



Apostolate of the Green Scapular

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Dedicated to the Sacred Heart of Jesus and Immaculate Heart of Mary

Catechism For Today's Catholic

- *What are the Ten Commandments?*
- *What is the Greek Word for our Church?*
- *What is Spiritism, and is it an accepted Christian practice?*
- *What are the Four Last Things?*
- *What is the Catholic definition of Infidel?*

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Depression Caused By Unforgiveness

Perhaps the most common complaint that we humans experience is that we may be suffering from depression. This is not only painful, but it saps the joy out of our lives if it persists a long time. While giving Parish Missions for over ten years, this is the commonest complaint that I kept hearing. When counseling with them, I quickly realized almost every one was very angry. So my first question was: Do you know who you are so angry with? Some could immediately name one or many. But most denied being angry with anyone at all. No wonder depression is such a common experience.

So what do we need to do? Tell the Lord when in prayer, that you don't want to be angry with anyone, no matter how badly they may have hurt you. Next, you tell Jesus you willingly forgive every-

one of these individuals, no matter what they may have said or done to you. All of us have the ability to block out our anger to where we don't even think of it, but it will always be there if there if we don't forgive. So we can



Immaculate Heart of Mary, Pray for us, now and at the hour of our death. Amen.

expect that our Lord is not going to heal us until we forgive our perpetrators.

Do we need to tell those we are angry with that we forgive them? No, because we may give them a second chance to hurt us again. We only need to tell God that we

forgive everyone and our depression can be healed. God is so good, He never wants us to think we don't need to forgive and after we die we have to spend weeks or months in Purgatory where we learn to forgive. This is also true of any individual who has addictions; drugs, smoking or alcohol. These individuals also need to tell God daily that they do choose to forgive everyone who has ever hurt them. Their easiest road to recovery would be to tell God frequently that they completely forgive every single individual who has ever hurt them. The best way to speed up our recovery is to pray for our enemies, offer our Holy Communion for their benefit or do a small sacrifice for those needing forgiveness.

If we do this, we not only are set free, but Jesus now becomes someone we have a much stronger love for.

—Fr. John

Praying For Politicians and Legislators

There can be no question that the United States and all countries around the globe are in trouble. Christians are being martyred on crosses, genocide is raging, abortions on demand, sexual perversions of every kind and corruption rampant in politics. It's time to do more than complain. We need to pray hard, fast,

and make sacrifices to God for sinners. We are ready to suffer a grave economic collapse which will result in unemployment, starvation, violence and more. Legislators and citizens have no fear of

**WILL YOU FAST
WEDNESDAY'S
AND PRAY
DAILY FOR
YOUR STATE
POLITICIANS?**

God or His Laws, but you can make a huge difference. We urge you to join our daily Novena for Politicians and Legislators so that our Lord Jesus Christ will guide them. Miracles happen when good people pray! —Staff

Healing the Family Life

Jesus has always intended that our family life should be like His own when He lived with Mary and Joseph in Nazareth. Our family life, does not only depend on the goodness or badness of our parents, but can even be turbulent because of evil done by a now deceased distant relative.

If you could honestly admit what a comedian used to state in one of those old Hee-Haw programs: “If it wasn’t for bad luck, I’d have no luck at all”. If this is true in your case, it may well have been caused by a relative who was involved in occult activities, perhaps not even being aware of the danger involved.

I had helped out in the exorcism of a Catholic woman who picked up several demons with her first visit to a Fortune Teller.

So if your own family life is much too

miserable and unhappy, what can you do to correct it?

First, go to Jesus in prayer and ask Him to correct what is amiss, whatever ancestral bondage or activity is badly hurting your own family life.

Whenever I was made aware of such a family condition, my first suggestion was to get a Priest to celebrate a Mass that would heal and erase this bondage. The Mass would not need to be celebrated in the home, it could be offered in any Catholic Church with the family knowing the day and time so they could participate fully by both Confession and Holy Communion.

So great is the power of the Eucharist that offering only a single Mass is needed. Especially if the parents strongly suspect when this evil may first have entered and then pray for and forgive those who may have been

guilty.

Some of the things you may look for is demonic games or books. I myself have grave suspicions toward any book that features spells or activities that could be demonic. Even some of the well-known kids programs that features cartoon characters can create problems for unhappy children.

