



Fraternity of Fatherhood

A Spiritual Fraternity for All Men

Volume 9

Issue 2

June 10, 2020

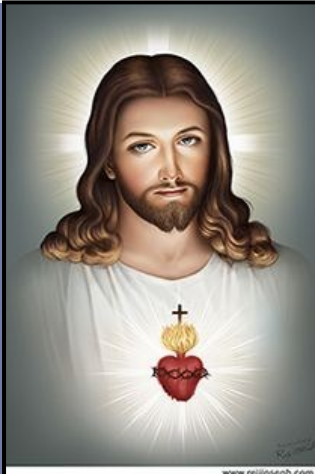
PRAYER FOR PROTECTION

Lord Jesus , by faith in Your merits, I now take Your Precious Blood and sprinkle it over myself and my family, right from the crown of my head to the very soles of my feet..

Lord Jesus keep me free today from
evil,
sin,
temptation,
Satan's attack and applications,
fear of darkness,
fear of man,
sickness,
disease,
doubts,
anger,
all calamities
and all that is not of Your kingdom.

Fill me Lord Jesus, with the gifts of the Holy Spirit and grant me the gifts of wisdom, knowledge, faith, understanding and discernment; so that I will live today in Your glory by doing what is right.

I praise You Jesus, I thank You Jesus, I love You Jesus, I adore You Jesus.



**June - Month of
The Sacred Heart
of Jesus**



Prayer of Spiritual Communion

*My Jesus , I believe that
You are present in the Most
Blessed Sacrament. I love
You above all things and I
desire to receive You in my
soul. Since I cannot receive
You sacramentally, come at
least spiritually into my
heart. I embrace You as if
You were already there, and
unite myself wholly to You.
Never permit me to be
separated from You.*

Amen.

Interesting Times Right...Fear Not!

Brendan McVicker

Men,

We are in interesting times to say the least. February was the last time our Fatherhood Group was able to meet due to the Pandemic COVID-19 outbreak. The last time, in March, when I shared a note with you I shared my thoughts on all the cancellations. I shared that I thought Our God was giving the world a Lenten retreat, a time of no sports on TV, no meetings for kids activities, kids activities cancelled, etc. God is giving us time to think where we are in our spirituality. Where does Jesus rank in our lives? Do we trust Him? This Lenten retreat that God was giving the world is forcing families to talk, to care for each other, to remember what is important. For neighbors to actual talk. Even the daily Gospel readings took us through the Lenten journey that God gave to the entire world.

I look back now at my Lent and I can say that it was one of the best Lenten seasons in my entire life. Time to pray, more time as a family, time to eat together, spending time on what is important. Time to review and work on my spiritual life. I will admit though that I desperately missed the Eucharist and not being able to attend Mass during the Holy Week Triduum really hit me. I'm not going to lie, some fear mixed in with disappointment did creep in....Not being able to be there in person on Holy Thursday for Mass, Good Friday and Easter. I participated in Mass online during Lent but I thought for sure by Easter we would be back in the church. NOPE! God continues His lesson of Trust, Hope, and Love for neighbor. And not to fear!

Our parish church still remains closed. Mass continues to be shared online to the church community. I was able to sign-up and attend a weekly Mass at another parish and receive Eucharist and also to attend Reconciliation. What a gift it was! It made me realize that I was really spoiled in the past and now not having access to Mass regularly is quite a shock.

So, I pray that our parish opens soon and all others across the country. COVID-19 is not good, but God can and will bring much good through it. I do believe God continues to teach us.

To not be fearful, He is in control.

To be Grateful for the gifts we are all given.

To be Generous and Love our neighbor; assist those in need in our communities.

To not take the Church Community for granted.

To re-ignite in our hearts love of the sacraments, true reverence, love for receiving Jesus in the Sacraments especially Eucharist and Reconciliation. As fathers, to continue to keep the faith strong in our families and pray for God's protection over our families.

To re-discover what really matters in our lives—To grow in Faith, Hope and Love.

To realize with all the uncertainty in the world, that a real certainty is that God is present. He has not and will not abandon us.

God bless all of you and may His protection be with you and your families. I look forward to starting up our Fatherhood sessions again, as soon as, we get the green light. Fear Not!

Pillar of Cloud and Fire, Exodus 13: 21-22

The Lord went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night. Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.



