

Holy Spirit Habits ~ Cultivating Joy

“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” Romans 15:13

Prayer ~ The Rosary

“It would be impossible to name all the many Saints who discovered in the rosary a genuine path to growth in holiness.” – Pope Saint John Paul II

October is the month the Catholic church dedicates to Our Lady and the Rosary. Tradition tells us that intercession to Our Lady through the rosary has tremendous power to change hearts and even circumstances in the world around us (consider the story behind [Our Lady of the Rosary](#) feast day on October 7). Check our bulletin board in the back of church for resources on making the rosary part of your daily life.

View this month's prayer link and hear one young woman's reflection on the gift the rosary is in her life:

<https://www.youtube.com/watch?v=kzgWgetfIWQ>

Fun Fact: Some say that if you fall asleep praying the rosary, the Angels will finish it for you.

Grace ~ The Eucharist

“When we receive Holy Communion, we experience something extraordinary – a joy, a fragrance, a well-being that thrills the whole body and causes it to exalt.”

–St John Vianney

Many of us know that the meaning of the word Eucharist is Thanksgiving. But also present in Eucharist is the root word *chara*, meaning JOY. Only when we come to the altar to receive Jesus will we find true joy. At each Mass Jesus pours his grace out upon us in the sacrament of the Eucharist. He holds nothing back. He gives us His body, blood, soul and divinity because he knows that we will only find the happiness, the joy, the fulfillment we are all searching for in Him. In intimate union with Him.

Take some time this month to let this truth sink in and view this clip from Altaration by Ascension press:

https://www.youtube.com/watch?v=ImLLQt3bM_E

Community ~ Why do we genuflect?

“Joy is prayer, joy is strength, joy is love. Joy is a net of love by which you catch souls.” - St. Teresa of Calcutta

This month we continue our delving into the gestures we Catholics “do”. We are often unaware of why we “do” these things or “what it is” we are saying with our bodies. This month we turn our focus to why we genuflect in church: before we enter a pew, as we leave our pew, and why on both knees when we are before Jesus in our adoration chapel. The Catechism of the Catholic Church 1378 defines genuflection as a reverence made by bending the knee, especially to express adoration of the Blessed Sacrament.

Take a few minutes to be entertained and inspired by Father Michael Schmitz and hear 3 things you might not have considered when you genuflect.

<https://www.youtube.com/watch?v=8uNnxKSYobw>

Service ~ Respect life

“We are at Jesus' disposal. If he wants you to be sick in bed, if he wants you to proclaim His work in the street, if he wants you to clean the toilets all day, that's all right, everything is all right. We must say, “I belong to you. You can do whatever you like.” And this is our strength. This is the joy of the Lord.” – St Teresa of Calcutta

October is Respect Life Month. Thanks to the prayers and efforts of so many in central Ohio we experienced a 5% decrease in abortions in 2016 AND in the last couple months another Planned Parenthood who referred for abortions in Delaware, Ohio closed their doors. One of the ways you can recognize Respect Life Month is by participating in “The 40 days for Life”. St Matthew has committed to October 26th as our day to be a part of this peaceful vigil. Stand, witness and pray with others from St Matthew by signing up for an hour on the sheet found on the bulletin board closest to the church office.

For more information on respect life month from the USCCB click here:

<http://usccb.org/about/pro-life-activities/respect-life-program/2017/2017-respect-life-statement.cfm>