

THE GOOD NEWS LETTER

JANUARY 25, 2019

WHY ADORATION IS ESSENTIAL FOR THE SOUL AND BODY

When we neglect prayer before the Blessed Sacrament, it negatively affects not only our soul, but our body as well. And so on the flip side, spending time in adoration is beneficial to more than just our soul. Can't see the connection? Well check this out ...

Here's the thing: The human person is "*a being at once corporeal and spiritual*" (*Catechism of the Catholic Church* 362)—so you better believe that we need to take care of both. The beauty is, they are intimately connected so much in fact that when we neglect one, we hurt the other. This is why our need for prayer and adoration are so great. Our world tries to separate the two and forget the role that our spiritual life plays in our physical life—and vice versa. When we sin, it affects not just our souls, but our bodies as well. When we pray, it not only affects us spiritually, but also physically.

If the body is capable of showing exteriorly what is happening in our soul, then what affects our soul, affects our body in a very real way. This is why adoration of the Blessed Sacrament is so indispensable. When we bring ourselves before the Eucharist, we are entering into, both physically and spiritually, "*the mystery hidden from eternity in God*" (*TOB* 19:4). We come into contact with Christ made visible in physical form here on earth. He makes himself accessible to us in our humanity to reveal his divinity which we are destined for!

Yes, he presents himself under the guise of bread, but only in order to take us even a step further: to make it possible to unite our body with his through communion. Adoration leads to and flows from this communion. If we truly believe that the Eucharist is "*the source and summit of the Christian life*" (*CCC* 1324), then when we receive him and soak in his true presence, our whole being is changed from the inside out.

We were made to be holy in every way—body and soul included. If holiness and wholeness is the essence of God, then his presence sanctifies both the body and soul. After some research and some prayer of my own, I want to list some of the benefits, both physical and spiritual, that I found to be the result of prayer in adoration.

Rest: According to a study by Dr. Herbert Benson of the Harvard Medical School, people who pray enter a "relaxation response". The body's metabolism decreases, the heart rate slows, blood pressure goes down, and our breath becomes calmer and more regular. Our body

responds to the state of our soul in the presence of God. We're so used to *doing*. When we're with him in his presence, we need only *be*. He simply asks us to just *exist before him*. We don't have to pray a certain way. We don't have to say the right, holy thing. We just need to be, and he will take care of the rest. Are you in need of that rest?

Focus: Whatever your struggle may be or the long to-do list you have, his presence is always more important. We are constantly moving from one thing to the next. His presence helps us to refocus our minds on what is true, good, and beautiful. We will be best at what we're supposed to do when we take time to let him reorient our mind. It's kind of ironic, many times I think I don't have time to go to adoration because of all the busyness and things I need to get done. In reality, his presence is exactly what I need to get through the day.

According to Dr. Carroline Leaf, "It has been found that...prayer increases activity in brain areas associated with social interaction, compassion, and sensitivity to others. It also increases frontal lobe activity as focus and intentionality increase." You actually become a more focused, all-around better person when you choose to take time to pray. And how much more will His true presence in the Eucharist re-center our lives if we let Him?

Healing: When we seek healing we must "run before the Most Blessed Sacrament, to look at the Host and let healing pass through the same organ through which evil so often passes: our eyes."

Jesus is waiting to give life and restoration to body and soul in the sacrament, but sometimes we would rather find just about anything else to fill our time. He longs to be food for our souls and even our bodies. When we soak in the presence of God, we are made whole. Worshipping him in adoration and receiving him in the Eucharist, We can become the presence of God by allowing him to transform us into his image.

When you are in eucharistic adoration, not only do you see Jesus Christ— Body, Blood, Soul and Divinity, but you are also seeing yourself, fully alive, present in the Host. We are members of the Body of the Christ and we are a part of him. When we go to adoration we are not only present to Christ, but we are present to the truest version of ourselves. And so humbly, I urge you to go to adoration to become Christ for others. Become who you are created to be, become the broken bread for the broken world!

--excerpted from an article by Taylor Tripodi, Ascension Press

CHRISTEENS DECEMBER UPDATE

December proved to be a busy time for our junior and senior high youth group members. They made salt dough ornaments for our family Christmas tree at church and participated in a live version of “Clue”, played like the board game but with random objects and stuffed animals located around the school building. They had a blast!



They also participated in the “Secret Santa” program again this year in Muncie where they met up and received information for families then shopped for needed items. This provided an eye-opening opportunity of those in need and they help that can be offered.

