

St. Ignatius Catholic School

Faith for Families

September 2022



We Belong to God!

How to allow God into the ordinary events of our lives

With the beginning of the school year, it seems like life just got instantly ... busy. Not that summer wasn't, there is just something about the structure and pace of the school year and activities that brings both comfort and craziness.

However, it's important that whatever moment we are in, we are deeply aware that God is with us. That we BELONG to Him. With the foundational knowledge that we are deeply and uniquely loved, comes our ability to live fully and offer our lives back to Him as a gift. One of the greatest gifts of the Incarnation is that God became human. For the first 30 years of Jesus' life, He "grew in wisdom, age and grace" which basically means that He grew up in a family and did normal things. So, in the "normal" events of our lives, let us find Christ there.

- In the Church Calendar, we are in "Ordinary Time." Right now, the Church calls us to really embrace the "ordinary," the highs and the lows, and unite all those things to Him. So, whether that is taking your kids to all their practices, making lunches or doing the dishes, there is beauty in that.
- C.S. Lewis said that "He loved us not because we were lovable, but because He is love." Since we are so loved, we are able to share His love with others.
- On September 5, we celebrated the feast of St. Teresa of Calcutta. She reminds us to "do small things with great LOVE"

So no matter what your "Ordinary Life" calls you to today, remember that everything can be offered to God AMDG "Ad Majorem Dei Gloriam (For the Greater Glory of God)"

Check out this podcast from Fr. Len about [How to Love Like Christ](#)

This month's prayer is the Prayer of Saint Francis. Please join our students in this beautiful prayer!

Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

Plug into our Parish!

There are lots of great things happening at Holy Apostles Catholic Church!

September events:

- Sept 11, 10am — Mass in the Park and Parish Picnic [RSVP HERE](#)
- Sept 16, 6pm — SI Foundation Bingo Night
- Sept 25 after 9 & 11am masses — K of C pancake breakfast
- Parish Calendar is online [HERE!](#)

Ignatian Spirituality

Something you may hear is our school's commitment to "Ignatian Spirituality," but what does that really mean?

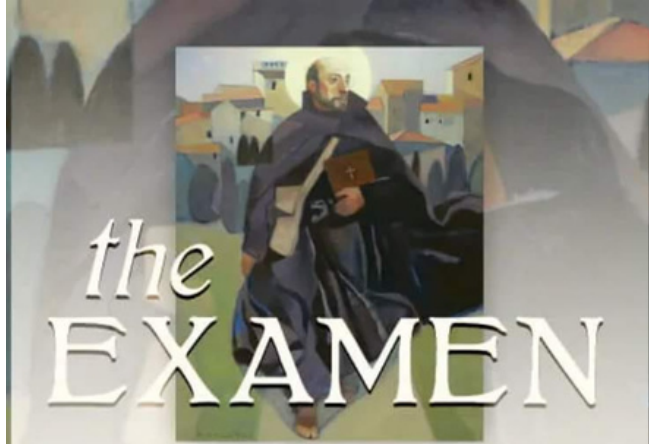
Within the Church, there are different prayer "styles" known as charisms. In a similar way to how individuals gravitate more to analytical or creative thinking, there are different ways to pray and express spirituality as well.

Usually, spiritualities are named after saints who held a particular charism or religious orders that they started, like Franciscans, Dominicans, Carmelites or Salesians.

Our patron, St. Ignatius of Loyola, founded a group of priests called the Society of Jesus, or the Jesuits, and the spirituality they follow is called "Ignatian Spirituality." For almost 500 years, Jesuits have committed their lives to Catholic education and while we do not have Jesuit priests at our school, we can still follow their example and pray the way they did.

Examples of Ignatian Spirituality that are incorporated at St. Ignatius are: The Daily Examen, Cura Personalis, AMDG, Magis and the Prayer for Generosity among others.

If you are interested in learning more about Ignatian Spirituality and Prayer, IgnatianSpirituality.com has quick, helpful videos and is an excellent resource!



the
EXAMEN

The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1 Ask God for light.**
I want to look at my day with God's eyes, not merely my own.
- 2 Give thanks.**
The day I have just lived is a gift from God. Be grateful for it.
- 3 Review the day.**
I carefully look back on the day just completed, being guided by the Holy Spirit.
- 4 Face your shortcomings.**
I face up to what is wrong—in my life and in me.
- 5 Look toward the day to come.**
I ask where I need God in the day to come.

WWW.IGNATIANSPIRITUALITY.COM

Version of the Examen from A Simple Life-Changing Prayer by Jim Manning © Loyola Press

Accounts to check out

Need something fresh in your newsfeed? Here are some great Catholic resources to bring new life and focus to your feed!

- [@bishopbarron](https://twitter.com/bishopbarron)
- [@moderncatholicmom](https://twitter.com/moderncatholicmom)
- [@gottabesaints](https://twitter.com/gottabesaints)
- [@europe_catholicphotography](https://twitter.com/europe_catholicphotography)
- [@catholicfaithformation](https://twitter.com/catholicfaithformation)
- [@portraitsofsaints](https://twitter.com/portraitsofsaints)

Also, download this [homily from Fr. Justin Brady](#) on how to go "all in" for Love of God and others in our daily lives.

Daily Faithfulness

As an introduction to our committee, Joe Kane, SI parent, board member and police officer, shares a little about how he lives out his faith in those roles.

"Blessed are the peacemakers, for they will be called children of God"

When you're a kid you don't have a concept of this, it's just cops and robbers, bad guys and good guys, evil versus good, drive police cars and shoot guns!

Being a cop is the only thing I've done in my adult life. For the last 21 years I've tried to use the vocation to do some good. To live a life of faith, in hopes that bring me closer to what Christ teaches us. Of course this is not easy and we fail all the time. The comfort I always have is that being a cop is necessary and matters. Life and death can happen every day. Society depends on our work even when it doesn't seem like it.

I'm blessed to be able to do a job I always wanted and can live our faith through. When times are difficult God is there to lean towards. I cannot imagine life without my Catholic faith. Without it, attempts to overcome the daily challenges of police life would be impossible.