



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume 8

Issue 1

Mar 10, 2019

LENT—It's Not What You Do, It's Who You Know

By Michael Allison

LENT



Create
in me a
clean heart,
O God,
and put a
new and right
spirit within me.
Psalms 51.10

Once again the beautiful season of lent is upon us, and how quickly it seems to arrive. Lent is an invitation from the church to a disposition that men thrive on and become better men for it - in a word...discipline.

Discipline comes from the word Disciple, or one who learns and follows Jesus. Discipline then is the mental, moral and physical actions we undertake to follow Jesus more closely and Lent is that blessed time when we are given this wonderful opportunity. The church never asks anything of her children without providing a means by which we can follow and accomplish it. Of course, during Lent the church requires the disciplines of Prayer, Fasting and Almsgiving.

My experience is that most of us seem to place the greatest emphasis on fasting. It begs the old question, "what are you giving up for Lent?"

In other words, "what food will I deny myself?" "What can I accomplish in this area?" The truth is, it's not about me and what I can do. *(continued page 7...)*

"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".

Fr. Santan Pinto

Discover

By: Ray Emnace

The definition of “discover” is to find something or someone unexpected or in the course of a search; to divulge (a secret).

At the guidance of Fr. Santan Pinto, he directed me to work with the Fraternity of Fatherhood in 2002 and I've had the pleasure of working with my core group brothers - Brendan, Mike & Stacey. They have helped me discover what true manhood means in terms of being a husband, a father, a brother, a worker, a friend and a Disciple of Jesus & Mary. Along the way, God has brought other souls, men after the heart of God, on my path that I have been able to teach, work with and learn from. This journey has been a fantastic roller coaster ride.



It's funny, this is my first article since Brendan was tasked with the Fatherhood newsletter. I've never felt that I had anything to share that would be of substance with the men and women who read the newsletter. I was safer in the background, I didn't want anyone to “discover” that I was pretending – pretending to be a good catholic, pretending that I was a good father or a good husband. The thing is, with God, you can only pretend for so long, because His love for you demands truth. He demands an accounting of who you are in your relationship with Him.

I remember the first time that I actually spent time with Fr. Pinto was at the Burbank airport, it was the evening of Easter, over 20 years ago. With us were Sandra, my wife, pregnant with our second child and Karen, now Sr. Mary Paul, SOLT. We were waiting for another priest's flight to arrive. It was delayed so we had time to kill. We were at a table talking in one of restaurants and Father looks directly at my wife and says, “Sandra, do you know why Ray looks at other women?” I wanted punch him in the face. I was embarrassed and ashamed, because there was truth to what he said. And Sandra didn't skip a beat, “It's probably because I'm pregnant Father!” His response to her, blew all of us away, he said, “No. It's because the only one that can fulfill all his desires is our Heavenly Father! No matter how beautiful and sexy you are, or how much you love him, only God can fill his heart!”

How often, as men, do we look for things or people to fill our heart – pornography, alcohol, drugs, sex, food? Sometimes we move from one addiction to another, because we have not discovered or don't want to discover what plan God has written into our hearts. Why? Because when we discover who God has called us to be in relationship with Him, we have to change. His love for us demands that change. We give great lip service that we want to change, but we don't want to take the action that is necessary because it is hard, because it leads us to the Cross.

God's love is brutal! It's brutal because we have to crush and obliterate our egos, our desires, our needs so we can love and serve the one who created us.

God's love is sacrificial – with Lent upon us – we look at what we can sacrifice – what are we going to “give up?” Isn't that our mindset?

Lent is also a time of reconciliation – what do I need to reconcile within myself and with those around me? I opened this article with the definition of discover. *(continue page 10...)*

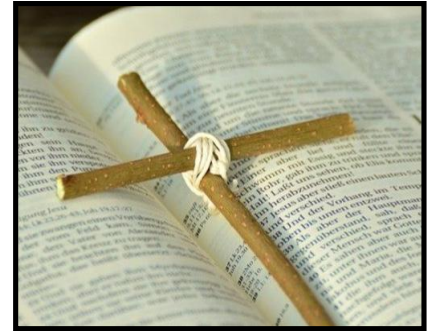
Pope's Lenten Message calls for Conversion

By: Linda Bordoni

In his *message for Lent 2019*, Pope Francis warns that once God's law is forsaken, the law of the strong over the weak takes over..