We have a great group of youth learning and yearning to grow in their faith. Watch for reports on what the group will be doing throughout the winter and spring months.



FEBRUARY RETREATS

The following retreats are being offered at the beautiful St. Joseph Retreat and Conference Center in Tipton, IN.

Crafter's Retreat

February 1 - February 3

Wish fulfillment for crafters of all types—time and space to work on your favorite crafts on our peaceful and beautiful campus. Cost: \$180 for single, twin room; \$135 per person for double, twin room.

Men's Silent Retreat

February 8 - February 10

Experience the wonder of silence and scripture. Cost: \$170.

Get Away for a Day

Tuesday, February 12, 9:00 AM - 3:00 PM

Come to our campus for a day of quiet and solitude. Includes lunch, Mass and Confession. Cost \$20.

To register, contact Samir Azer at sazer@dol-in.org or call (765) 551-9570. For more information, visit www.stjosephretreat.org

All retreats are available for adults age 19 and older.

NEW YEAR, NEW OPPORTUNITY

Married Couples – It's New Year's Resolution Time!

Resolve to start a new love affair with your spouse that's beyond your wildest dreams. It can happen on a Worldwide Marriage Encounter Weekend? Future Weekends will be at Our Lady of Fatima Retreat House, Indianapolis, from 26-28 April and from 1-3 November 2019. Visit www.wwme.org for further information.

During this season of hope, find hope for your hurting marriage.

The holidays can be stressful for couples who are struggling. Are you feeling helpless, frustrated, angry or betrayed? Retrouvaille (pronounced retro-vi with a long i) teaches couples how to survive times like these in their marriages. This program has helped 10's of 1000's of couples experiencing difficulty at all levels of marital distress from disillusionment to deep misery. Indianapolis Retrouvaille is now registering couples for the Feb 22 - 24 weekend at St. Joseph's Retreat Center in Tipton Indiana. Follow-up post-weekend sessions will take place at Our Lady Of Fatima in Indianapolis. **No one is turned away for lack of funds.** Learn more at www.HelpOurMarriage.com, email RetrouIndy@gmail.com or call 317-489-6811 for confidential registration information.



JANUARY CHALLENGE BY K OF C

After all the people had been baptized and Jesus also had been baptized and was praying, heaven was opened and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my beloved Son; with you I am well pleased." (Gospel for Jan. 13, Lk. 3:21-22)

Think about it. Do you really see yourself as a beloved son in whom your Heavenly Father is well pleased? To be honest, most [of us], including this archbishop, go through seasons when we don't seem to sense that our father is well-pleased. Maybe we see ourselves as self-made men and women who don't owe our father anything. Maybe we did not experience love from our dad or mom, and the very idea of being beloved is ludicrous. Maybe instead of Jesus' actual words, we hear, "This is my wayward son, in whom I am much disappointed." Yet we know that we are baptized into Christ and share in his identity as the beloved son. Being beloved sons is the bedrock of our identity. The plain fact is that your heavenly Father is well-pleased with you.

JANUARY CHALLENGE by Supreme Chaplain Archbishop William E. Lori:

This month I challenge you to hear the Heavenly Father saying these words—"you are my beloved son"—personally to you, and reflect on your identity in him. I recommend that you do so, if possible, in Adoration. Secondly, I challenge you to spend time with someone who loves you unconditionally. Ask them why? Their answer should give you a small glimpse of God's unconditional love for you.

--Knights of Columbus.org

WALKING TOGETHER IN THE LIGHT OF CHRIST... WE MADE OUR GOALS

The Fruitful Harvest 2018 biennial appeal, *Walking Together in the Light of Christ*, pledge phase is wrapping up. As a Catholic community, we are called to respond to God's grace in our lives. Fruitful Harvest is an opportunity to respond to His grace by sharing our blessings.

The diocesan goal is \$9,800,000 with St. John's assessed \$44,717 and St. Mary's \$13,697. As of mid-January, both our cluster parishes have now met our goal in pledges with St. John's at \$48,300 in 74 pledges and St. Mary's at 26 pledges totaling \$14,430. We still have a few cards to contact.

Thank you to those that have returned the pledge card and thank you to all for your continued stewardship and prayers as we progress through this next diocesan appeal, "Walking Together in the Light of Christ."

