

# Holy Spirit Habits ~ Living Patience

“...Live in a manner worthy of the call you have received, with all humility and gentleness, with patience bearing with one another through love, striving to preserve the unity of the Spirit through the bond of peace.”

– Ephesians 4: 1b-3

## Prayer ~ Go deep this Advent

“Patience, prayer and silence...these are what give strength to the soul.”- St. Faustina Kowalska

This Advent keep the season real and take your relationship with God to the next level.

1. Committing to daily prayer.
2. Set aside time to celebrate Reconciliation this month: Sat. 4-4:45PM, Sun. 9-9:45AM, 11-11:45AM, 4-4:45PM and Wed 7-7:30AM.
3. Establish a free Formed account to access Advent content from The Augustine Institute: movies like Mary of Nazareth, the documentary The Story of the Nativity, free Lighthouse Catholic CD's, and children's content.

To create your account simply:

1. Visit [www.formed.org](http://www.formed.org)
2. Scroll to the bottom of the page and enter the parish access code: 3EVT3C
3. Complete your personal registration for FREE access to all materials!

Additional videos and a playlist of Advent music can be found on our new St. Matthew Parish, Gahanna Youtube channel at:

<https://www.youtube.com/channel/UC8qGMTfcrdTV9-yJ4SZCLA/playlists>

## Grace ~ Confirmation

“Patience is the companion of wisdom.”

- St. Augustine of Hippo

Confirmation is the final sacrament of initiation. In it we are sealed with the Holy Spirit. It is a seal established by God and marks us as His in a way that is similar to baptism but different too. “This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in his service forever...” (CCC1296). At Confirmation we receive the same Holy Spirit that was received by the apostles at Pentecost. The apostles, and we too, “receive (the) special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never be ashamed of the cross. (ccc 1303). This month take a few minutes to contemplate the grace of this sacrament, calling on the Holy Spirit to stir up His fruits within us.

This month you can hear the testimony of Chris Stefanick as he shares:

What happens at Confirmation?

[https://www.youtube.com/watch?v=q6fD7D8col0&t=302s&list=PLHIQ\\_c7ihdqRvKBna-x9syfh16\\_bESIX&index=2](https://www.youtube.com/watch?v=q6fD7D8col0&t=302s&list=PLHIQ_c7ihdqRvKBna-x9syfh16_bESIX&index=2)

## Community ~ The Nicene Creed

“Let nothing disturb you, let nothing frighten you, all things pass away, God never changes. Patience attains all things. He who has God lacks nothing: God alone suffices.” – St. Teresa of Avila

As we near the end of the Liturgy of the Word we come to The Creed, our profession of faith. When we state, “I believe...” each of us expresses the core beliefs of the Church. According to the CCC, there are two aspects of belief. Belief is something intellectual, it is “a free assent to the whole truth that God has revealed, and it is “a personal adherence” an entrusting of oneself to God. At Mass this month take time to really think about what it is that you believe. Know that martyrs have fought and died for these truths.

Especially notice at Mass on Christmas Eve and Christmas Day how we reverence the words “For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.” with a genuflection. Personally, and together we reverence this central event in our salvation history: the incarnation.

Tune into this short film by to help you truly pray the Creed at each Sunday Mass.

<https://www.youtube.com/watch?v=0YNeTwWU1RE>

## Service ~ Caring for Migrants and Refugees

“Hope is practiced through the virtue of patience, which continues to do good even in the face of apparent failure... transform(ing) our impatience and our doubts into the sure hope that God holds the world in His hands...in spite of all darkness.” - Pope Benedict XVI- Deus Caritas Est

“Every stranger who knocks at our door is an opportunity for an encounter with Jesus Christ, who identifies with the welcomed and rejected strangers of every age (Matthew 25:35-43).” These are just a few of the challenging words of Pope Francis from his message for the 104<sup>th</sup> World Day of Migrants and Refugees 2018.

To view his message in its entirety, click on this link:

[http://w2.vatican.va/content/francesco/en/messages/migration/documents/papa-francesco\\_20170815\\_world-migrants-day-2018.html](http://w2.vatican.va/content/francesco/en/messages/migration/documents/papa-francesco_20170815_world-migrants-day-2018.html)