It is never wrong for parents, when they become aware that something is amiss in their family to ask Jesus or Mary to enlighten them. The most obvious indication that something is wrong is when the children will want no part in the family Rosary or any form of family prayer.

If a single Mass does not totally correct the home life, then a second or even a third Mass may need to be utilized. —Fr. John

Technology Evolution and Control

A company called, Identity Stronghold, offers specialized wallets, purses, cell phone bags, and sleeves that will help protect your credit cards or passports from emitting your personal information through an RFID computer chip. A two-way radio computer chip discloses your personal info.

If anyone has a RFID chip reader, your account number can be scanned and captured by anyone. To date, over 100 million plus credit cards use this technology, and you can bet your local credit issuing company will soon issue you one. Visit this website, www.idstronghold.com

Our Brain, God’s Precious Gift

We should all feel wonder and praise in the way God created and endowed us. Now that so many people are familiar with computers, we need to realize that from the days of Adam and Eve, God has given us in our brains, an instrument that could only be matched by a present day, million dollar computer, and its always there for us to use because its uniquely ours. So whenever we have a difficult decision to make, just tell Jesus, “I’m giving this concern for my brain to resolve since you have so generously endowed me”.

Your brain will work on a solution 24 hours a day, even when you are asleep or involved in another activity. So don’t spend time thinking or planning because we will get a finished, perfect answer. How can we doubt when we should know that God has already programmed us to be successful. The times we fail, it’s because we made our own decisions and ignore what God is telling us.

Unfortunately, many of us have never set goals that we desire to be in heaven when our life is over, and we

short circuit our brain by intercepting its work. So none of us should waste time thinking when will we get an answer. It will be automatic when our computer brain comes up with it. Should we fear making a mistake? No, because our brain often operates on negative feedback. So don’t jam your computer brain with too much conscious effort. Let your computer work without trying to make it work. Always be sure to thank and praise the Father, Jesus and the Holy Spirit for giving you such a magnificent gift.

—Fr. John

St. Vincent de Paul our Patron Saint

St. Vincent de Paul (1581—1660)

Born near Dax in the village of Pouy in Gascony, France; one of four sons and two sisters. He would watch over the sheep and recite the Psalms during his youth and young adult life. Noticeably intelligent, Vincent's father agreed to school under the direction of the Franciscan Fathers at Acqs. He continued his studies under the Franciscans. In 1596, he attended the University of Toulouse and was ordained a priest in the year 1600.

In 1605, while on a voyage from Marseilles to Narbonne, Vincent was cap-

tured by African pirates and taken to Tunis as a slave. He was successful in escaping from his captors, and went to Rome, afterwards he returned to France where he was hired by Emmanuel de Gondy, count of Joigny. Monsieur Gondy was the general of the galleys of France. In 1625, St. Vincent de Paul began the Congregation of the Mission, or commonly known as the Lazarists, which stemmed from his priests occupying the Priory of St. Lazarus in 1633.



Known not only for the Congregation of the Mission Priests but for the important **Sisters of Charity** (also called Daughters of Charity) and the Ladies of Charity. St. Vincent fought heroically against the heresy of Jansenism. At the end of his life, he was very sickly and in the autumn of 1660, he passed away. The French peasant Priest, Monsieur Vincent, was Canonized by Pope Clement XII, in 1737 and Pope Leo XIII proclaimed him the Patron Saint of all charitable societies.

You Too Can Be A Saint

When God created the first human beings, Adam and Eve, He gave them a built in guidance system or what we can call a goal seeking device. Every plant and animal on earth was given this success instinct which made it possible for them to not only survive but to prosper. We humans also have this God given success instinct with this difference, God has given us a creative imagination so we can pick and choose whatever we hope to accomplish.

It actually operates automatically in two different ways: 1) Where our target or goal is known, like in throw-

ing horseshoes, we can drop the shoe right on the stake. 2) Where our goal isn't known, we can scan and come up with what we hope to do. The key factor that activates our brain is that we tell it the goal we wish to attain.

When still working in Mississippi, I met a man who had just retired as president of the biggest U.S. Banana company. He told me that when he was graduating from high school, he felt that the most important thing he could do for himself was to become a millionaire. As he thought about this, he did not want to attain it only after he had gotten old. In thinking about

how he could accomplish this, he felt that with hard work and some investments, he could possibly be a millionaire when he would be 30 years old.