DJN

75 YEARS OF FAITH

Diocese of Lafayette-in-Indiana
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Lafayette, IN 47901
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<https://dol-in.org>

The Diocese of Lafayette-in-Indiana will be celebrating its 75th Anniversary on October 21, 2019. Over the next year, we will be celebrating this milestone with events, activities and celebrations. We hope this opportunity will bring a renewal to the people of the Lafayette Diocese.

SAVE THESE DATES:

August 28, 2019: Muncie Deanery Mass/Reception with Bishop Doherty, St. Mary's in Muncie, 6PM

September 28, 2019: Finale Event for Entire Diocese, Saint Joseph Retreat and Conference Center, Time/Details TBD

Life is a Gift From God. The Church's teaching on the dignity of human life is clear. "Human life" states the Catechism of the Catholic Church, "must be respected and protected absolutely from the moment of conception. From the first moment of his existence, a human being must be recognized as having the rights of a person—among which is the inviolable right of every innocent being to life."

Denver Archbishop Samuel J. Aquila - January 22, 2013

PRAY FOR WORLD YOUTH DAY

Prayer is the foundation for World Youth Day. Just as in any pilgrimage of faith, we begin with prayer and reliance of God, for it is through the Lord that all things are possible. Beyond the practical steps and details, it is important to ground everything in a sense of spirituality and mission.

In preparation for the 2019 World Youth Day, take time to pray for:

- The Universal Church, led by His Holiness Pope Francis and the bishops of the world
- The nations of the world: for solidarity, peace, and cooperation
- Youth and young adults ages 16 to 35, especially those on pilgrimage to WYD
- The young people who are disconnected from the practice of faith: for a conversation of heart
- Those who lead ministries for youth and young adults: in thanksgiving for their great work
- Those who are marginalized, lost, in poverty, sick, hurt, or in need of prayer
- Those who have died, and who have passed down to us our heritage of faith
- The host country of the international WYD: Panama
- Any special intention you may have at the moment

We offer prayers to the Lord, through the intercession of the Blessed Virgin Mary and the patron saints of World Youth Day USA:

- **St. James the Apostle**, patron of pilgrim travelers
- **St. Kateri Tekakwitha**, young faithful witness from our native land
- **St. Therese of Lisieux**, patroness of missionaries and advocate for youth
- **St. John Paul II**, father and patron of World Youth Day
- **Bl. Pier Giorgio Frassati**, patron of young adults

Check out the WYDUSA [patron page](http://www.usccb.org) at www.usccb.org for more information about these holy men and women of faith, who accompany us spiritually to World Youth Day. Also, learn more about **Blessed Pier Giorgio Frassati**, a lesser-known but inspirational young man who St. John Paul II presented as "the man of the beatitudes" for World Youth Day pilgrims to follow closely. May he help you and other WYD pilgrims climb "to the heights" in this pilgrimage of faith.

--usccb.org

"LUKE - STORIES ON THE ROAD"

Presented by Frank Runyeon

February 13, 2019, 7pm

St. Lawrence Church, Muncie

Frank Runyeon will present "Luke—Stories on the Road" on February 13 at 7pm at St. Lawrence Catholic Church, Muncie. They're some of the most famous stories ever told: The prodigal Son; the Good Samaritan; The Sower of Seeds. Stories we have heard many times, or have we? In an evening that is both entertaining and eye-opening, Frank Runyeon performs the famous parables in Luke's travel narrative, and then pauses to reflect on how we hear each story—and miss what it is really saying. Frank Runyeon does what Luke himself did. He starts with Jesus speaking at the synagogue at Nazareth, and takes us on a journey to Jerusalem, so we can hear these famous stories in order, and begin to hear what Jesus was really saying.

Hope to see you on February 13!

CELEBRATING BIRTHDAYS AND ANNIVERSARIES

ANNIVERSARIES:

1 Jack & Becky Cain

BIRTHDAYS:

5 Stuart Shields

10 Austin Mackey

10 Chris Pfeffer

11 Bailey Elkins

15 David Dell

20 Rachel Shields

25 Bud Rees

26 Wanda Hoover

26 Marilyn Snyder

28 Bennie Brenner

If you would like to be included in the birthday and anniversary listings, please drop us a note. We would be happy to share it through *The Good News Letter*.

SISTERS OF PROVIDENCE EVENTS

Sisters schedule 'Retreat for Busy Catholic Moms'

All busy mothers are invited to join the Sisters of Providence of Saint Mary-of-the-Woods, Indiana, for the upcoming "Retreat for Busy Catholic Moms," scheduled for 6:30 p.m., Friday, Feb. 8, to 1:30 p.m., Sunday, Feb. 10, in the Providence Hall Community Room. The time together will include presentations, prayer, learning from others, Mass and more. Cost is \$220, which includes lodging and meals, or \$130 without lodging. Registration deadline is Feb. 1.

