

# Catholic Social Doctrine Lecture Series

Good Shepherd Catholic Church

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# Opening Prayer

Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created.

R. And Thou shalt renew the face of the earth.

Let us pray.

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

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# Self Introduction

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- **Director** of Sacred Shifts Program,  
University of Dallas
- Author, CMA Award-Winning book, **The Face of Jesus, the Martyr and the Reciprocity of Abiding Love** Available for Sale HB: \$39.95 / Paper: \$29.95
- Author, **The Metaphysics of Martyrdom** (2025)



Plan For Today

# Plan For Today

- What is Catholic Social Teaching?
- Leisure: What it is and Who Needs It?
  - Work and Leisure
  - The Effects of Work and Leisure Upon the Person
- How Does Prayer Connect to Leisure?
- The Redemption, Leisure, and Lenten Resolutions: A Possibility and a Joy
- An Analysis and an Assignment

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What is Catholic  
Social Teaching?

# **The Four Pillars of Catholic Social Teaching**

1. The dignity of the person
2. The common good
3. Subsidiarity
4. Solidarity

From the Encyclopedia of Catholic Social Thought, Social Science, and Social Policy, Edited by Coulter, Krason, Myers, Varacalli

# What is Catholic Social Teaching?

## Catholic Social Teaching Answers...

- Whether something conforms with the Gospel
- How to guide Catholic behavior
- How to live one's Catholic vocation in the world
- How to use God's gifts according to His will

The human person is “and must always remain,  
[the] subject, foundation and goal” of Catholic  
social teaching.

*Compendium of the Social Doctrine of the Church 106*

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Leisure: What it is  
and Who Needs It?

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# Work and Leisure

# Workday World

- Earning a living
- The world of the useful
- The world of our needs and of attaining our needs
- The process of satisfying the common need

# Work

- Work indicates that we are responsible human beings.
- We can improve ourselves.
- We can bring order into the world around us.

The realm beyond the  
workday world

The workday world

Leisure transcends  
the workday world.

Transcendo, transcendere:  
To climb over, step over, pass over

What “pierces the dome” of the workday world?

- Philosophy
- Prayer
- Beauty
- Poetry
- Love
- Life’s joys and sorrows



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**Leisure??**

**What Leisure is Not**

**Acedia or Idleness**

# **Acedia vs. Leisure**

# Acedia

- Indifference
- Lack of enthusiasm
- Bored with everything
- Sloth, laziness
- A refusal to be moved by the “wonderful”
- The inability to enjoy leisure

# **Idleness vs. Leisure**

# Idleness vs. Leisure

## **Idleness**

- Restless activity
- "Busy-ness"
- Afraid of being alone with oneself

## **Leisure**

- Tranquil calmness
- Letting be
- Content by oneself or with others

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What is Leisure?

# What is Leisure?

- To transcend the workday world
- To look at reality in a purely receptive manner
- To recognize the world as created, as a gift
- The essence of leisure is celebration and Divine worship

*Leisure: The Basis of Culture*  
Josef Pieper

## Leisure Implies:

- An ability to be quiet and still
- A receptivity of heart

## Leisure also Implies:

- A perceptive understanding
- A contemplative beholding
- An immersion in the real

Leisure is a “capacity for steeping oneself in the whole of creation” and marveling in it.

- Leisure is an ability to be quiet and still.
- Since leisure means that one is not preoccupied with something else, it requires a calm.

Josef Pieper  
*Leisure: The Basis of Culture*

Leisure is a “capacity for steeping oneself in the whole of creation” and marveling in it.

- Leisure is a receptivity of heart.

Josef Pieper

*Leisure: The Basis of Culture*

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# The Effects of Work and Leisure Upon the Person

- Contributing to Society
- Establishing Self-Discipline
- Develops Talents and Strengths
- Overcomes Weaknesses

**Work**

# Work

Earning a Living

Exhausting

Difficult

Fast-Paced

Boring

Stressful

# Leisure

- Revives the soul
- Enlivens us to what is most important in life
- Restores our perspective on things
- Allows us the freedom to recreate

# Leisure

- We can enjoy the world around us.
- We are meant for more than simply the here and the now.
- Two important ways of being human are having a joyful heart and a spirit of gratitude.

