In today's world it is not uncommon to hear fathers say they are "done" when their kids have left the nest. But it just isn't so....God has plans for fathers of older children and Grandfathers. He has plans for all of us until the day He calls us home. The Bible is clear on the importance of family and a grandfather can use their maturity to help influence their grandchildren for Christ. Children remember the way their role models lived and try to model their own lives after that. As a grandfather, try to be a great Christian role model for your grandchildren. That way when you are gone someday, your grandchildren remember and smile at the things you said and did, the desire you had to instill goodness in them. Next to their parents, you are quite possibly the greatest influence that they will ever have. Your grandchildren are watching you. What are they learning?

Gray hair is a crown of splendor; it is attained in the way of righteousness. Proverbs 16:31



The Art of Retirement

By Harley Talkington

Many of the men in Fatherhood in our area find themselves more in Grandfather mode and for those such as myself, we may have the great gift of now living in "retirement." Any of you who were able to be with Father Pinto, probably heard him proselytize about retirement. People around Father would use this state of life to make excuses for themselves. Because they were now "retired," they couldn't be expected to be as active as they had been previously, or so they would say to Father Pinto. To loosely quote Father Pinto, "retiring means to re-tire. You are good for another 100,000 miles." And so, that is where I find myself on the road of life right now.



I now have choices in how I structure my day, which when working full-time, of course, I did not. The word "full-time employee" can sadly be a fairly accurate term for our lifestyle. Now, by choice, I am enjoying substitute teaching in Catholic schools, I do a little babysitting of our youngest grandson (mostly helping my wife), and I have been able to dive into art. All my life I have really enjoyed "doing" art, and



so whenever given the opportunity, I would paint, sketch or even try to be creative in how I hung our Christmas lights outside. Several years ago I began painting with pastels, reflecting on landscapes of places I have been blest to see. I also have had a great deal of fun getting to know birds and discovering in rendering them that each bird seems to have its own attitude! This activity of painting can be called a hobby, and there is nothing wrong with that word, except it just sounds like an alternative to boredom or midlife crisis. In my case, pastel painting has given me a new level to my spirituality. In trying to render a scene, a tree, a pond, or a wonderful set of clouds, I get lost in the beauty of it! In fact, much of the time, I am not sure where I am while painting. All my plans, worries, problem-solving subsides as I ponder the perfect shade to capture what God has created. In my own way, I am seeing how this art has become a new kind of prayer for me. Other men can arrive at this same point with other activities, such as woodworking, remodeling cars, music, whatever! Those of us who are blest to live this long and can afford to structure our time as we choose, still have "work" to do. We can re-tire and get back out on the road with volunteering, creating, and, of course, deepening our prayer lives, whatever that looks like for each of us.

Here a couple of my recent paintings, a landscape and bird I have gotten to know. Praise God from whom all blessings flow, praise Him all creatures here below.

This Advent—Live By Faith

...continued from page 2

- 4 Make known to me your ways, LORD;
teach me your paths.
- 5 Guide me by your fidelity and teach me,
for you are God my savior,
for you I wait all the day long.
- 6 Remember your compassion and your mercy, O LORD,
for they are ages old.
- 7 Remember no more the sins of my youth;
remember me according to your mercy,
because of your goodness, LORD.
- 8 Good and upright is the LORD,
therefore he shows sinners the way,
- 9 He guides the humble in righteousness,
and teaches the humble his way.
- 10 All the paths of the LORD are mercy and truth
toward those who honor his covenant and decrees.
- 11 For the sake of your name, LORD,
pardon my guilt, though it is great.
- 12 Who is the one who fears the LORD?
God shows him the way he should choose.
- 13 He will abide in prosperity,
and his descendants will inherit the land.
- 14 The counsel of the LORD belongs to
those who fear him; and his
covenant instructs them.
- 15 My eyes are ever upon the LORD,
who frees my feet from the snare.
- 16 Look upon me, have pity on me,
for I am alone and afflicted.
- 17 Relieve the troubles of my heart;
bring me out of my distress.
- 18 Look upon my affliction and suffering;
take away all my sins.
- 19 See how many are my enemies,
see how fiercely they hate me.
- 20 Preserve my soul and rescue me;
do not let me be disgraced, for
in you I seek refuge.
- 21 Let integrity and uprightness preserve
me; I wait for you, O LORD.
- 22* Redeem Israel, O God, from all their
troubles!



Everything we know about the husband of Mary and the foster father of Jesus comes from Scripture and that has seemed too little for those who made up legends about him. We know he was a carpenter, a working man, for the skeptical Nazarenes ask about Jesus, "Is this not the carpenter's son?" (Matthew 13:55). He wasn't rich for when he took Jesus to the Temple to be circumcised and Mary to be purified he offered the sacrifice of two turtledoves or a pair of pigeons, allowed only for those who could not afford a lamb (Luke 2:24).

Despite his humble work and means, Joseph came from a royal lineage. Luke and Matthew disagree some about the details of Joseph's genealogy but they both mark his descent from David, the greatest king of Israel (Matthew 1:1-16 and Luke 3:23-38). Indeed the angel who first tells Joseph about Jesus greets him as "son of David," a royal title used also for Jesus.

We know Joseph was a compassionate, caring man. When he discovered Mary was pregnant after they had been betrothed, he knew the child was not his but was as yet unaware that she was carrying the Son of God. He knew women accused of adultery could be stoned to death, so he resolved to send her away quietly to not expose her to shame or cruelty. However, when an angel came to Joseph in a dream and told him, 20 "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit.

We know Joseph loved Jesus. His one concern was for the safety of this child entrusted to him. Not only did he leave his home to protect Jesus, but upon his return settled in the obscure town of Nazareth out of fear for his life. When Jesus stayed in the Temple we are told Joseph (along with Mary) searched with great anxiety for three days for him (Luke 2:48). We also know that Joseph treated Jesus as his own son for over and over the people of Nazareth say of Jesus, "Is this not the son of Joseph?" (Luke 4:22)

We know Joseph respected God. He followed God's commands in handling the situation with Mary and going to Jerusalem to have Jesus circumcised and Mary purified after Jesus' birth. We are told that he took his family to Jerusalem every year for Passover, something that could not have been easy for a working man.

Since Joseph does not appear in Jesus' public life, at his death, or resurrection, many historians believe Joseph probably had died before Jesus entered public ministry.

According to the Catholic Encyclopedia, the Apocryphal Date for Joseph's birth is 90 BC in Bethlehem and the Apocryphal Date of his death is July 20, AD 18 in Nazareth.

Joseph is the patron saint of the dying because, assuming he died before Jesus' public life, he died with Jesus and Mary close to him, the way we all would like to leave this earth. Joseph is also patron saint of the Universal Church, families, fathers, expectant mothers (pregnant women), travelers, immigrants, house sellers and buyers, craftsmen, engineers, and working people in general.

There is much we still wish we could know about Joseph -- exactly where and when he was born, how he spent his days, exactly when and how he died. But Scripture has left us with the most important knowledge: who he was -- "a righteous man" (Matthew 1:18).





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POSTAGE

Fraternity of Fatherhood

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



St. Joseph ...Pray For Us.



This Fraternity of Fatherhood Newsletter is published every 90 days. Next edition: Mar. 2019
To submit feedback and/or suggestions for future article topics, please email the editors,

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