Sundays at the Woods: An Afternoon of Art

Join the Sisters of Providence of Saint Mary-of-the-Woods, Indiana, for the fifth installment of Sundays at the Woods: An Afternoon of Art, scheduled for 2 to 4 p.m., on Sunday, Feb. 17. Discover some of the works of art displayed at the home of the Sisters of Providence and view pieces created by sister artists and others. Those wishing to attend are asked to meet in the lobby of Providence Spirituality & Conference Center. There is no cost, but donations will be warmly welcomed.

For more information on the above two events, call 812-535-2952 or email jfrost@spsmw.org.

Find greater meaning, community as a Providence Associate

Are you looking for spiritual enrichment, support, a community, or a sense of mission? God may be nudging you to become a Providence Associate of the Sisters of Providence of Saint Mary-of-the-Woods, Indiana. The Sisters of Providence are inviting persons of all faith traditions to apply to become a Providence Associate. Applications are being accepted for this year until May 31. Contact Co-Directors Debbie Dillow at 317-250-3294 or ddillow@spsmw.org or Sister Susan Paweski at 312-909-7492 or spaweski@spsmw.org to request an application. Learn more at ProvidenceAssociates.org.



WOULD YOU PRAY FOR A PRIEST

- Feb. 1-Pope Francis I
- Feb. 2-Bishop Timothy Doherty
- Feb. 3-Fr. Dave Newton, St. Mary Dunkirk and St. John the Evangelist Hartford City
- Feb. 4-Fr. Mike Kettron, retired
- Feb. 5-Fr. John Kiefer, retired
- Feb. 6-Fr. Leroy Kinnaman, St. Peter, Winamac, St. Joseph Pulaski, St. Henry, Medaryville, St. Francis Salono, Francesville
- Feb. 7-Fr. Bob Klemme, St Charles Otterbein & St. Patrick Oxford
- Feb. 8-Fr. Peter Logsdon, St. Joseph, Winchester, and St. Mary, Union City
- Feb. 9-Fr. Gustavo Lopez, St. Boniface Lafayette
- Feb. 10-Fr. Jeffrey Martin, All Saints, Logansport
- Feb. 11-Fr. Adam Mauman, St. Charles Borromeo, Peru
- Feb. 12-Fr. Brendan Mbagwu, St. Elizabeth Ann Seton Carmel
- Feb. 13-Fr. Mike McKinley, St. Maria Goretti, Westfield
- Feb. 14-Fr. Mike McKinney, St. Joseph, Rochester
- Feb. 15-Fr. Tom Metzger, Our Lady of Grace Noblesville
- Feb. 16-Fr. Chris Miller, St. Mary Frankfort
- Feb. 17-Fr. Richard Miller, Tribunal Lafayette
- Feb. 18-Fr. Joseph Minuth, St. Thomas Aquinas West Lafayette
- Feb. 19-Fr. Bob Moran, Immaculate Conception Portland
- Feb. 20-Fr. Kyle Neterer, Cathedral of St. Mary of the Immaculate Conception, Lafayette
- Feb. 21-Fr. John Nguyen, St. Elizabeth Ann Seton, Carmel
- Feb. 22-Fr. Dennis O'Keeffe, St. Alphonsus Zionsville
- Feb. 23-Fr. Coady Owens, Holy Spirit, Fishers
- Feb. 24-Fr. Alex Paternoster, Our Lady of Mt. Carmel
- Feb. 25-Fr. Dominic Petan, Cathedral of St. Mary of the Immaculate Conception, Lafayette
- Feb. 26-Fr. Sean Pogue, St. John Vianney, Fishers
- Feb. 27-Fr. Richard Puetz, retired
- Feb. 28-Fr. David Rasner, St. Mary of the Lakes, Monticello

WOULD YOU PRAY FOR A PRIEST?