Pope Francis is calling on the faithful not to let the Lenten season of grace pass in vain, and to live as children of God acknowledging and obeying His law, in particular in regards to our brothers and sisters and to creation.

In this year's [Lenten message](#), the Pope invites believers to prepare to celebrate the paschal mystery with mind and heart renewed, warning that "Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests". The Pope's Lenten message was released on Tuesday during a press conference at the Holy See Press Office. The theme chosen this year is *"For the creation waits with eager longing for the revealing of the children of God" (Rom 8:19)*.



Lent begins on Ash Wednesday, *6 March*, and will conclude on Holy Saturday, *20 April*, the day before Easter. "Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them". This is one of the key passages of Pope Francis' Lenten Message for 2019. Reflecting on a verse from St. Paul's Letter to the Romans, the Pope highlights how the season before Easter must be a time to "welcome Christ's victory over sin and death into our lives", and attract "its transforming power to all of creation".

Fasting, Prayer, Almsgiving

Appealing to the faithful to not allow this season of grace to pass in vain, Pope Francis says that if, "the Lent of the Son of God 'was an entry into the desert of creation to make it become again that garden of communion with God" that it was before the original sin, Christians today are invited "to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving."

Fasting, the Pope says, means turning away from the temptation to "devour" everything to satisfy our voracity; *Prayer* teaches us to abandon idolatry and the self-sufficiency of our ego; *Almsgiving*, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. If we follow this journey, he said it "is possible to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness".

Conversion

The path to Easter, therefore, demands that "we renew our faces and hearts as Christians through repentance, conversion and forgiveness" the Pope said pointing out that it is a call that involves the whole of creation. This "eager longing", this expectation of all creation, Pope Francis says, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails.

The full text of the Pope's Lenten Message can be found on the Vatican [website](#)

Portland Fatherhood Fraternity Review 2018 By: Brendan McVicker

Our Mission is 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.

Our focus in 2018 for study and discussion was in three areas. First, we discussed The Opioid Epidemic – from a "Catholic Response" point of view. Brian Martinek is a member of the Port-



land Fatherhood Fraternity. Last year, Brian lost his son, Taylor, to an opioid overdose. A nightmare no parent should ever have to experience. With Brian's permission we shared his story for all our entire Fatherhood Fraternity family. Brian's mission now is to help other people, other families in offering education and hope. Please support his on-going mission with your prayers. This affects all of us. Four points for all of us to remember:

1. Get yourself into Al-Anon, for the support and the education.
2. Don't sweep anything under the rug. Be open and honest about the situation.
3. Don't forget to love and care for the rest of your family.
4. Pray.

A second focus point for this last year was our study of Pope Francis's guide for making the most out of 2018. The list reflects a selection of writings and addresses from Pope Francis. These 12 points seem very simple when you read them, but our group spent 3 months diving deep into these topics:

- Build bridges, not walls
- Let yourself be moved by suffering ... and then do something
- Don't be afraid to be ashamed of yourself and recognize when you've done wrong
- Dream of love
- Avoid attachment to riches
- Pray daily for your health and that of your loved ones
- Be strong in faith so as to overcome division
- Work hard for your dignity and that of your family
- Don't let yourself be robbed of hope
- Remember that God never abandons us
- Find happiness by creating harmony
- Know that you are loved, so that you can give love and forgiveness

A third topic that consumed over discussion this last year was that as members of the one holy Catholic
(continue page 5...)