Statement of U.S. Bishops on George Floyd & Protests in American Cities

The killing of George Floyd was senseless and brutal, a sin that cries out to heaven for justice. How is it possible that in America, a black man's life can be taken from him while calls for help are not answered, and his killing is recorded as it happens?

I am praying for George Floyd and his loved ones, and on behalf of my brother bishops, I share the outrage of the black community and those who stand with them in Minneapolis, Los Angeles, and across the country. The cruelty and violence he suffered does not reflect on the majority of good men and women in law enforcement, who carry out their duties with honor. We know that. And we trust that civil authorities will investigate his killing carefully and make sure those responsible are held accountable.

We should all understand that the protests we are seeing in our cities reflect the justified frustration and anger of millions of our brothers and sisters who even today experience humiliation, indignity, and unequal opportunity only because of their race or the color of their skin. It should not be this way in America. Racism has been tolerated for far too long in our way of life.



It is true what Rev. Martin Luther King, Jr. said, that riots are the language of the unheard. We should be doing a lot of listening right now. This time, we should not fail to hear what people are saying through their pain. We need to finally root out the racial injustice that still infects too many areas of American society.

But the violence of recent nights is self-destructive and self-defeating. Nothing is gained by violence and so much is lost. Let us keep our eyes on the prize of true and lasting change.

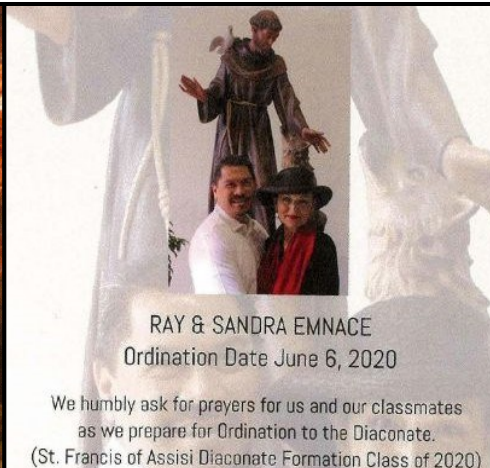
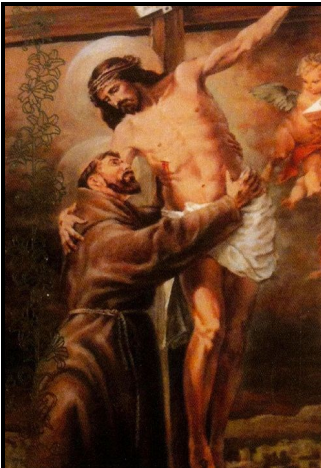
Legitimate protests should not be exploited by persons who have different values and agendas. Burning and looting communities, ruining the livelihoods of our neighbors, does not advance the cause of racial equality and human dignity.

We should not let it be said that George Floyd died for no reason. We should honor the sacrifice of his life by removing racism and hate from our hearts and renewing our commitment to fulfill our nation's sacred promise — to be a beloved community of life, liberty, and equality for all.

CONGRATULATIONS & PRAYERS

Ray Emnace, longtime Disciple of Jesus & Mary, as well as, a member of our Fraternity of Fatherhood, is being ordained to the Diaconate. Congratulations to both him and his wife, Sandra.

Heavenly Father, since the time of the Apostles you have inspired the Church to commission certain members to assist in a special way in the pastoral mission of Christ. Bless Ray Emnace, that he may be humble and faith-inspired in his service as deacon. We ask this through Christ, our Lord. Amen.



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	(661) 513-4216	(213) 531-1999	raceman502@aol.com	Los Angeles
Mike Allison		(916) 834-6226	meallison5@gmail.com	Citrus Heights

Mississippi

Don Brewer	(662) 253-5146	(901) 299-1989	don@memphis2u.com	Olive Branch
------------	----------------	----------------	-------------------	--------------

Nevada

Stacey Hill	(775) 787-6275	(775) 762-5217	djmstacey@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
Matt Bawcum			mattbawcum1@gmail.com	Paris
Frank Drobil			frankdrobil@yahoo.com	Paris
Dustin Wall			sd wall81@sbcglobal.net	Paris
Peter Kane			pkane@dioceseoftyler.org	Tyler
Ty Jackson			tynerjackson@icloud.com	Tyler