LITURGICAL MINISTERS FOR FEBRUARY—ST. JOHN'S

Saturday 5:00 pm **Reader:**
Sarah Montgomery **Gifts:**
Anna & Vince Cimino
Announcements: Barbara
Houseman **Communion**
Ministers: Diana Holsten, Lisa
Rinker, Sr. Rita Musante,
Kellee Merkel, Mary Ford

Sunday 8:30 am **Reader:**
Religious Ed 3, Susan Lannoy,
10, 17, Becky Cain 24 **Gifts:**
Religious Ed 3, Terry & John
McVicker **Announcements:**
Bernadette Elkins **Communion**
Ministers: Linda Trant, Amy
Henderson, Megan Trissel, Eric
Aulbach, Tom Alfrey

CHECK US OUT ON THE WEB

Our cluster parishes of
St. Mary's and St. John's now
has a website. Check us out at:
stmaryjohn.org.



LITURGICAL MINISTERS FOR DECEMBER & FEBRUARY—ST. MARY'S

February 3: **Reader:** Bob Banser **Gifts:** Dean & Loretta Wilson
Communion Ministers: Amy Grady & Kelli Grady **Greeter:** Colleen
Bicknell **Counters:** Kathleen Inman and Angie Burress **Song Leader:**
Amy Blakely

February 10: **Reader:** Dan Watson **Gifts:** Matt & Jenny Johnson
Family **Communion Ministers:** Danette Hamilton & Susan Louck
Greeter: Phil & Jane Crouch **Counters:** Dan Watson & Danette
Hamilton **Song Leader:** Amy Blakely

February 17: **Reader:** Sandy Doyle **Gifts:** Connie & Ken Hartnagle
Communion Ministers: Laverne Watson & Dan Watson **Greeter:**
Colleen Bicknell **Counters:** Dan Watson & Jane Crouch **Song**
Leader: Amy Blakely

February 24: **Reader:** Laverne Watson **Gifts:** Amy & Brad Grady
Family **Communion Ministers:** Connie Hartnagle & Colleen Bicknell
Greeter: Phil & Jane Crouch **Counters:** Danette Hamilton & Jane
Crouch **Song Leader:** Amy Blakely



PEOPLE WITH GOOD NEWS

Bethany Elkins was on the all A honor roll first semester at BHS.

Allyson Henderson was on the A/B honor roll at Montpelier School
for second quarter and first semester.

Madison Henderson was on the all A honor roll for first semester and
A/B honor roll for second quarter at Montpelier School.

Mason Kitterman was on the A/B honor roll at Montpelier School for
second quarter and first semester.

Jessica Manley was on the all A honor roll first semester at BHS.

Lance Manley was on the all A honor roll first semester at BHS.

Madison Merkel was on the all A honor roll first semester at BHS.

Jenna Payne was on the all A honor roll first semester at BHS.

Damien Shields was on the A/B honor roll first semester at BHS.

Anya Uggen was on the all A honor roll first semester at BHS.

Helen Whitesell was on the all A honor roll first semester at BHS.

**St. Mary Parish and
St. John the Evangelist Parish**

209 S. Spring St., Hartford City, IN 47348

PASTOR - Rev. David J. Newton

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Lord's Day Liturgy

SATURDAY: 5.00 pm at St. John's

SUNDAY: 8:30 am at St. John's

10:30 am at St. Mary's

- Weekday Liturgy: Please consult inside the bulletin. -

NEWSLETTER DEADLINE: Feb. 15, 2019

Editor: Diana Holsten



Saturday, February 2, 4:30-7pm

Knights will host a fish fry in the parish hall.

All-you-can-eat Fish, potatoes, coleslaw, dessert, and a drink

\$9 Adults; \$5 kids under 12



**KNIGHTS
OF COLUMBUS®**



ENCOUNTER JESUS

Understand, Live, and Share your Faith!

St. John's parish recently purchased a kiosk from Augustine Institute that includes prayer pamphlets, CD's and various full-length books all addressing various topics on the Catholic faith. One CD will be featured every two weeks in the bulletin. These items are located in the parish hall.

Many of today's great Catholic speakers such as Dr. Scott Hahn, Bishop Robert Barron, Dr. Tim Gray, Jeff Cavins, Venerable Fulton Sheen and others present these materials in such a way for all to engage in and understand covering various topics such as Mary, the Mass, confession, Why be Catholic, prayer, sexuality, Mother Teresa, and more. There are even materials for children. These materials are printed through Lighthouse Catholic Media.

We are excited about this new addition to our parish hall and invite all to check it out and share with your friends, so please consider sharing your CD once you've listened to it! Don't delay, start today while you are hibernating from old man winter!

It is our hope that this will bring about more adult catechesis and enhance our faith life and learning. May the Holy Spirit guide us to a stronger faith and greater understanding of Christ.