As soon as I saw the big diamond ring on his finger, I asked him this question? "When did you first become a millionaire? He replied, "When I was 26".

How many of us have ever told Jesus that our main goal in life is to become a Saint before we die? If we have never given our minds the clear goal towards which to work, we may never possibly achieve it. —Fr. John

Apostolate of the Green Scapular Newsletter

I hope to publish a monthly Newsletter that may be helpful to any of you that have been confronted with worries or concerns that are causing you troubles.

If you wonder what my qualifications are, I am an ordained Priest for over 57 years. I retired as a Pastor in Nov. 2012. As a Priest, I was involved with

the Charismatic movement. I also spent 10 years giving healing retreats and missions around our country.

Because Mary is the mother of Jesus, she has also taken on the role of being a mother to all of Jesus children. Since you are devoted to the Green Scapular of Mary, you are already well known to her. So when you invite her into your

life, she will be excited that you also want to serve her Son more faithfully.

So in these times of stress and turmoil, we need to be so grounded in Jesus and Mary that we are not going to fail them or ourselves. Be assured, we are praying for you daily!

—Fr. John

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Join Our Monthly Novena



Starting in October 2013 thru January 15, 2014, we will be praying daily for Politicians and Legislators.

You can find this Novena at: www.greenscapular.org on our Home Page. Please help pray for your national politicians so they will be guided by our Savior, Jesus Christ, our just Judge and lover of humanity. God bless you!

Answers to the Catechism

What are the Ten Commandments? 1) I AM the Lord your God, you shall not have strange Gods before me. 2) You shall not take the name of the Lord your God in vain. 3) Remember to keep holy the Lord's Day. 4) Honor your father and your mother. 5) You shall not kill. 6) You shall not commit adultery. 7) You shall not steal. 8) You shall not bear false witness against your neighbor. 9) You shall not covet your neighbor's wife. 10) You shall not covet your neighbor's goods.

What is the Greek word for our Church? The Greek word for our Church is *Katholikos*, (Catholic) which means universal.

What is Spiritism? The attempted communication with the souls of the deceased, often using séances, table tapping, ouija boards, or witchcraft. The church condemns spiritism, superstition and practices related to Satanism, because you cannot serve two masters.

What is the Catholic definition of Infidel? It means unfaithful one. Although used formerly in reference to one who did not believe in the Christian Faith, now it is used more commonly for those who have no faith, i.e., atheists and agnostics.

Conforming to God's Will

If any of us would desire to find a way to always please God, then this is what we need to consider. That we conform our wants, our wills to whatever God wants us to have. In other words, we should only want to do whatever God may desire of us. This also serves to be what most of our best theologians think.

St. Augustine said this: "Nothing happens by chance in our lives because God over rules everything." St. Basil put it this way: "Nothing can befall us contrary to His will. Nothing can hurt us without His permission. Whatever God allows to happen to us is so good that nothing better can even be imagined." St. Therese, the Little Flower, wrote: "Direct all your prayers to only one thing, that you conform your life

perfectly to what God wills. Be assured that there is no greater perfection attainable then by such conformity."

A hermit who lived in a cave in Egypt planted an olive tree so he could enjoy its shade and fruit. He did his best to take care of all the tree needed but soon his tree died. Visiting another hermit nearby, he saw a beautiful, healthy olive tree near his cave. So he asked him why he had such success in growing it. He replied: "I told God that He needed to take care of this tree and He has done so."

The greatest glory any of us can give to God is that we strive only to do what He wills or desires for our lives. So what can we do to conform our-

selves to God's will? 1) Never desire to want or possess anything unless we know that God wants it. 2) We accept our bodily infirmities, our natural defects and crosses like Jesus accepted His. 3) We resign ourselves to "thank" God for whatever happens to us, whether good or bad. If we don't get upset with the trials other individuals may give us by never complaining.

One day St. Frances of Assisi came back late to his monastery. He found the door locked and the monk in charge was already asleep in his own room. So St. Frances just laid down to sleep for the night at the monastery entrance, as if he were in his own room. No wonder he became a great Saint.
—Fr. John