Portland Fraternity of Fatherhood Review 2018..continued from page 5

Church we found ourselves again in crisis as the Abuse Crisis was exposed. As we talk to our family members, to our parish brothers and sisters, to our Fatherhood Fraternity brothers, there is a deep hurt in our hearts. There is a very real anger present. Our hearts hurt for ongoing pain suffered by the victims. There is an anger that this has happened again, we thought we were past this! There is an anger for the bad light this puts on the Church that we love very much. There is anger that our good priests and bishops, and there are many, have to once again live through the public secular masses that pile on painting them all as hypocrites and evil.

Our Fatherhood Fraternity discussed and prayed to stop looking for the answers ourselves and give the problem to Our Lord. We know how the story ends. We also know that Our Lady of Fatima tells us that her immaculate heart will triumph. We will come out of this crisis stronger. I believe Our Lord is testing us....do we trust in Him? Is our faith deep enough to persevere. I am reminded in the gospel of Mark, chapter 9, where the disciples asked Jesus "why they could not force out that demon?" Jesus answered, "Only, prayer and fasting can force out that kind of demon". I believe we are asking that same question of our Lord today and we are receiving the same answer. We invite all to join us in prayer and fasting.

We do ask special prayers one of our long time members, Jerry Gross, who had a bad fall this last year at his home and was in rehab for months. Jerry has recently moved into his studio apartment next door to where he received his rehab. It has not been an easy year to say the least. Jerry is amazing...although his road has been tough, his faith is so strong, and he always receives you with the biggest smile. We have so much to learn from him. Please keep your prayers coming for Jerry as he continues his progress.



Jerry Gross

Lastly, it was not all work, discussion, prayer. Once a year the Fraternity of Fatherhood takes time out to sample the many microbrew pubs around the city. This year we tried out the Belmont Station on Stark Street. We had a great evening trying some different beers and sampling some great different foods from the "food truck" that lives on site at the microbrew. Awesome hamburgers!



We pray for you and we look forward to a fantastic 2019.

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

...
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!



LENT - It's Not What You Do, It's Who You Knowcontinue from page 1

It is about what gift I will accept from God as purification for the things that are good and holy.

The denial of food for the body is a discipline that invites us to fill ourselves on the things of God. Fr. Santan Pinto gives us many examples of fasting and feasting (as seen in this newsletter on page 10)

For myself this Lent I will of course subscribe to the norms given by the church of prayer, fasting and almsgiving, but I thought how could I get to know Jesus better this Lent? How can I live my vocation as a man, husband, father and grandfather in a more full and deep capacity?

A Lenten Journey with Sirach

I like to read the daily readings from the bible each day that will be proclaimed at Mass. Praying with the word of God is a powerful way to become a closer friend of Jesus and to hear how the Lord is working in my life. This requires me to listen and be still. (I really need improvement in both of these areas!)

In reading lately, I noticed that the church presented the book of Sirach to us in the eight days leading up to the beginning of Lent. (8 days, by the way was the time frame before Baptism and purification... interesting...)

I wondered why Sirach? I never really paid much attention to the book of Sirach. But, as I looked more closely at these readings I found them to be a rich treasure in lessons for true manhood, family life, respect for women, friendship, health of body and spirit, manners, and even how to look at money matters.

Guess what else... lessons on Prayer, Fasting and Almsgiving. I was shocked. I thought, here is something I can "do for lent" that is not about what I can accomplish in these 40 days, but how I can get to know the Lord more deeply and listen to the valuable lessons he has for me. This is a way I can enter into prayer this Lent.

Here are a few examples.

PRAYER- Appeal for a return to God

Sirach- 17: 19- 20

"But to the penitent he provides a way back, he encourages those who are losing hope!

Return to the LORD and give up sin, pray to him and make your offenses few".

ALMSGIVING- Alms for the poor

Sirach- 3: 29-30

"Water quenches a flaming fire, and alms atone for sins.

He who does a kindness is remembered afterward; when he falls, he finds a support." (continue page 8..)

Lenten Question:

Q: Why are Sundays excluded from the reckoning of the forty days?

