

Growing in FAITH

Discovering hope and joy in the Catholic faith.

April 2003

St. Jerome Croatian Church
FRANCISCAN FATHERS: Fr. Joe/Fr. Tomislav

One Minute Meditations

Become a spiritual athlete

Occasionally God lets us face trials that strengthen us, much as a successful athlete is conditioned by training. So it may help to think of problems as spiritual conditioning. "... Do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves ..." (Hebrews 12:5-6).

Susanna's choice

When Susanna had to choose between sinning with two wicked elders or be falsely accused of adultery, she took her chances with the law rather than sin (Daniel 13:22). She was saved when Daniel uncovered the truth.

When choosing between what is popular versus what is right, remember Susanna's choice and her salvation.

"Easter all year long," says Pope

"Sunday recalls the day of Christ's Resurrection. It is Easter which returns week by week, celebrating Christ's victory over sin and death." Pope John Paul II, *Dies Domini*, www.vatican.va.



Our new life can begin on Easter

Easter is more than just a happy ending to Jesus' travels on earth. In fact, it sparked a new life for Jesus; one even greater than before.

Easter can help us journey toward a new life, too; one that draws us closer to God. Here are some suggestions for how to find the right path.

Find a map. Our faith holds all the tools needed to find peace, personal well-being, and security. The *Catechism of the Catholic Church* will point the way, as will the Sunday Mass readings.

Your pastor or religious education staff may be able to recommend a Scripture study guide you can use to personalize what you read.

Travel light. Weaning ourselves

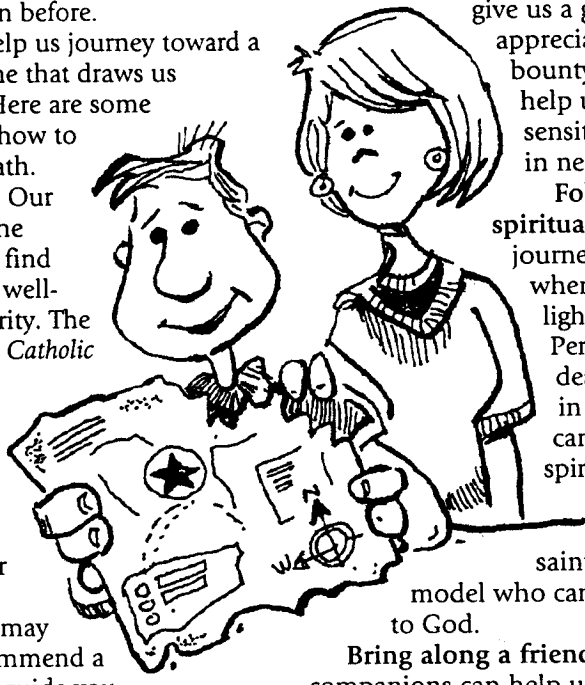
from consumerism is the challenge of our time. But avoiding excess can remind us of our dependence on God, give us a greater

appreciation of the bounty we have, and help us be more sensitive to others in need.

Follow a spiritual guide. The journey can be easier when someone lights the way. Perhaps a priest, deacon, or nun in your parish can become a spiritual mentor.

Or choose one of the saints to be a role model who can light the path to God.

Bring along a friend. Spiritual companions can help us maintain perspective, and challenge us to grow, and make the trip more enjoyable.



Why Do Catholics Do That ?

Why do Catholics distribute palms on Palm Sunday?

To the ancient Jews, palms were a symbol of triumph often used in victory celebrations. So when Jesus made his triumphant entry into Jerusalem before his passion and death, the crowds "took palm branches and

went out to meet him, and cried out: "Hosanna! Blessed is he who comes in the name of the Lord, (even) the king of Israel" (John 12:13).

Today we are given palms as part of the Passion (Palm) Sunday liturgy to commemorate that last trip to Jerusalem.