Pentecost Sunday is a commemoration and celebration of the receiving of the Holy Spirit by the early church. John the Baptist prophesied of the first Pentecost when Jesus would baptize with the Holy Spirit and with fire ([Matthew 3:11](#)). Jesus confirmed this prophecy with the promise of the Holy Spirit to the disciples in [John 14:26](#). He showed Himself to these men after His death on the cross and His resurrection, giving convincing proofs that He was alive. Jesus told the disciples to wait in Jerusalem for the Father's gift of the Holy Spirit, from whom they would receive power to be His witnesses to the ends of the earth ([Acts 1:3-8](#)). After Jesus' ascension to heaven, the men returned to Jerusalem and joined together in prayer in an upper room. On the Day of Pentecost, just as promised, the sound of a violent wind filled the house and tongues of fire came to rest on each of them and all were filled with the Holy Spirit. They were given the power of communication, which Peter used to begin the ministry for which Jesus had prepared him. After the coming of the Holy Spirit, the disciples did not stay in the room basking in God's glory but burst out to tell the world. This was the beginning of the church as we know it.



MAY 31, 2020



Saints Corner - St. Benedict

The Grotto

As we're all navigating an unexpected reality of widespread sickness and lockdown and quarantine, it's oddly comforting to know that this is not the first time that the world has suffered from a pandemic. While that fact alone may not make our own here-and-now situation any better, it does remind us that there is some real wisdom to be gained from our predecessors who lived through similar experiences.

The Catholic Church honors thousands of holy men and women people who lived with heroic virtue in their own particular age. The Church presents the thousands of saints to us as examples of how to love in concrete ways, kind of like how a single diamond can reflect thousands of shards of light.

People in a particular vocation or situation or region often choose one of the saints as their own patron, invoking that saint's prayers and intercession in times of need. We're all familiar, for example, with Saint Patrick as the patron of Ireland, and Saint Anthony as patron of lost things.

In this current COVID-19 pandemic, I'd like to propose a saint that we might consider calling upon for help in navigating this strange new world.

Saint Benedict (c. 480-547) lived in a time of great upheaval in the Italian peninsula, as the Roman Empire had crumbled and each hilltop city was a kingdom unto itself. Disillusioned by the state of society (such as it was), Benedict became a hermit and for three years subsisted on the charity of people who brought food and supplies to his cave as they came to consult him for advice and prayers. His reputation for holiness led a local monastery to ask Benedict to become their abbot, a spiritual father and leader for their community.

Benedict knew that these particular monks were an unruly bunch and feared that they would revolt against his leadership, but he consented anyway. He created a list of rules for the daily life of the monastery centered on a regular schedule of prayer and work: eight hours of prayer, eight hours of work, and eight hours of sleep per day. Not surprisingly, the lazy monks did indeed resent Abbot Benedict's rule, and tried to get rid of him by poisoning his cup of wine. As he said the blessing before the meal, the cup shattered, and Benedict realized that the monks would never accept his leadership (as he had predicted).



Benedict left that monastery, but later established several other monasteries around central Italy, all of which did accept his guidelines for monastic life. This so-called "Rule of Benedict" was praised for its balance and moderation, and two words were singled out to capture the essence of his guidelines: *ora et labora* ("prayer and work"). Eventually, the Benedictine Rule was adopted by monasteries throughout the Church, as monks and nuns realized that following this well-regulated schedule of prayer and work would help them thrive.

In our current situation where we find ourselves living in faux-monasteries with our roommates, or perhaps living alone in a faux-cave like a hermit, we too can look to the example of St. Benedict and develop our own regular schedule of prayer and work. Rather than sleep in as late as I want and then bumble through my calendar until the world gets the all-clear to return to normalcy, St. Benedict would urge me to set a wake-up alarm and approach every day with a definite plan, each division of the day devoted to a specific task, while making sure to schedule time for prayer, meals, and checking in with family and friends. Consistency, balance, and intentionality: that's good advice from a master of the Christian life. *Saint Benedict, pray for us!*

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.

ONE WHO BLESSES

As fathers, we must also be men who bless. We bless everything. We bless our wives, our children. Why? Because this shows that we care for them, that we love them.

Make the sign of the cross on the foreheads of your wife, your children before they leave the house, when they return, when they go to bed. For the older children in whom you have not done this since they were kids you can give the blessing silently in your heart. You don't even have to touch them. Although, it is not too late to start.



As a man who blesses; you also protect and ask for God's protection on those you bless.

