



Fifth Sunday Ordinary Time February 5, 2017 A



- ◆ Our Catholic Appeal next weekend
- ◆ My new book on Prayer
- ◆ Welcoming people with disabilities

As you can see, I am happy to announce the release of my new (revised, to be accurate) book on *Prayer*. See more later in the column.

Next Sunday is our Catholic Appeal Sunday

The vast majority of you know that our annual Catholic Appeal is the way the 90+ parishes of our diocese fund the administration and ministries of our central office.

Each parish is assessed *about* 18% of its offertory income from the previous fiscal year. I said “assessed *about*” because parishes with low income are assessed less than 18% and parishes with high income are assessed more than 18%. Ascension is assessed 19.29% of our offertory income. This year our assessment is \$301,335.00. All of you who received the letter from me sent by the Diocese received the leaflet which gives a breakdown of how the *Appeal* money is used.

Welcoming Persons with Disabilities

This Sunday at the 9:30am Mass, Jackson Griffin, a 15-year old young man with Down Syndrome, received his First Holy Communion.

As most of us know, Down Syndrome children and adults bring a special light and gift to our world. Sadly, about 90% of them are aborted in their mother’s womb.

In our parish, we have people with all kinds of disabilities—physical being the most obvious. We have put in place some things to make their time in church a little less difficult, e.g., automatic door openers, reserved spaces at the end of pews, hearing aids. We have *low gluten* hosts available (see the sacristan at the Mass you attend if you have a need). We are planning to get a ramp for the West entrance of the Buescher Center.

What more do we need to do for parishioners with physical and other disabilities to help them feel more a

part of our church family? If we can be more sensitive and welcoming to those with disabilities, please let us know.

A concern: We have wheelchairs in the Ushers’ Room for those who need them to get from their car to the church. Unfortunately, some of the wheelchairs have disappeared.

Monday Evening at Ascension

This past Monday, walking through our *Ministry Building*, I encountered the following:

- In Room 313, about 20+ parents were present for the Baptismal Seminar. The seminar was led by three couples with young children: Chris & Cindy Kelly, (5 children), Paul & Cristina Giammarinaro (4 boys) and Sean & Valerie Farrell (2 children). It is truly inspiring that couples with lots of young children are ready and willing to do this ministry. They are in a great position to share what they are doing to raise their children in a Catholic home.
- Next door was free childcare for the parents attending the seminar. This past fiscal year, the parish spent \$12,500 on free childcare for many different events, including during the 9:30 and 11:00 Sunday Masses.
- In Room 307, Dan Romano was facilitating a six-week Men’s Study group on the theme of our Lord’s Passion, as written by St. John—*My Peace I Give You*. About 20 men were in attendance.
- In Room 304, a group of ladies was listening to a DVD by a Professor of Scripture giving a lecture on a book of the Old Testament.
- In Room 305, the current Men’s (CRHP) Team was meeting and sharing reflections on the Beatitudes. John Casco is the Spiritual Director for Team 43.

Each of the four rooms was an inspiring place to visit. None of this would happen without wonderful parishioners taking the lead.

In the Buescher Center which I didn’t get to visit, the following activities were going on:

- Teens studying the Book of Daniel.
- Small Christian Community studying and sharing on the Sunday Readings.

In the *Parish Hall*, we had a bunch of Boy Scouts with dads.

All evening, we had parishioners praying for an hour in our *Adoration Chapel*.

To state the obvious, it was a very busy and prayerful evening on our parish campus. Praise God for it all!

My Revised Book on Prayer

25 years ago, I wrote a book on Prayer which Liguori Publications called *Prayer—A Handbook for Today’s Catholic*. As with most books, after some years my book went out of print. In the past few years, I noticed that Matthew Kelly’s company, *DynamicCatholic.com*, republished books that had gone out of print—but without revisions. Fortunately, I was blessed that Matthew Kelly allowed me to do several changes on my book, including a total revision of two chapters and addition of a new chapter on Adoration, which is dedicated to Ascension Parishioners.

Table of Contents

Preface ix
 What Is Prayer. 1

PART ONE: Four Keys to an Effective Prayer Life

KEY ONE: Developing a Positive Image of God 15
 KEY TWO: Being Honest with God. 29
 KEY THREE: Connecting Prayer with Daily Life. 45
 KEY FOUR: Listening to God in Prayer. 55

PART TWO: Thirteen Forms of Prayer

ONE: Prayer of Thanksgiving 71
 TWO: Prayer of Petition. 77
 THREE: Prayer of Intercession. 95
 FOUR: Prayer of Contrition. 101
 FIVE: Prayer of Forgiveness. 107
 SIX: Prayer of Consciousness Examen. 115
 SEVEN: Praying with a Spiritual Journal. 123
 EIGHT: Decisioning Prayer. 131
 NINE: Prayer of Spiritual Reading. 139
 TEN: Prayer of Contemplation. 151

ELEVEN: Prayer of Adoration. 165
 TWELVE: Praying the Rosary. 173
 THIRTEEN: Prayer in Times of Spiritual Dryness. 181
 CONCLUSION. 204
 APPENDIX: How to Use This Book
 for Small-Group Discussion. 207

Recommendations

“Three words describe this book best –
 it is practical, practical, and practical.”

- Bert Ghezzi

Author of *The Power of Daily Prayer*

“An amazingly thorough and balanced book for every Christian. Anyone, whether a beginner or an established prayer, can benefit from Fr. Eamon Tobin’s perspective on prayer. I believe that this book will speak to the hearts of all who are seeking God, who is actually seeking us!”

- Monsignor David L. Toups, STD

Rector of St. Vincent de Paul Regional Seminary
 Boynton Beach, Florida

“Whether you have a mature and robust prayer life or are just discovering the joy of personal prayer for the first time, *13 Powerful Ways to Pray* will be a true gift for your spiritual life. Father Tobin offers encouragement, instruction and practical wisdom to help draw you into a deeper relationship with Jesus Christ and the world around you. Especially helpful are insights on praying through periods of pain, conflict, spiritual dryness and even simply the busyness of day to day life.”

- Lisa M. Hendey

Founder of CatholicMom.com and author of
The Grace of Yes

Prayer for Guidance

Grant me, Lord,
 to know what I ought to know,
 to love what I ought to love,
 to praise what delights you most,
 to value what is precious in your sight,
 to hate what is offensive to you.

Do not allow me to judge according to
appearances,
nor to pass sentence following the
judgment of the ignorant,
but to discern with true judgment
between things visible and spiritual,
and, above all things, to seek to know
what is the good pleasure
of your will. Amen

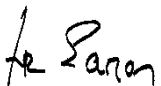
- Thomas à Kempis

Lord, take me where you want me to go;
Let me meet who you want me to meet;
Tell me what you want me to say,
and keep me out of your way.

- Fr. Mychal Judge

Franciscan friar and Catholic priest who served as a chaplain to the New York City Fire Department. It was while serving in that capacity that he was killed, becoming the first certified fatality of the September 11, 2001 attacks.

Have a blessed week,

A handwritten signature in black ink, appearing to read "Fr. Mychal Judge". The signature is written in a cursive, slightly slanted style.