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How Does Prayer  
Connect to Leisure?

The “soul of leisure” lies in celebration.

- Divine worship draws one out of oneself.
- Divine worship draws one out of the workday world.
- Divine worship draws one into “the heart and center of creation,” which is given to us as a gift.

Josef Pieper, *Leisure, the Basis of Culture*



**The Greatest Leisure is  
Worshipping God Through the  
Holy Sacrifice of the Mass**

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The Redemption,  
Leisure and Lenten  
Resolutions: A  
Possibility and a Joy

# The Redemption

- By His whole Incarnation, life, Passion, Death and Resurrection, Jesus made up for the debt of our sin.
- Jesus won for us the possibility of eternal life.

# The Redemption

- We can help others get to Heaven by offering up our prayers, works, joys and sufferings for them.
- Catholic Social Teaching is people helping people.
- The greatest way to help others is to help them get to Heaven.

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Leisure and Lenten

Resolutions: A

Possibility and a Joy

# Work

- Work indicates that we are responsible human beings.
- We can improve ourselves.
- We can bring order into the world around us.

# Leisure

- There is more to life than work.
- We are meant for more than simply the here and the now.
- Two key ways of being human are having a joyful heart and a spirit of gratitude

# The Lenten Challenge...

Get Ready...

It's Not Easy...

# For Lent, set aside some time each day for leisure.

- Arrange your schedule so that you can visit Jesus, who is Really Present in the Holy Eucharist at least once or twice a week.
- Make the time to pray the family rosary each day.
- Plan to eat together as a family at least once a day.
- Arrive ten minutes early for Mass together as a family each Sunday.

Your Life Would Be Transformed

If You Did Even Just One

of Those Challenges...

...for all 40 days...

No cheating!

It is a Possibility . . .

. . . and a Joy!



# An Analysis and an Assignment



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# **Analysis**

“Philosophy is grounded in the belief that the person’s real wealth consists not in satisfying one’s needs...but **in seeing what is...**,in seeing things not as useful, or serviceable, but **simply as being.**”

Josef Pieper,  
*The Philosophical Act*

# What is the Human Person?

“The whole of man's life is a **quest and a search for God**. This relationship with God can be ignored or even forgotten or dismissed, but **it can never be eliminated.**”

*Compendium of the Social Doctrine  
of the Church, 109*

A seeker of truth

Capax Dei

The human person is “a social being, and unless he relates himself to others he can neither live nor develop his potential.”

*Gaudium et Spes* 12



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# **An Assignment**

# Homework

- Pray
- Go to Mass
- Read the Bible

Enjoy a home-cooked  
family meal

- Spend some time in Eucharistic Adoration
- Talk about the Catholic Faith with others
- Read the Catechism of the Catholic Church
- Visit with someone
- Forgive others

The Greatest, Most Important Way to  
Help Others is Through Our Prayers  
for Them

**Enjoy some leisure today!**



# Resources

For further reading...  
*Leisure, The Basis of Culture*  
by Josef Pieper

**Compendium of the Social Doctrine of the Church,  
Pontifical Council for Justice and Peace**

**Encyclopedia of Catholic Social Thought, Social  
Science, and Social Policy, 2 vols.**

# Resources

- *Compendium of the Social Doctrine of the Church*
- Various Magisterial online texts
- Sacred Scripture (Bible version RSVCE, NRSVCE, DRA)

**Discussion  
Time!**

# Your Thoughts

- Comments, questions, or insights?
- How to put one's knowledge gained into practice
- “Do-able” next steps



# Closing Prayer

O loving Mother of our Redeemer, Gate of Heaven, Star of the  
Sea,

Hasten to aid thy fallen people who strive to rise once more.

Thou who brought forth thy holy Creator, all creation  
marveling,

Yet remains ever Virgin, receiving taking from Gabriel's lips,  
That joyful "Hail!" Be merciful to us sinners.

Thank you for listening!

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