A: Because Sunday is the day on which Christ arose, making it an inappropriate day to fast and mourn our sins. On Sunday we must celebrate Christ's resurrection for our salvation. It is Friday on which we commemorate his death for our sins. The Sundays of the year are days of celebration and the Fridays of the year are days of penance.



LENT - It's Not What You Do, It's Who You Know ..continued from page 7

FASTING

Sirach- 31: 13, 14-20

"Remember that gluttony is evil. No creature is greedier than the eye: therefore it weeps for any cause. Recognize that your neighbor feels as you do, and keep in mind your own dislikes:

Toward what he eyes, do not put out a hand; nor reach when he does for the same dish.

Behave at table like a favored guest, and be not greedy, lest you be despised.

Be the first to stop, as befits good manners; gorge not yourself, lest you give offense.

If there are many with you at table, be not the first to reach out your hand.

Does not a little suffice for a well-bred man? When he lies down, it is without discomfort.

Distress and anguish and loss of sleep, and restless tossing for the glutton! Moderate eating ensures sound slumber and a clear mind next day on rising."

The Most Reverend Sam G. Jacobs- Bishop of Alexandria, Louisiana said in his forward to Fr. Pinto's book: *Discipleship, Your way of Life*, "the call to be a disciple is very clear in the new testament. But becoming a disciple of Jesus and Mary is not easy as the Apostles who were first called, then followed and finally were chosen by Jesus, found. What they learned was the discipline of discipleship entails obedience even to death on the cross."

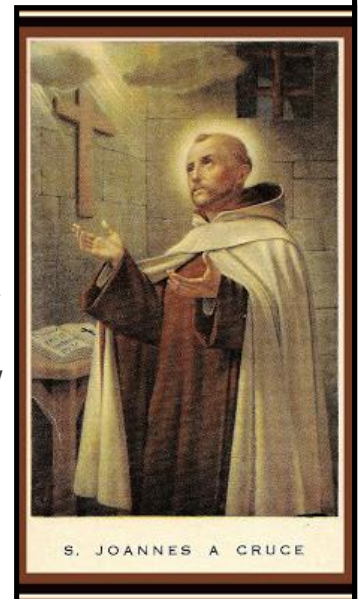
My brothers, this Lent may we follow the grace to be better more loving disciples of our Lord Jesus as we travel the path of Fatherhood by accepting our little daily deaths on the road to the tree of life and Resurrection!

Saints Corner - St. John of God (March 8)

By Nereesha Patel

A Portuguese shepherd-turned-soldier who enjoyed gambling, drinking and pillaging, St John of God was known for his incredibly impulsive nature. He eventually settled in Granada, Spain as a bookseller; there, he met St John of Avila, whose preaching had a profound effect on him and resulted in his rather dramatic conversion. Committed to a mental hospital after engaging in a public beating of himself, John was advised by St John of Avila to become more actively involved in tending to the needs of others rather than in enduring personal hardships. He rented a house in Granada where he tended to the needs of the sick and the poor, and later he established homeless shelters and even a hospital. His impulse to help others won the approval of others, who gradually began to support this saint's cause.

What we can learn: Sometimes we chastise ourselves for having the slightest of inkling of temptation during Lent, but often we can be *too* harsh on ourselves. While this is the period to realize our need to repent, you're not doing yourself any favors by giving in to your inner judge, jury and executioner. Rather, if you have the sudden urge to, for example, treat yourself, try to direct that impulse towards helping someone else. And remember, staying humble can help you cultivate healthy habits that will stay with you for a long time.



Update....The Art of Retirement

By Harley Talkington

In last quarter's newsletter we shared a few of Harley's paintings.....here's an update on one of the paintings featured....Congrats to Harley!