These little signs say, "I Love You!" Make it a habit. Incorporate this into your daily program. At night bless your children with holy water and have them bless each other. God's protection is with them.

Also, bless whatever endeavor you undertake – projects at work, at home, your travels; everything. If you know you are going into a tough meeting, silently bless each member as they walk in the door. You'll be amazed at the results.

A man, who blesses, is also a man who builds. If at work, someone curses God's name, silently offer a blessing for God's name. If someone tears down, then you build up. If some destroys, then you should create.

*"Let the children come to me and do not prevent them; for the kingdom of God belong to such as these."
"Then He embraced them and blessed them, placing His hands on them." (Mark 10:14,16)*

Fathers-to-be, daily, lay your hands upon your unborn child (or children) and pray that the Holy Spirit fill your child (or children) with light, love and wholeness.

TOUCH MY UNBORN CHILD

Heavenly Father, I praise You and thank You for deeming this life to be and for forming this child in your image and likeness. Send forth Your Holy Spirit and illuminate her womb. Fill it with Your light, power, majesty, and glory.

Lord Jesus Christ, come with Your love, and in Your infinite mercy pour forth Your healing into this child. Remove any negativity that may have been conveyed knowingly or unknowingly. Bathe this child in Your Precious Blood and fill it with Your Light and Truth.

Dear sweet Mother Mary, come and be with this child. Come with your angels and saints and intercede on this tiny child's behalf before each person of the Holy Trinity.

Thank You, Father for this beautiful child. Thank You, Holy Spirit for filling this child with grace. Thank You, Jesus for healing this child. Thank You, Mary, the angels and the saints for interceding on this child's behalf. To all of you this child is given. May all honor and glory be given to God by this Child in time and in eternity. Amen. Alleluia. Amen. *Author Unknown*

Grandfathers

A Father's Blessing

"A righteous man who walks in his integrity - How blessed are his sons after him."

(Proverbs 20:7)

A generational blessing.....

Psalm 128 6: 1-6 (A Song of Ascents.)

Blessed are all who fear the LORD, and who walk in his ways. What your hands provide, you will enjoy; you will be blessed and prosper. Your wife will be like a fruitful vine within your home, your children like young olive plants around your table.

Just so will the man be blessed who fears the LORD.

May the LORD bless you from Zion; may you see Jerusalem's prosperity all the days of your life, and live to see your children's children. Peace upon Israel!

Scripture Readings

Scripture Reading Psalm 112

The man who fears the Lord and greatly delights and follows in His commands is an upright generation and is blessed by the Lord. His generosity shall endure and lavishly he gives to the poor. The blessing of the just man is that he will stand firm in the face of evil and not be moved. The wicked man does not know how to go against the just man of God.

Scripture Reading Matt 19:13-15

Jesus blesses the children and urges them to come to Him. As parents, as fathers, we bless our children that they may have the protection of Jesus Christ. As parents we have a responsibility to lead our children to Christ. To prevent them the road to Jesus goes directly against our vocation. It is failure to say that we will let our children grow up and then they can decide what and if they want Jesus in their life. As fathers we are accountable, planting the seed of faith, hope and love in our children is our responsibility.

Scripture Reading Matt 18:10-14

We should bless our children and lead them to Jesus Christ. As Jesus says, "do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father". How special children are in the eyes of God that their angels constantly look upon His face. How powerful the children's prayers must be!

Scripture Reading Mark 10:13-16

Jesus said do not prevent the children from coming to Him, but bring them to Jesus. We are accountable as Fathers to bring our children to Jesus. We need to imitate Jesus and embrace them and bless them. Show them daily that they are loved. We can learn about God our Father from our Children; we can learn to be child-like in accepting the gifts of God.

Scripture Reading 1 Peter 3:8-12

If we bless our children then we are responsible to conduct ourselves properly because Jesus has blessed us. We need to be of one mind, not use bad language, not speak ill of others. Seek peace and follow it. If we do this, the Lord's eyes are on us and His ear is turned to our prayer. Not only do we bless our children but bless our wife, our jobs, our houses, the homeless man walking down the street, people at work.

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: June. 2020
To submit feedback and/or suggestions for future article topics, please email the editors,

Brendan McVicker	mcvickerfamily@comcast.net
Mike Allison	meallison5@gmail.com
Ray Emnace	Raceman502@aol.com
Stacey Hill	djmstacey@sbcglobal.net