I have been exploring pastel painting for a little over two years and felt like I was ready to enter an event. Sequoia Art Gallery in Hillsboro sponsored a Plein Air event where you take your easel and materials outside and paint there. Once done, you frame it and bring it back to the gallery for a show that night. This was only my second time to paint outside, so it was all a learning experience for me. I had to quickly get my piece done, framed and turned in the next morning, which I did, with a lot of help from my wife, Christine. I didn't know what price to put on it, so I said \$50. When I came back that evening my price



was listed at \$150 and there was a little red dot under the price. It was already sold! A few weeks later I received a notice that because I had sold a piece, I was a professional artist now and was eligible for Picture Hillsboro. This is an annual competition sponsored by the city of Hillsboro. One of my pieces, a painting of a beautiful duck pond behind the city library, was selected as a finalist. All 12 of the finalists were invited to city hall to view and speak about their painting, which I did. After this, city officials and community members looked over the 12 pieces and voted for the one they thought captured the spirit of Hillsboro best. There were some really beautiful watercolors, acrylics and pastel pieces. Mine was chosen! Mine will be purchased by the city and prominently displayed there for the next year.

A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you.
Prepare a place in my home and heart for silence and
Solitude, so that I may re-discover the grace of a prayer-full life.
Help me to fast from those things that threaten the
Well-being of body and soul and remind me of the grace of
simplicity.
Enlarge my heart so that I give to those in need and, in so doing,
re-discover the grace of gratitude and generosity.
May this season be grace-filled time to rekindle my love for and faith
in you. Amen.

Discover

...continued from page 2

What will we discover about ourselves during this Lenten season? Don't be afraid to peel back the layers of who we think we are. God will give us the strength to be faithful and diligent, but we have to ask. We have to be willing to be exposed.

Tie this discovery to your mission in life. The difference between a goal and a mission is this – a goal is finite, it has a beginning, middle and an end; a mission is on-going, it is life-long. What is your purpose in life? What are the principles or virtues that you live by? What are your core beliefs? Answer these questions and build on them.

If you do this, you will make a difference that lasts.

Teaching Excerpt on “Fasting”

By: Fr. Santan Pinto

Father Pinto 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. Challenge yourself this Lent and see how much you grow spiritually. The Lord will see you make the effort and He will help you.

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

The Chaplet of Divine Mercy—Begins Good Friday April 19th

The On September 13, 1935, Sister Faustina had a terrible vision of a destroying Angel ("the agent of divine wrath") about to strike some place on the planet. She began praying, begging him to put off the punishment until the world did penance. At first, her pleas seemed in vain, but presently she saw the Holy Trinity and felt the power of Christ's grace in her soul. Again she began to plead for the world in words that welled up out of the silence of her soul: *"Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world; for the sake of His sorrowful Passion, have mercy on us"* (475).

Her prayer was answered and the angel was prevented from carrying out the chastisement. The following morning, Sister Faustina heard these interior words: *"Every time you enter the chapel, start reciting the prayer which I taught you yesterday"* (476).

Later, she was instructed in the recitation of the Chaplet of Divine Mercy: *"This prayer will serve to appease My wrath. You will recite it for nine days, on the beads of the Rosary, in the following manner: first of all, you will say one Our Father and Hail Mary and the I Believe in God. Then, on the Our Father beads, you will say the following words: 'Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world.' On the Hail Mary beads you will say the following words: 'For the sake of His sorrowful Passion, have mercy on us and on the whole world.' In conclusion, three times you will recite these words: 'Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world'"* (476).

Jesus Himself tells us why it is so important to recite this prayer: *"Recite the chaplet unceasingly that I have taught you. Whoever recites it will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even in the case of the most hardened sinner, if he were to recite this chaplet only once, he would receive grace from My infinite mercy. I desire that the whole world know My infinite mercy. I desire to grant unimaginable graces to those souls that trust in My mercy"* (687).

"Oh, what great graces I will grant to souls that say this chaplet; the very depths of My tender mercy are stirred for the sake of those who say the chaplet" (848). *"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same"* (811). *"Through the chaplet you will obtain everything, if what you ask is compatible with My will"* (1731).



POSTAGE

Fraternity of Fatherhood

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



St. Joseph ...Pray For Us.
Feast Day March 19th



This Fraternity of Fatherhood Newsletter is published every 90 days. Next edition: June. 2019
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